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Self-Assessment Paper

This paper will discuss my results from take the “Big 5” personality test. I will then be writing about how my results tie into my growth and practice as a social worker.

Openness

Description

Being open minded can mean a number of different things. This could be being open to the idea of a new adventure or new way of thinking, as well as being creative and curious about life and what it has to offer. Sometimes individuals tend to be more closed and reserved. By staying more closed, people are more comfortable in their “safe space” and may not want to veer from that. Open minded people may can possibly be described as individuals who can “go with the flow” more easily rather than those who are more reserved. Reserved people tend to stick to the plan and are very down to earth and grounded.

My Score

I scored in the 49th percentile when it comes to having an open mind. This means that I typically do not seek out new adventures and experiences. I am very comfortable in my own routine and do not like deviating from my path. This has pros and cons when it relates to social work. Since I am in the 49th percentile, I would consider myself to be relatively balanced between open and closed minded. I am not so open minded that I make rash decisions, but at the same time I have enough of an open mind to occasionally step out of my comfort zone with the right push. An example of this would be me stepping out of my comfort zone as a freshman and becoming social work club president. With the right push and help from others, I was able to do this and start developing and finding myself as a social worker.

Conscientious

Description

Conscientious to me means being aware and diligent about doing your work and the right thing well and being dependable. A conscientious person considers others and is conscience about what they may be going through. When a person is conscientious they are well-organized and dependable. An unconscientious person tends to be less organized, more scattered, and not as dependable or reliable.

My Score

For this section I scored in the 89th percentile. This was not surprising to me because I strongly believe that I am a conscientious person. I love being the person that others can depend and rely on. For the most part, my life is organized and well kept. This can and will aid me as a social worker because you will always have people depending on you and you need to be aware and conscience of their needs. I feel as though I am a very careful person and will always try to be intentional about listening and supporting all those I work with and come in contact with.

Extraversion

Description

Extraversion can be described as how out-going or social a person is. An extrovert thrives off of interaction with others. Extraverts love social settings, are very friendly, and are also very talkative. Extraverts may be the life of the party and love spending time with others. On the other side of the scale there are introverts. Introverts tend to be more reserved and quieter. While introverts can still love people, they need their alone time to thrive and recharge.

My Score

When it came to this section of the test, I scored in the 34th percentile. This was not

shocking to me since I do, for the most part, identify as an introvert. I tend to shy away from certain big social situations. I have found that social work has brought me out of my shell more, and I am so grateful for that. I think my introverted nature gives me the natural sense of listening when it comes to working with my clients. Since I am more reserved and quieter, clients may feel more at ease when talking with me.

Agreeableness

Description

When learning about this section, I think it has to do more with being understanding rather than necessarily agreeing. It is okay to agree to disagree, as long as it is respectful. Agreeableness refers to people who are good natured, sympathetic, forgiving, and courteous to those around them. When someone is not agreeable, they can come off as rude or harsh. These are not the best qualities to have, especially in a helping career.

My Score

Again, I scored in the 89th percentile for this category. I am glad I received a higher number for this section. I never want to come off as rude or harsh to my clients, or to anyone in general. As a social worker, I want my clients to feel supported and like they have someone rooting for them. I believe this is a crucial part of social work and what makes us stand out from other professions.

Neuroticism

Description

When I read this word, I automatically thought of neurotic which leads my mind to someone who is “high strung”. Individuals who score higher in this category tend to be more anxious, insecure, and worry more often. Those who score lower on this scale are more calm,

secure, and relaxed. I do not necessarily think one is better than the other, but that a good balance and mixture is always best.

My Score

I scored in the 76th percentile. While this does not surprise me, I wish the number was a little lower and more balanced. I recognize that I am a very anxious and nervous person. This helps me when it comes to getting my work done, but also causes some problems. I tend to worry about things that are out of my control and I think this could lead to burnout for me in the field of social work. This is where boundaries come in to play and where I need to recognize when I need to take a break. Since I am more prone to being high strung, I tend to work and focus better in high stress situations. This can aid me when working with clients from a traumatic past or who are facing a traumatic situation.

Appendix

Dimensions

		Your Percentile
O	Openness	49
C	Conscientiousness	89
E	Extraversion	34
A	Agreeableness	89
N	Neuroticism	76