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Openness is often presented as healthier or more mature by psychologists, who are often themselves open to experience. However, open and closed styles of thinking are useful in different environments. The intellectual style of the open person may serve a professor well, but research has shown that closed thinking is related to superior job performance in police work, sales, and a number of service occupations.

Domain/Facet..... Score 0-----10-----20-----30-----40-----50-----60-----70-----80-----90-----99

OPENNESS TO EXPERIENCE..... 58

..Imagination..... 95

..Artistic Interests..... 16

..Emotionality..... 4 ****

..Adventurousness..... 89

..Intellect..... 91

..Liberalism..... 23

Your score on Openness to Experience is average, indicating you enjoy tradition but are willing to try new things. Your thinking is neither simple nor complex. To others you appear to be a well-educated person but not an intellectual.

Openness Facets

- *Imagination.* To imaginative individuals, the real world is often too plain and ordinary. High scorers on this scale use fantasy as a way of creating a richer, more interesting world. Low scorers are on this scale are more oriented to facts than fantasy. Your level of imagination is high.
- *Artistic Interests.* High scorers on this scale love beauty, both in art and in nature. They become easily involved and absorbed in artistic and natural events. They are not necessarily artistically trained nor talented, although many will be. The defining features of this scale are *interest in*, and *appreciation of* natural and artificial beauty. Low scorers lack aesthetic sensitivity and interest in the arts. Your level of artistic interests is low.
- *Emotionality.* Persons high on Emotionality have good access to and awareness of their own feelings. Low scorers are less aware of their feelings and tend not to express their emotions openly. Your level of emotionality is low.
- *Adventurousness.* High scorers on adventurousness are eager to try new activities, travel to foreign lands, and experience different things. They find familiarity and routine boring, and will take a new route home just because it is different. Low scorers tend to feel uncomfortable with change and

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The benefits of high conscientiousness are obvious. Conscientious individuals avoid trouble and achieve high levels of success through purposeful planning and persistence. They are also positively regarded by others as intelligent and reliable. On the negative side, they can be compulsive perfectionists and workaholics. Furthermore, extremely conscientious individuals might be regarded as stuffy and boring. Unconscientious people may be criticized for their unreliability, lack of ambition, and failure to stay within the lines, but they will experience many short-lived pleasures and they will never be called stuffy.

Domain/Facet	Score
CONSCIENTIOUSNESS	79
..Self-Efficacy	89
..Orderliness	47
..Dutifulness	56
..Achievement-Striving	87
..Self-Discipline	60
..Cautiousness	87

Your score on Conscientiousness is high. This means you set clear goals and pursue them with determination. People regard you as reliable and hard-working.

Conscientiousness Facets

- Self-Efficacy.* Self-Efficacy describes confidence in one's ability to accomplish things. High scorers believe they have the intelligence (common sense), drive, and self-control necessary for achieving success. Low scorers do not feel effective, and may have a sense that they are not in control of their lives. Your level of self-efficacy is high.
- Orderliness.* Persons with high scores on orderliness are well-organized. They like to live according to routines and schedules. They keep lists and make plans. Low scorers tend to be disorganized and scattered. Your level of orderliness is average.
- Dutifulness.* This scale reflects the strength of a person's sense of duty and obligation. Those who score high on this scale have a strong sense of moral obligation. Low scorers find contracts, rules, and regulations overly confining. They are likely to be seen as unreliable or even irresponsible. Your level of dutifulness is average.

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Extraversion is marked by pronounced engagement with the external world. Extraverts enjoy being with people, are full of energy, and often experience positive emotions. They tend to be enthusiastic, action-oriented, individuals who are likely to say "Yes!" or "Let's go!" to opportunities for excitement. In groups they like to talk, assert themselves, and draw attention to themselves.

Introverts lack the exuberance, energy, and activity levels of extraverts. They tend to be quiet, low-key, deliberate, and disengaged from the social world. Their lack of social involvement should not be interpreted as shyness or depression; the introvert simply needs less stimulation than an extravert and prefers to be alone. The independence and reserve of the introvert is sometimes mistaken as unfriendliness or arrogance. In reality, an introvert who scores high on the agreeableness dimension will not seek others out but will be quite pleasant when approached.

