

International Personality Item Pool Summary

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Roughly about twenty minutes into the personality test, I started feeling excitable. I reasoned that anxiety must rise from within because I was thinking about whether or not I was answering the questions to the best of my perception of myself. I perceived this test as a person diagnosing my personality without spending time with me, and I became uncomfortable as though they would have the wrong impression of me. In my mind, I wanted to get this right, even though there was no right or wrong concerning this test. Then I read a “score of 67 about extraversion, and I thought, well, there you have it, the score must be a little higher because I love people, I’m full of energy, and often have positive emotions,” so I could understand my feelings of wanting others to get it right concerning me. My friendliness score was 95, and the gregariousness score was 93, and I thought, these are two great words that exemplify sociability, intimacy, and pleasantry I share with people. My level of “assertiveness was average,” and I can live with that because I’m only assertive if the situation calls for that action in a leadership role, parenting role, role-playing for performance, or when I need to step up in cases where the head of the household or the leader is not performing to the best of their ability at the expense of others.

I agreed with my high agreeableness score due to a “strong interest in others’ needs and well-being.” As a teenager, I desired to care for the elderly and worked as a candy stripper in the hospital on the geriatric floor. I was trained on how to effectively bathe, feed and change the bedding of the elderly, as well as assist in the recreation room with the patients and their families. It was a wonderful learning experience for me, and I began to realize that God developed in me a passion for serving humanity. I’ve always been very conscientious, but I can be a compulsive perfectionist and workaholic sometimes, and with that being said, I can understand the high score of 84 concerning conscientiousness. I like to set clear goals and pursue them even though the process may require more than I realized before I started the plans, but

never the less, I have much confidence in my ability to accomplish the goals, which may be why my level of self-efficacy is high. My continued training in self-discipline has allowed me to use common sense and self-control to achieve complex tasks and stay on track despite various distractions in life; with that being said, it was a pleasant feeling to see that my score on neuroticism, depression, and anxiety was low along with immoderation, vulnerability, and self-consciousness because when it comes to counseling, I need to be confident, poised and clear-thinking when assessing clients and foundations for growth, problem-solving, and an openness to experience a better life. The Openness to Experience score was a 37, and I found that disagreeable with my thought patterns concerning the” Arts, Music and the sensitivity to beauty.” I may be down to earth, but I also have a very imaginative mind, and my creativity depends on the subject. Math and geometrical thinking are not strong points for me, and straightforward and to the point, over the complex, is appreciated; however, I feel I will have to make some personal adjustments when counseling because clients may be dealing with complex issues and may not know how to explain them at first, so straightforward and to the point may turn into a more patient and compassionate session with the client.

I never considered my perception of psychological versus conservative liberalism until this personality test, and I found it interesting that my score for this was low. I’m careful about challenging authority because I’m always trying to consider the root of where power lies in the individual usurping the management and the delivery of the actions or words behind it. This does not mean that I cannot challenge, if necessary, but it does mean that I respect authority, don’t like chaos, and will try to correct disorder if possible within reason; even in the scripture, “the word of God is profitable for teaching, for reproof, correction, and training in righteousness” (King

James Bible, 1281/2008). Overall I found this personality test quite interesting and somewhat accurate concerning my personality.