

Self-Assessment Paper

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Open-Mindedness

Description. Open-mindedness is being receptive to new ideas. It contributes the way that people view the world around them and interact with it. Open-mindedness might look like trying new foods or travel somewhere different. On the opposite end of the spectrum, a lack of open-mindedness might look like not wanted to try anything new or not wanting to meet new or different people. People who score high in open-mindedness tend to be imaginative, inquisitive, and multilayered. Likewise, people who score low in this category tend towards convention.

Discussion. I scored in the 64th percentile of the open-mindedness dimension. This means that I am relatively open to new experiences. As social workers, it is important to remain open-minded because of the kinds of people and experiences that we might encounter. I should continually strive towards being open and accepting of others. To me, scoring in the 64th percentile of this category means that I am on the right track, but could make improvements to become more open-minded. A way that I can try to help myself increase my openness is to consciously put myself into (safe) situations that force me to try something new. An example of this could be trying Indian food for the first time or reading a book from a genre that I would not normally chose.

Conscientiousness

Description. Conscientiousness is being careful, or attentive. It indicates a desire to do a job well and to take responsibilities seriously. A conscientious individual might look like someone who does not leave anything undone (or done poorly), is organized, and has self-discipline. On the opposite end, a person who lacks conscientiousness might turn in sloppy work, be disorganized, or is undependable.

Discussion. I scored in the 72nd percentile for the dimension of conscientiousness. This means that I am well organized and reliable. This is a good quality to have in any profession, not just social work. This is because employers seek dependable employees. In social work, being dependable, or conscientious, is particularly important, because agencies want to ensure that their clients, or the populations that they are serving, get the best possible service and are worked with in a way that will be meaningful to their lives.

Extraversion

Description. Extraversion is often characterized by socialness, friendliness, assertiveness, and excitability. People who score high in the extraversion dimension tend to pursue social stimulation or occasions to engage with other people. People like this might be described as, “the life of the party.” People who score low in this category are usually called “introverts.” These individuals tend to be reserved, inhibited, or quiet.

Discussion. I scored in the 26th percentile of the extraversion dimension. This means that I tend to shy away from social situations. What this might mean for my future as a social worker, is that I might tend towards staying in the background helping, rather than getting up front to talk or being in the spotlight. I have noticed that there tends to be a negative connotation associated with introversion. I would like to argue that being an introvert has its own merits, such as tending toward listening rather than talking, being able to accomplish tasks discretely, and not only being able to accomplish tasks independently, but even preferring it. These are all good qualities for a social worker to have, because clients need someone who can listen and is discrete. Additionally, employers want to know that their employees will be productive, even when they are not there to supervise them.

Agreeableness

Description. Agreeableness is the personality trait that is characterized by cooperativeness and consideration. People who score high in this category tend to be good-tempered, compassionate, forgiving, or considerate. People who score low in this category may be perceived as judgmental, discourteous, unforgiving, or uncaring.

Discussion. I received a moderate score in this dimension, scoring in the 57th percentile. This means that I am neither extremely forgiving, nor unforgiving. My first reaction to this score was the feeling like I needed to increase this score so that I could become more compassionate or considerate. This is because all the traits associated with agreeableness are perceived as “good” traits. I would like to propose that there is a downside to agreeableness. Individuals who score too high in agreeableness might be more easily taken advantage or be more unlikely to enforce standards if they think somebody’s feelings might get hurt or to avoid conflict. When put this way, it is obvious that too much agreeableness can be a bad thing, especially in a profession such as social work. After my period of thought on the matter, I decided that I am satisfied with my moderate score in agreeableness and think it will help me to be a good social worker. I think this because I will have the ability to be compassionate towards my clients but will not easily be taken advantage of by them.

Neuroticism

Description. Neuroticism refers to the moodiness of a person. It can also refer to how a person responds to stressful events. People who score high in this dimension tend to be worried, high-strung, apprehensive, and anxious. These people might be considered “neurotic” because they react to stress with negative emotional responses. On the opposite end of the spectrum, people who score low in this category tend to be calm, relaxed, and secure.

Discussion. I scored moderately in this category as well, receiving a score in the 57th percentile. This means that I am not particularly nervous or calm. Like introversion, neuroticism does not have the best reputation. However, I appreciate my moderate score in this category because I am neither easily upset nor excitable. I have the ability to remain calm when necessary, yet can easily jump into action when the situation calls for it. Likewise, social workers need to be relaxed and even-tempered, but not to the point that they are slow to act. That is why I think my moderate score in neuroticism will help me with in my social work profession.