

Open Your Class With This Tomorrow- *Me, Myself, and Us: The Science of Personality and the Art of Well-Being*

Ten-Item Personality Inventory (TIPI)

Background: Before introducing the Big Five personality theory of Paul Costa and Robert R. McCrae, give students the following short personality inventory. The *Ten-Item Personality Inventory (TIPI)* is a short personality inventory with excellent reliability and validity for measuring the Big Five personality traits. This inventory was created by Sam Gosling, Jason Rentfrow, and William Swan. It can give students a sense of the *NEO PI-R* assessment created by Costa and McCrae which is considered the gold standard for evaluating the Big Five. It is important to stress that while this assessment has been used in research and teaching settings, it is meant only for self-reflection and exploring the meaning of the Big Five, and it is not a diagnostic tool.

Directions: The following list includes personality traits that may or may not apply to you. Choose a number based on the provided scale that best indicates how much you agree or disagree with the statement. You should indicate how much the traits apply to you, even if one part of the pair is more like you than the other.

Disagree strongly	Disagree moderately	Disagree a little	Neither disagree no agree	Agree a little	Agree moderately	Agree strongly
1	2	3	4	5	6	7

- _____ 1. Extraverted, enthusiastic
- _____ 2. Critical, quarrelsome
- _____ 3. Dependable, self-disciplined
- _____ 4. Anxious, easily upset
- _____ 5. Open to new experiences, complex
- _____ 6. Reserved, quiet
- _____ 7. Sympathetic, warm
- _____ 8. Disorganized, careless
- _____ 9. Calm, emotionally stable
- _____ 10. Conventional, uncreative

Scoring the *TIPI*

Conscientiousness

Score for #3: _____

+ (8 – Score for #8): _____

= _____

Divide your answer by 2.

Conscientiousness Score = _____

Agreeableness

Score for #7: _____

+ (8 – Score for #2): _____

= _____

Divide your answer by 2.

Agreeableness Score = _____

Emotional Stability (Note: low scores are associated with Neuroticism)

Score for #9: _____

+ (8 – Score for #4): _____

= _____

Divide your answer by 2.

Emotional Stability Score = _____

Openness to Experience

Score for #5: _____

+ (8 – Score for #10): _____

= _____

Divide your answer by 2.

Openness to Experience Score = _____

Extraversion

Score for #1: _____

+ (8 – Score for #6): _____

= _____

Divide your answer by 2.

Extraversion Score = _____

Average Adult Scores: (Based on 305,830 participants)

Big 5 Trait	Average	Summary
Conscientiousness	4.61	High Scores: 6.0 and above Low Scores: 3.2 and below
Agreeableness	4.69	High Scores: 5.9 and above Low Scores: 3.5 and below
Emotional Stability	4.34	High Scores: 5.8 and above Low Scores: 2.9 and below
Openness to Experience	5.51	High Scores: 6.6 and above Low Scores: 4.4 and below
Extraversion	3.98	High Scores: 5.6 and above Low Scores: 2.4 and below

Gosling, S. D., Rentfrow, P.J., & Swann Jr., W. B. (2003). A very brief measure of the Big-Five personality domains. *Journal of Research in Personality*, 37 (6), 504-528. Elsevier Science.