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February 3, 2023

IP-NEO Assessment

We all know that humans come in all shapes, sizes, and personalities. A big part of adulthood is entering the work field and finding a career.

According to my IPIP-NEO narrative report, my test score for extraversion is average, meaning I enjoy time with others and time alone, which is a true statement about my personality. I prefer not to attract attention to myself but rather have individuals approach me first. Those who decide to come to me quickly realize I am pretty enjoyable. This is evident in my scores of 32 in friendliness, 39 in assertiveness, and 2 in activity level. I am on the average side in the excitement-seeking facet, with a score of 73. This facet means that if you score high, you are looking for thrills and are willing to take risks to get that level of stimulation you desire.

On the other hand, people who scored low here are usually trying to avoid such experiences. On the downside, the activity level was the lowest subdomain I scored on the extraversion test. I live a smooth life as a full-time student and maintain two jobs in a somewhat hostile environment.

Agreeableness was my second lowest trait, with a score of 64. With a score of 89 on altruism and cooperation, I like to help others and get along well with them because I am willing to compromise and consistently try to understand my surroundings. For example, I will consider the effect on myself and others when I make a decision. Although I love to help others, I sometimes resort to reason versus pity

when it comes to their trials, with an average score of 59 on sympathy. Assisting others goes along with Trust. While I mostly believe people are fair and honest, I do not just assume they are. I always consider when I meet people not to judge a book by its cover and think that person is trustworthy until proven not. It also takes an average amount for me to trust others, scoring 38 on Trust. A low score in Trust means others are selfish, devious, and potentially dangerous in their eyes.

My conscientiousness scores were average, meaning I'm reasonably reliable, organized, and self-controlled. For example, I'm very determined to finish college, and that's what is on my mind constantly. The highest subdomain I scored on the conscientiousness section is Achievement-Striving and cautiousness. Another example is I get upset if I need to get something done correctly or complete an assignment before the due date. Also, if I were rooting to score an A on an assignment and received an A-, I would be unhappier for about a week while trying to figure out where I failed. Practice takes time. For me, I must be excellent at everything. In addition, it is a cultural thing that makes me like that. Sadly I scored 31 on Self-Efficacy, which is considered low. Self-Efficacy describes confidence in one's ability to accomplish something and the drive and self-control to ensure success. This score should have been higher than Achievement-Striving.

My score on the neuroticism test was high, meaning that stressful and frustrating situations are upsetting to me, which is typical among the general population. For example, I will worry about whether my decision is proper or wrong. Besides that, I also easily stress about things. I also have some anxiety when I face exams, even though I had prepared beforehand. I scored high and low, with immoderation at 91 and Depression at 36. The immoderation facet talks about individuals feeling solid cravings and urges that they have problems resisting. Scoring high means you are weak towards your urges and desires while scoring low means you don't find yourself overacting. I scored embarrassingly high. Depression here talks about how often you feel sad, dejected, or discouraged. High scoring means you lack motivation and drive, while low scoring tends to be free of those feelings. My score was average.

Lastly, Openness to experience is about being curious, imaginative, artistic, and sensitive. The facets for Openness that I scored high and low in our Imagination at 24 and Adventurousness is 29. The imagination facet talks about how some people think the world is too plain and boring, so they create fantasy worlds to make the world around them more prosperous and exciting. Low scoring here means looking at facts rather than fantasy. I scored low in Imagination. However, I had an average score in Adventurousness. I enjoy trying new things and want to travel and have various experiences. It's unbelievable that I received a low score. However, I love having a strict schedule and staying to it. I am only very creative if playing a sport involves being creative. Scoring low means you want routine and to be familiar with what you know, unlike me. For example, I am a person that is willing to listen to new ideas when doing an assignment in a group. I had an average score in Adventurousness.

This IPIP-NEO made me question who I am and what I want my life to be. After reviewing the personality profile, I admit I was shocked at some results. For example, I've grown from being an extrovert to an introvert. It could be because I'm getting older and prioritizing my life differently. For agreeableness, most of the scores would be much higher, especially concerning Morality. I don't try to manipulate people; since this test, I know I haven't.

