

# REPORT

## Personality Assessment

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**Your Name**

Test taken on the 06/04/2020 10:53:23

# INTRODUCTION

## INTRODUCTION

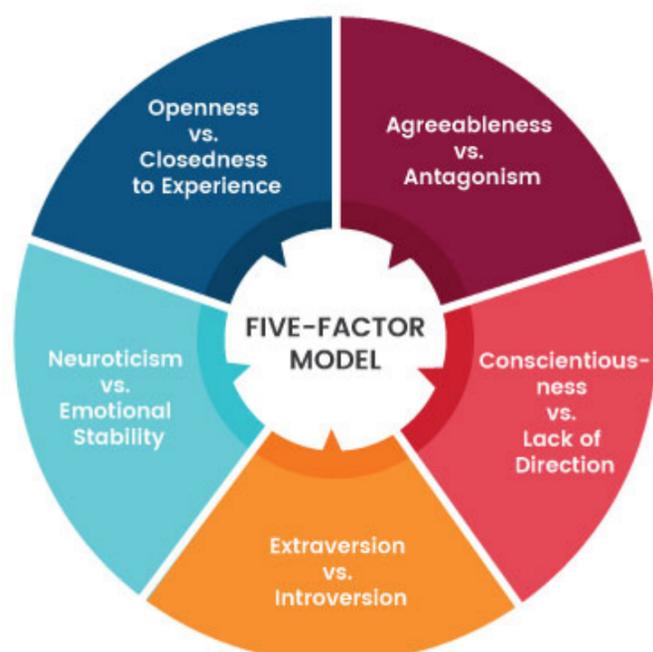
The **PERSONALITY ASSESSMENT** is a short-form personality inventory designed to analyse the five basic dimensions of your personality. Based on the five-factor model, the **PERSONALITY ASSESSMENT** provides you with an evaluation of your personality profile, by taking into consideration your inherent characteristics as well as your behavioural tendencies.

## THEORETICAL BACKGROUND

The Five-Factor Model (FFM) consists of five core opposing dimensions of personality, measured through the acronym OCEAN:

- **O** for Openness to Experiences / Closedness
- **C** for Conscientiousness / Lack of Direction
- **E** for Extraversion / Introversion
- **A** for Agreeableness / Antagonism
- **N** for Neuroticism / Emotional Stability

The FFM (also known as the Big Five Model) is widely recognised to play a significant role in personality assessment, and the traits measured in the model are relevant to many aspects of life, such as personal development and job performance. Understanding where one lies across the five dimensions, can help an individual better understand themselves, thereby enhancing factors such as well-being, motivation, job satisfaction and teamwork. A visual representation of the model is shown below.



## INTERPRETING YOUR REPORT

*The objective of this report is to help you gain a better understanding of yourself, thereby promoting your personal as well as professional growth.*

Your **PERSONALITY ASSESSMENT** Report aids in creating a link between your personality and professional choices. By exploring your inherent characteristics, this self-assessment provides you with an indication of those traits that would take precedence for you, and that you may explore, pursue and develop.

How to interpret your report:

- There are no right or wrong results, as there are no right or wrong personality traits as well as characteristics.
- Your results should be interpreted in relation to each other, and can be taken as an indicator in order of primacy.
- Should you require further interpretation or clarification of your results, it is advisable to seek the assistance of a psychologist or trained personnel / consultant.

Precautions to be taken when interpreting your report:

- An understanding of the objectives of this assessment, and the precise meanings of the factors measured, is advised when using this report, in order to interpret your results accurately.
- It is also advisable to complete this evaluation by using other assessments as well (for example, a reasoning or an interest assessment), in order to have a complete overview of your potentials.
- Your report is confidential and should not be released to a third party without your explicit consent.

# **PERSONALISED ANALYSIS**

This is a summary of your profile, showing only your most dominant traits.

## **AGREEABLENESS**

You appear to be very perceptive to the needs of the people around you. You tend to cooperate and put the concerns of other people before your own needs, while helping them in any way possible.

However, it may benefit you to remember that sometimes it is important to put your needs first. In order to help others, you must also take care of yourself.

# GRAPH

## **AGREEABLENESS : 8.3**

Your score indicates that you have strong agreeable tendencies. This means that you are likely to put the concerns of others before your own, compromising where you can to ensure that you are able to help those around you in times of need.

Although you may attend to your own requirements when the stakes are high, you are altruistic, and this is likely to take precedence in most situations.

### **Definition**

Individuals scoring high on **AGREEABLENESS** are sensitive to the needs of others, and seek to help them wherever possible. Putting the concerns of other people before their own, they tend to be cooperative and compromising, even if this means that their own interests could be neglected.

Those with low scores, on the other hand, tend to be more individualistic, looking after themselves before attending to others. They are also likely to be more focused on their own personal development.

## **EXTRAVERSION : 5**

Your score indicates that you are quite extraverted. It is likely that you get your energy externally, and will feel more energised when interacting with groups of people. However, there may be times when you want to recharge in a more solitude setting, needing time alone or with only one or two others whom you have a close relationship with.

### **Definition**

Individuals with high scores on **EXTRAVERSION** tend to rely on the external world to stimulate and energise them. They are most comfortable when interacting and being with people, and are not likely to want to spend much time alone.

On the other hand, those with low scores are likely to be more introverted. They value their time alone, or with a small number of people whom they have close relationships with, in order to ""recharge"". Comfortable in their inner world and with their own thoughts, they will feel most energised after having time to themselves.

## **CONSCIENTIOUSNESS : 5**

Your score indicates that you are rather conscientious, suggesting that you tend to want to have structure around you, and plan in advance in order to feel a sense of order. However, there may be times when you leave events to unravel naturally, and instead improvise or see how you feel in the moment.

### **Definition**

Those with a high score on **CONSCIENTIOUSNESS** are orderly individuals, who want to have organisation in their life. Methodical, they tend to make precise plans which will give them a sense of order in the events and situations that they are involved in.

On the other hand, those with a low score will let situations unravel more naturally. Making plans is less habitual to them, and it is likely that they will instead improvise in the moment.

### **OPENNESS TO NEW EXPERIENCES : 3.3**

Your score indicates that rather than seeking out new experiences in your everyday life, you have a tendency to stick to more familiar and routine environments, providing you with a sense of stability. However, it is likely that from time to time, you like to try new things and experience novel situations.

## **Definition**

Those with high scores on **OPENNESS TO NEW EXPERIENCES** are curious by nature, to learn new things and experience different situations. As a result, they tend to be drawn towards situations that bring change and novelty to their lives. Experimental, they try different ways of doing things, as well as challenge preconceived notions.

Those with low scores, on the other hand, are more likely to appreciate having stability and routine in their lives. They will want to be in situations that are familiar to them, as well as use methods that they are comfortable with, and know to be effective.

### **EMOTIONAL STABILITY : 3.3**

Your scores indicate that you are a passionate individual, meaning that you are likely to be sensitive to the emotions that difficult situations bring. However, it may be that when in more familiar circumstances, you are able to keep your cool and respond objectively with well thought-out decisions.

## **Definition**

People with high scores on **EMOTIONAL STABILITY** have a tendency to handle emotional situations well. They are unlikely to be overly affected by situations that produce negative emotions such as anger and frustration, and instead remain calm and composed.

At the other end, those with low scores tend to be more sensitive to emotions. Likely to experience their feelings more intensely, they may be more easily affected by difficult circumstances.