

Open Your Class With This Tomorrow

The Defining Decade: why your twenties matter and how to make the most of them

PART I

Directions

Prior to class have students ask between 8-10 (minimum) individuals who know them well to describe their personality using five adjectives each and write the adjectives down in the space below. Do your best to ask individuals from different areas of your life (parents, grandparents, siblings, close friends, classmates, teachers, bosses, coworkers, teammates, etc.).

Students can accumulate the traits by sending a mass text message to friends, posting the question to Facebook or creating a one question poll using Google Drive to send to friends, teachers, and coaches.

Note: It is important that you do NOT let the participants in your study see what others have chosen, because it could impact what they think of immediately (availability heuristic).

PART II

Directions

Students can complete part two in class or as a homework project. Use the data that you have collected from Part I to complete the following activities and answer the questions listed.

1. Create a Wordle using all the words that were used to describe you!
<http://www.wordle.net/>
2. Place each of the traits others listed about you into a category of the Big Five (Remember that all of these categories are on a scale so the opposite of extraversion is introversion, if you received a trait of introversion it should still be placed into the extraversion category).

Openness to Experience:

Conscientiousness:

Extraversion:

Agreeableness:

Neuroticism:

Books For Psychology Class

<http://booksforpsychologyclass.weebly.com/>

3. Which type of personality study did you conduct in this exercise - nomothetic or idiographic? Explain your answer.

4. Describe how the traits you were given by the participants in your study could be potentially sorted according to Allport's theory of cardinal, central, and secondary dispositions. (Cardinal dispositions may not be evident).

Cardinal

Central

Secondary

5. Does it appear people see you differently in different environments (situations) or is there consistency among traits? For example do teachers and adults view you as quiet and reserved while your close friends describe you as outgoing? Explain your answer in a detailed paragraph.