

Southern Adventist University
School of Social Work and Family Studies

Professional Growth

By

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After taking the “The Big Five Personality Test” and then looking at my scores I was not all that surprised. After reading the description about each it did make me feel uncomfortable as I really don’t see myself the way the test describes my traits but then again I hardly look at my own personality as do most individuals I know.

The O in OCEAN represents openness as in openness to new experience; curious, imaginative, cultured, flexible and original on the one end; closed-minded, provincial, dull, literal-minded, inflexible on the other. At the end of the test it states that high scorers tend to be original, creative, curious, complex and low scorers tend to be conventional, down to earth, narrow interests and uncreative. On this section of the test my percentile was 1.

The C in OCEAN represents conscientiousness such as in being Accountable, responsible, organized, neat, and achievement-oriented; versus irresponsible, sloppy, careless, and impulsive. High scorers on this section tend to be reliable, well-organized, self-disciplined, careful and low scorers tend to be disorganized, undependable, and negligent. On this section of the test my percentile was 92.

The E in OCEAN represents extraversion such as being sociable, outgoing, energetic, and assertive; versus shy, retiring, sluggish, and introverted. High scorers tend to be sociable, friendly, fun, loving, talkative and low scorers tend to be introverted, reserved, inhibited and quiet. On this section of the test my percentile was 5.

The A in OCEAN represents agreeableness such as being Warm, caring, tactful, considerate, and cooperative; versus cold, uncaring, rude, hostile, and independent. High scorers in this section tend to be good natured, sympathetic, forgiving, courteous and low scorers tend to be critical, rude, harsh, and callous. On this section of the test my percentile was 8.

The N in OCEAN represents neuroticism. This is a word better used for *remembering* than for *describing* this factor; alternatives are "Adjustment" or "Stability", examples are self-doubting, negative, anxious, guilty, moody on the one end; self-confident, positive, stable, and emotionally well-adjusted on the other. High scorers in this section of the test tend to be nervous, high-strung, insecure, worrying and low scorers tend to be calm, relaxed, secure and hardy. My percentile in this section was 5.

After taking the test and looking back on the results I would probably agree with the results. I'm sure some of the results would look like I will have trouble working as a social worker in the future however I tend to disagree. The test stated I prefer traditional and familiar experiences. I would like to say that most people who would answer honestly would score like this as most people are more comfortable with things they are familiar with however you do have the occasional person that likes to be out of the box. The test also said I would be well organized and relied upon, I enjoy spending quiet time alone, I find it easy to criticize others and I would probably remain calm, even in tense situations. I believe that these could hurt me in the social work field in that I would agree I do enjoy spending time by myself and not interacting to much with others and I do criticize others fairly often but I believe only for stupidity.

Within the social work field we are taught that we will interact with others while working in the field and I agree with that however I really have no interest in working with families and youth and would prefer more of a role in something such as advocating for social change. In this type of role some of the things that hurt me can also be a positive. The test said I was well-organized and I'll leave that open for debate but I believe I do work best on my own as I know what I have to do and when I need to do it. I guess that's why we are learning to work in groups here in school. I am still unsure what type of role I am interested in once graduating but I'm sure

by that time I will have changed my perception of people somewhat and be more outgoing.....or I hope so anyway.