

Gail Baker

IPIP-NEO (International Personality Item Pool) Reflection

GCN 602.OA/OB Measurement and Assessment

Alliance University

bakerg@allianceu.edu

Spring 2023

Professor: Dr. A'tasha M. Christian, LPC

Erin Coleman TA

Reflection Report on IPIP-NEO

The results I obtained from the IPIP-NEO (International Personality Item Pool) were both accurate and inaccurate to a point of clarifying many things about my life, and where I stand in some areas of thoughts, emotions, and behavior. I thought this survey was not really capable to achieve meaningful reading and the scores that I received. This report estimated the levels of five broad personality domains of the Five-Factor Models Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness to Experience. The description of each one of the five broad domains is followed by a more detailed description of personality according to the six subdomains that comprise each domain. The two personality traits of extrovert or introvert describe the intensity of a person's feelings, thoughts, or behaviors I scored in different models with low, middle, and high scores, and my level of low score I need to work more on becoming better or average.

In **extraversion facets**, I scored a level of high, which would be expected because I am very friendly, pleasant, and assertive to a point. I am always on the go and involved in many activities that lead to a fast pace busy life. I always want to slow down and relax, but might I say I don't really know how to relax unless I'm shopping.

At my level of **agreeableness**, I scored a high score which does not amaze me because I love God and I love his people and I have a great concern for others' well-being. I am always pleasant until I'm pushed to the limits, and try to be cooperative, and sympathetic to others' needs. I don't really trust people much maybe because of my past history and experiences, but I do give people the benefit of doubt, and my level of trust was low. I have no need to

manipulate a situation when dealing with others and situations my score of morality was high which is expected. I genuinely love doing for others if it's within my reach and I received a high score for altruism and modesty. I don't like conflicts or confrontation and my level of cooperation is average. I always have a heart for people doesn't matter their race, age, gender, or culture I have a high level of sympathy because I can empathize with a lot of things many people go through.

My score of **conscientiousness** which is a struggle for me when it comes to self is low. I can recognize what's good for someone else and give great advice but don't take heed of myself. I pray for more common sense and confidence to say NO and be more effective. I'm well organized sometimes and very responsible and my dutifulness is average. I always strive to achieve great things and to become successful which was a high score. I pray I see myself the way God sees me in his eyes. My self-discipline and cautiousness are low and I struggle a lot with willpower because of the tender-mindedness heart I have. I'm a procrastinator, and not mindful of my decisions making, which sometimes causes me to pay for the choices I make or made. I got to work on doing better in my choices.

Neuroticism really plays a big part in my life which is high because of expectations in people, and situations that I learning to overcome. I'm very sensitive and very emotional because of past experiences and a lot of expectations and negative impacts that caused me to feel anxiety, anger, or depression from time to time. I am learning how to cope with having positive feelings and knowing my triggers. I don't like how I'm so vulnerable in certain areas and overindulge in things that I could resist. I will work on my neuroticism facets to become a better me.

Openness to experience is sometimes hard for me to change, but what's that saying "change is for the better." I love to do new things but don't really like to be challenged too much. I need to come out of my inbox and be more adventurous, and stop being closed-minded to change. I realized because of my closed style of thinking caused me to miss out on several opportunities to change, progress, and become better. Because of trust, and familiar routines, cause me to try new things, and activities, and meet new people to enjoy the present time I become uncomfortable. I will level up and do better.

In closing, I am appreciative of this IPIP-NEO Narrative report, it helped me to understand and identified the shortcomings of my life, and I need to be more aware of myself. It showed me to see the lens of other adult women, especially Black Women's thoughts, triggers, behaviors, and emotions, and what my mother said to me many times as a child. I believed one way and the report showed me I am another way but not concrete. I will take heed and the initial steps to do more inter-spectrum on myself and have more boldness and courage to see things in another way. I feel if I hadn't viewed this IPIP-NEO report I would continue to live life as if I had no flaws and personality defects that needed attention and be checked.

