



## Assignment 1.4: Big Five Personality Assessment Reflection

### Instructions:

Take the Big Five Inventory Assessment. <https://bigfive-test.com/> There are options in French and English. Then reflect on the following questions.

### Part 1: Reflection on your scores.

1. Reflect on your score for conscientiousness. Was it high or low? What did this tell you about yourself?

High - I set clear goals and pursue them with determination (Reliable and Handworker)

2. Reflect on your score for agreeableness. Was it high or low? What did this tell you about yourself?

High - I have strong Interest in other's needs (Pleasant, Sympathetic and cooperative)

3. Reflect on your score for neuroticism (also called emotional stability). Was it high or low? What did this tell you about yourself?

High - I am easily upset and affected by outside factors (Sensitive and Emot

4. Reflect on your score for openness. Was it high or low? What did this tell you about yourself?

High - I enjoy novelty, variety and change (Curious, Imaginative, Cre

5. Reflect on your score for extraversion. Was it high or low? What did this tell you about yourself?

Low - I am introverted, reserved and quiet (Solitude, soilitary acti

### Part 2: Personal development and workplace behaviors

6. As you reflect on your big five report, what qualities do you have that you think are an asset to an employer? Why?

Conscientious, openness because of change, curiosity, setting goals, pursuing with determ

7. Which qualities does your report show you that you need to improve to be considered an asset to an employer? Think about skills related to teamwork, attention to detail, completing tasks in a timely manner, customer service and leadership.

Neuroticism is a quality I should work on