

## **Personality Assessment Summary**

Lea Smith

Alliance Graduate School of Counseling, Alliance University

GNC-602: Measurement and Assessment

Dr. George Ramos

February 20, 2023

## **Personality Assessment Summary**

The International Personality Item Pool-NEO Personality Inventory (IPIP-NEO) is a 300-question assessment based on the five-factor model of personality. The Five-Factor Model has five characteristics: extraversion, agreeableness, openness, conscientiousness, and neuroticism, and within those characteristics are six subfactors that emerge from each primary factor. This summary will share my results and reaction from taking the IPIP-NEO Inventory.

I received my results quickly and noted a section at the beginning of the report that explains how this report only gives percentile estimates. It advises that personality inventories can not accurately predict an individual's personality with 100% accuracy.

The first factor is Extraversion, measured by six subfactors: Friendliness, Gregariousness, Assertiveness, Activity level, and Cheerfulness. My score was low, indicating a reserved and introverted personality. I agree with most of the scoring but not in the area of Assertiveness. The inventory suggests that those who score low in this area tend to refrain from speaking out, taking charge, and letting others control the situation. I disagree; I felt like I was judged by my extraversion based on how assertive I was in every setting. In some situations, I feel I should not speak up until I hear the whole conversation and make my own decisions. I feel like that is more of a positive attribute than a negative one.

The second factor is Agreeableness, measured by another six subfactors: Trust, Morality, Altruism, Cooperation, Modesty, and Sympathy. My score was high, indicating a strong awareness of others' needs and well-being. I completely agree with this; I see myself as empathetic, which is one reason I wanted to become a mental health counselor, which was to help others through their pain and suffering.

The third factor is Conscientiousness, measured by six subfactors: Self-Efficacy, Orderliness, Dutifulness, Achievement-Striving, Self-Discipline, and Cautiousness. My score was average, indicating I am organized and have self-control. I only agree with part of this section. I could be more organized in my personal life, and I struggle with self-control regarding instant gratification.

The fourth factor is Neuroticism, measured by six subfactors: Anxiety, Anger, Depression, Self-Consciousness, Immoderation, and Vulnerability. My score was low, indicating I have a calm personality and do not let negative emotions hinder me most of the time. Reflecting on past experiences with Anxiety and Depression, it was good to see visually the process I have made in this area over the last ten years.

Lastly, the fifth factor is Openness to Experience, measured by another six subfactors: Openness, Imagination, Artistic Interests, Emotionality, Adventurousness, Intellect, and Liberalism. My score was average, indicating that I enjoy having new experiences, but it's hard for people to tell my level of intellect. The scoring was challenging to understand, especially in the area of Intellect. My results show that someone who scores low in this area sees intellectual experiences as a waste of time. I strongly disagree with that statement because I express my sense of intellect in different ways with different people depending on how close I am with them.

Overall, my experience taking the IPIP-NEO Inventory and processing my results has been good. I appreciate the disclaimer at the beginning of the report; It shows that the developers are not trying to claim this inventory as perfect. We make mistakes and experience traumatic events that can last a lifetime, but we can learn and grow from our mistakes, heal, and move forward from our pain.

## References

- Drummond, R. J., Sheperis, C. J., & Jones, K. D. (2020). *Assessment Procedures for Counselor and Helping Professional* (9<sup>th</sup> ed.) Pearson.
- Goldberg, L.R. (n.d.). *IPIP-NEO International Personality Item Pool*.  
<http://www.personal.psu.edu/faculty/j/5/j5j/IPIP/ipipneo300.htm>