Domain/Facet..... Score 0-----10-----20-----30-----40-----50-----60-----70-----80-----90-----99

EXTRAVERSION.....47 *****

..Friendliness.....66 *****

..Gregariousness.....18 *****

..Assertiveness.....60 *****

..Activity Level.....93 *****

..Excitement-Seeking.....0

..Cheerfulness.....67 *****

Your score on Extraversion is average, indicating you are neither a subdued loner nor a jovial chatterbox. You enjoy time with others but also time alone.

Extraversion Facets

- *Friendliness*. Friendly people genuinely like other people and openly demonstrate positive feelings toward others. They make friends quickly and it is easy for them to form close, intimate relationships. Low scorers on Friendliness are not necessarily cold and hostile, but they do not reach out to others and are perceived as distant and reserved. Your level of friendliness is average.
- *Gregariousness*. Gregarious people find the company of others pleasantly stimulating and rewarding. They enjoy the excitement of crowds. Low scorers tend to feel overwhelmed by, and therefore actively avoid, large crowds. They do not necessarily dislike being with people sometimes, but

to extend themselves for other people. Sometimes their skepticism about others' motives causes them to be suspicious, unfriendly, and uncooperative.

Agreeableness is obviously advantageous for attaining and maintaining popularity. Agreeable people are better liked than disagreeable people. On the other hand, agreeableness is not useful in situations that require tough or absolute objective decisions. Disagreeable people can make excellent scientists, critics, or soldiers.

Domain/Facet.....	Score
AGREEABLENESS.....	58
..Trust.....	75
..Morality.....	26
..Altruism.....	66
..Cooperation.....	90
..Modesty.....	29
..Sympathy.....	36

Your level of Agreeableness is average, indicating some concern with others' Needs, but, generally, unwillingness to sacrifice yourself for others.

Agreeableness Facets

- *Trust.* A person with high trust assumes that most people are fair, honest, and have good intentions. Persons low in trust see others as selfish, devious, and potentially dangerous. Your level of trust is high.
- *Morality.* High scorers on this scale see no need for pretense or manipulation when dealing with others and are therefore candid, frank, and sincere. Low scorers believe that a certain amount of deception in social relationships is necessary. People find it relatively easy to relate to the straightforward high-scorers on this scale. They generally find it more difficult to relate to the unstraightforward low-scorers on this scale. It should be made clear that low scorers are not unprincipled or immoral; they are simply more guarded and less willing to openly reveal the whole truth. Your level of morality is low.
- *Altruism.* Altruistic people find helping other people genuinely rewarding. Consequently, they are generally willing to assist those who are in need. Altruistic people find that doing things for others is a form of self-fulfillment rather than self-sacrifice. Low scorers on this scale do not particularly like

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At the other end of the scale, individuals who score low in neuroticism are less easily upset and are less emotionally reactive. They tend to be calm, emotionally stable, and free from persistent negative feelings. Freedom from negative feelings does not mean that low scorers experience a lot of positive feelings; frequency of positive emotions is a component of the Extraversion domain.

Domain/Facet..... Score 0-----10-----20-----30-----40-----50-----60-----70-----80-----90-----99

NEUROTICISM..... 18 *****

..Anxiety..... 42 *****

..Anger..... 1 *

..Depression..... 34 *****

..Self-Consciousness..... 61 *****

..Immoderation..... 19 *****

..Vulnerability..... 21 *****

Your score on Neuroticism is low, indicating that you are exceptionally calm, composed and unflappable. You do not react with intense emotions, even to situations that most people would describe as stressful.

Neuroticism Facets

- *Anxiety*. The "fight-or-flight" system of the brain of anxious individuals is too easily and too often engaged. Therefore, people who are high in anxiety often feel like something dangerous is about to happen. They may be afraid of specific situations or be just generally fearful. They feel tense, jittery, and nervous. Persons low in Anxiety are generally calm and fearless. Your level of anxiety is average.
- *Anger*. Persons who score high in Anger feel enraged when things do not go their way. They are sensitive about being treated fairly and feel resentful and bitter when they feel they are being cheated. This scale measures the tendency to *feel* angry; whether or not the person *expresses* annoyance and hostility depends on the individual's level on Agreeableness. Low scorers do not get angry often or easily. Your level of anger is low.
- *Depression*. This scale measures the tendency to feel sad, dejected, and discouraged. High scorers lack energy and have difficult initiating activities. Low scorers tend to be free from these depressive feelings. Your level of depression is average.
- *Self-Consciousness*. Self-conscious individuals are sensitive about what others think of them. Their concern about rejection and ridicule cause them

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