

Personality Traits

Personality traits reflect people's characteristic patterns of thoughts, feelings, and behaviours. Understanding your attributes is a key part of career development. Personality traits are characteristics and qualities that help define you as a unique individual. They're often developed throughout life and may remain consistent across many situations and circumstances. Personality traits can also indicate a person's likely response to certain situations and pressures they might encounter in their career. An individual's behaviour towards others, attitude, characteristics, and mindset make his personality. Personality development is defined as a process of enhancing one's personality.

The Big 5 personality traits

The Big Five personality traits are a set of descriptions of your personal qualities, including your emotions and how you function in certain situations. This five-factor model—also known as the OCEAN model—assumes that each category exists as a spectrum.

Big 5 Personality Traits				
Openness	Conscientiousness	Extroversion	Agreeableness	Neuroticism
Represents how willing a person is to try new things	Refers to an individual's desire to be careful and diligent	Measures how energetic, outgoing and confident a person is	Refers to how an individual interacts with others	Represents how much someone is inclined to experience negative emotions

Openness

Openness (also referred to as openness to experience) emphasizes imagination and insight the most out of all five personality traits. People who are high in openness tend to have a broad range of interests. They are curious about the world and other people, eager to learn new things, and enjoy new experiences.

People who are high in this personality trait also tend to be more adventurous and creative. Conversely, people low in this personality trait are often much more traditional and may struggle with abstract thinking.

High

- Very creative
- Open to trying new things
- Focused on tackling new challenges
- Happy to think about abstract concepts

Low

- Dislikes change
- Does not enjoy new things
- Resists new ideas
- Not very imaginative
- Dislikes abstract or theoretical concepts

Conscientiousness

Among each personality trait, conscientiousness is defined by high levels of thoughtfulness, good impulse control, and goal-directed behaviours. Highly conscientious people tend to be organized and mindful of details. They plan ahead, think about how their behaviour affects others, and are mindful of deadlines. Someone scoring lower in this primary personality trait is less structured and less organized. They may procrastinate to get things done, sometimes missing deadlines completely.

High

- Spends time preparing
- Finishes important tasks right away
- Pays attention to detail
- Enjoys having a set schedule

Low

- Dislikes structure and schedules
- Makes messes and doesn't take care of things
- Fails to return things or put them back where they belong
- Procrastinates important tasks
- Fails to complete necessary or assigned tasks

Extraversion

Extraversion (or extroversion) is a personality trait characterized by excitability, sociability, talkativeness, assertiveness, and high amounts of emotional expressiveness. People high in extraversion are outgoing and tend to gain energy in social situations. Being around others helps them feel energized and excited.

People who are low in this personality trait or introverted tend to be more reserved. They have less energy to expend in social settings and social events can feel draining. Introverts often require a period of solitude and quiet to "recharge."

High

- Enjoys being the centre of attention
- Likes to start conversations
- Enjoys meeting new people
- Has a wide social circle of friends and acquaintances
- Finds it easy to make new friends
- Feels energized when around other people
- Say things before thinking about them

Low

- Prefers solitude
- Feels exhausted when having to socialize a lot
- Finds it difficult to start conversations
- Dislikes making small talk
- Carefully thinks things through before speaking
- Dislikes being the centre of attention

Agreeableness

This personality trait includes attributes such as trust, altruism, kindness, affection, and other pro-social behaviours. People who are high in agreeableness tend to be more cooperative while those low in this personality trait tend to be more competitive and sometimes even manipulative.

High

- Has a great deal of interest in other people
- Cares about others
- Feels empathy and concern for other people
- Enjoys helping and contributing to the happiness of other people
- Assists others who need help

Low

- Takes little interest in others
- Doesn't care about how other people feel
- Has little interest in other people's problems
- Insults and belittles others

- Manipulates others to get what they want

Neuroticism

Neuroticism is a personality trait characterized by sadness, moodiness, and emotional instability. Individuals who are high in neuroticism tend to experience mood swings, anxiety, irritability, and sadness. Those low in this personality trait tend to be more stable and emotionally resilient.

High

- Experiences a lot of stress
- Worries about many different things
- Gets upset easily
- Experiences dramatic shifts in mood
- Feels anxious
- Struggles to bounce back after stressful events

Low

- Emotionally stable
- Deals well with stress
- Rarely feels sad or depressed
- Doesn't worry much
- Is very relaxed

Positive personality traits and Negative personality traits

Positive Personality Traits

Positive personality traits are traits that can be beneficial to have. These traits may help you be a better person or make it easier to cope with challenges you may face in life. Personality traits that are considered positive include:

- Adaptable
- Ambitious
- Considerate
- Cooperative
- Friendly
- Gracious
- Humble
- Insightful
- Objective
- Optimistic

- Respectful
- Steady
- Thorough
- Well-rounded

Negative Personality Traits

Negative personality traits are those that may be more harmful than helpful. These are traits that may hold you back in your life or hurt your relationships with others. (They're also good traits to focus on for personal growth.)

Personality traits that fall in the negative category include:

- Aggressive
- Arrogant
- Cold
- Deceptive
- Egotistical
- Guarded
- Intolerant
- Judgmental
- Moody
- Neglectful
- Pompous
- Selfish
- Unreliable
- Withdrawn

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