

**IPIP-NEO Reflection Paper**

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GCN 602.NA: Measurement and Assessment

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February 3rd, 2023

After completing the IPIP Narrative personality assessment and reading my report it was very intriguing to see the accuracy and clear descriptions of my personality traits. Based on the results shows that I am high in extraversion, high in agreeableness, and high in conscientiousness. This indicates that I am sociable, outgoing, energetic, and lively, and enjoy being around people most of the time when it comes to my high level of extraversion. In agreeableness, my results show that I have a strong interest in other people's needs and well-being, pleasant, sympathetic, and cooperative. This is contributing to the agreeableness facets of my personality that includes high trust in people having good intentions, high morality, and high altruism where helping other people is genuinely rewarding and always willing to assist others in need. Also high in cooperation, modesty, and sympathy with high compassion for the suffering and pain of others. As for the next part of the report, I also scored high for conscientiousness, meaning I set clear goals pursuing them with determination and regarded by others as hard-working. The facets of conscientiousness that I scored the highest are self-efficacy defined as confidence in one's ability to accomplish things and orderliness known as being well-organized. Dutifulness reflects high moral obligation, achievement-striving that is striving hard to achieve excellence which I scored average for, then there is self-discipline where you have the will-power to persist at difficult or unpleasant tasks which I scored high for. Last, on the conscientiousness scale, cautiousness is measured where I scored high in thinking through possibilities before acting too hastily. The Lowest score that I had for the personality report was in neuroticism which is the last facet of the personality test. Low Neuroticism is exceptionally calm, composed, and less reactive when it comes to intense emotions that others would deem as stressful.

After reading through my results I realized that there was a lot of truth in the report on my personality when it comes to being a compassionate person, always willing and ready to serve the next person. I am the oldest of 8 siblings so I am naturally always leading in specific areas. I must be genuinely always full of joy, and peace of mind in my life so I have enough to give when I need to help someone else in need or set the tone for a room that I am in. Growing up I did however struggle with high social anxiety and would avoid large crowds because I was uncomfortable being myself around other people I didn't know. As life happened and I matured and grew a stronger relationship with God those anxiety inducing moods and characteristics slowly dissipated. So I was truly grateful to see how far I have come mentally and emotionally when I saw how low my score was in Neuroticism. Knowing that I answered the questions as accurately as I could, I was also surprised yet excited to see how high my score was for orderliness and self-discipline. These were areas that I struggled with a lot a few years ago as well and I intentionally worked on both knowing how important they both were for the success of my future and being a full-time master's program student and working at a job simultaneously. This assessment proved how far I have come and breaks down an individual's personality so they can be aware of their strengths and weaknesses and areas of improvement. IPO personality assessments are great resources for client counseling sessions.

