

Name _____ Date _____

The "Big Five" Test

Purpose: To survey the "Big Five" Personality Traits.

Instructions:

1. Using the numbers on the scale from 1 to 5, indicate how true each of the following terms is in describing you.

1 = Not at all true of me: I am never this way.

2 = Mostly not true of me: I am rarely this way.

3 = Neither true nor untrue of me, or I can't decide.

4 = Somewhat true of me: I am sometimes this way.

5 = Very true of me: I am very often this way.

- | | | |
|------------------------|------------------------|----------------------|
| 1. _____ imaginative | 2. _____ organized | 3. _____ talkative |
| 4. _____ sympathetic | 5. _____ tense | 6. _____ intelligent |
| 7. _____ thorough | 8. _____ assertive | 9. _____ kind |
| 10. _____ anxious | 11. _____ original | 12. _____ efficient |
| 13. _____ active | 14. _____ soft-hearted | 15. _____ nervous |
| 16. _____ insightful | 17. _____ responsible | 18. _____ energetic |
| 19. _____ warm | 20. _____ worrying | 21. _____ clever |
| 22. _____ practical | 23. _____ outgoing | 24. _____ generous |
| 25. _____ self-pitying | | |

Instructions for Scoring: To compute your score for each of the five scales, simply add your scores for the items that contribute to each of the scales.

Openness to Experience: 1, 6, 11, 16, 21 Your Score _____

Conscientiousness: 2, 7, 12, 17, 22 Your Score _____

Extraversion: 3, 8, 13, 18, 23 Your Score _____

Agreeableness: 4, 9, 14, 19, 24 Your Score _____

Neuroticism: 5, 10, 15, 20, 25 Your Score _____

Note: Be sure and review Table 2.1 for a description of high and low scores. Also, review the next page for mean scores of men and women.

(continued)

Mean scores for men and women on each of the scales are listed below:

	Men	Women
Openness to Experience	20.3	19.4
Conscientiousness	18.8	20.2
Extraversion	18.8	19.0
Agreeableness	18.8	22.2
Neuroticism	16.3	18.5

Discussion

1. Review the descriptions in the text of the five types and answer the following: Do you agree or disagree with your scores? Why or why not?

2. How do you think you could start to improve the areas where you scored the lowest?

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