

Making Sense of the Big Five Personality Short Form

Big Five Personality Short Form

This is an example of an individual self-assessment of personal styles. The sample questions below allow you to indicate your personal style on each of five global trait dimensions. There is no “right” or “wrong” or “good” or “bad” side to these dimensions; rather, they help you identify your stylistic disposition and potential strengths. This is similar to finding out if you are left- or right-handed. Below each **global trait** is an example of **personal style** and three related questions with some on each of the poles.

Openness

Openness is the level of a person’s receptiveness to novel ideas, change, innovation, and new learning. On the continuum, this can be seen as preference for change on one end of the spectrum and preference for stability on the other.

Preference for Change	Answer each of the questions listed below by marking the selection that best describes your present agreement or disagreement with each statement.					Preference for Stability
You value new learning, change, and innovation and find motivation in novelty, variety, and possibilities for improvement. New tasks and new learning are stimulating and attractive to you.	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	You value familiarity, predictability, and precedent, and find comfort in stability, routine, and tradition. New tasks and new learning may be uninteresting or demanding for you.
1. The idea of lifelong learning appeals to me.					XX	
2. I find it fun to learn and develop new hobbies	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
					XX	
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	3. I have difficulty understanding abstract ideas.
			XX			

What does this mean? Looking at the responses to each question in our example as indicated by the red "**XX**," the test shows that this person may have a preference for stability. In this case, the **definition** notes he or she values familiarity, predictability, and precedent, and finds comfort in stability, routine, and tradition. New tasks and new learning may be uninteresting or demanding. Had the results tracked toward the other side of the grid, a preference for change might have been indicated. **Repeat for each section that follows on the short form.**