

## 5. Methodology for Singh Whitehead Model (SWM)

The SWM Model is a dynamic, research-grounded framework that empowers students and early-career aspirants to turn self-awareness into tangible success. By measuring core traits—such as resilience, learning style, collaborative orientation, and decision-making approach—it delivers a clear, school-friendly profile that highlights both natural strengths and potential growth areas. Armed with these insights, students can:

- Optimize their study habits (e.g. visual vs. verbal strategies, focused vs. distributed practice)
- Choose courses and activities that play to their motivators and preferred environments
- Build stronger teams by understanding how they and their peers communicate and solve problems
- Plan career paths that match their innate work style, boosting engagement and long-term satisfaction

Because it distills complex theory into simple, actionable guidance, the Personality Model helps aspirants make smarter decisions—so they learn more efficiently today and build the confidence and clarity to thrive tomorrow.

### 1. Foundations

It integrates key personality theories to provide a comprehensive view of personality traits that influence student success in academics, teamwork, and career paths. The model selectively draws upon well-established concepts and model:

**1. Big Five Personality Traits (McCrae & Costa, 1987):** This model identifies five broad traits that shape personality:

- Openness
- Conscientiousness
- Extraversion
- Agreeableness
- Neuroticism