

IPIP-NEO Write Up
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Extraversion – 70

I consider myself to be a very energetic person who is open to new opportunities. Engaging in conversation is fairly easy and I enjoy social settings in addition to being naturally outgoing. For **Friendliness** I scored a 78, which shows that I have a positive approach and connect easily with others. For **Gregariousness** I scored an 85 and this shows that I in fact enjoy the company of others. As an only child I flourish around being close and supported by others. Being in large social settings like concerts excites me because it allows me to feel connected. **Assertiveness**- 63, which means I don't mind taking lead but appreciate supporting other team members. At times I may need a push to get tasks started. **Activity level**- 38 and this means I enjoy working on things at a slower pace and appreciate having leisure time. I tend to be more relaxed and take my time with tasks. In **Excitement – Seeking** I scored a 77, I always need momentum because I get easily bored. In addition I appreciate taking risks and trying new things. **Cheerfulness** - 66 shows my optimistic approach and I am always able to see the good and make light of negative situations.

Agreeableness – 59

I agree with this score because it shows that I'm very considerate of others and their feeling in addition to being a helpful person. **Trust**- 71 I always tend to give people the benefit of the doubt because I believe in seeing the good in others. **Morality**- 28, I struggle with this because I'm not good with confrontation, which can come off as disingenuous because I dislike hurting people's feelings. **Altruism**- 70, this is true because I like to do things from the heart and always willing to help those in need. **Cooperation**- 62 confirms my struggle in confrontation and

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I can sometimes deny my own needs at the expense for others, which can be a good and bad thing. **Modesty**- 49 I am balanced in this category as well as **Sympathy** which I scored a 48 in.

Conscientiousness – 42

My score is average in this category and shows that I control my impulses but tend to be a perfectionist and I think that's true. **Self Efficacy**- 44 I have a balanced approach to taking initiative. **Orderliness**- 57 I flourish when there's structure and organization with routine. **Dutifulness**- 40 I often feel confined by rules so it's important for me to take risks when needed. **Achievement- Striving** is 20 and it means that although I struggle with putting loads of effort. I do this so I am able to take my time so I don't stain myself. **Self-discipline** is 34 and I agree that at times I tend to procrastinate so I need a lot of motivation to complete tasks urgently. For **Conscientiousness** I scored a 63 and this confirms that I prefer to take my time with tasks.

Neuroticism – 46

I have a balanced approach to dealing with my emotions. I feel them without letting them consuming me. **Anxiety**- 55, **Anger**- 38, **Depression**- 44, **Self – Consciousness**- 35, **Immoderation**- 59, **Vulnerability**- 58. For All of these categories I have an average score that confirms my ability to handle different emotions. I experience a normal level of stressors but am typically able to cope and move forward from situations.

Openness – 57

I am willing to try new things despite having an appreciation of traditional views. **Imagination**- 28 I use logic and think better based off of the facts, which I feel like, is accurate. **Artistic Interest**- 77, this is particularly because I have a huge appreciation for the arts.

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Emotionality- 64, I consider myself to be a self-aware individual and appreciate learning to be more introspective. **Adventurousness-** 61 traveling is something I love doing as well as trying new things. **Intellect-** 35, I prefer working with people that is why I chose the counseling field. **Liberalism-** 67 I think its important to have a balance and question authority.

After completing the IPIP-NEO I leaned more about some aspects of myself. I feel like most if not all of the different categories were an accurate depiction of my personality. It was useful that I am knowledgeable about myself at this point in time and I can acknowledge different areas I need to improve on. This allowed me to understand myself better. I related to majority of the categories as well. I was pleased with the results because of the accuracy. Overall the questions were straightforward and simple to complete. I was intimidated at the beginning however I felt like it was easy to do.