

Personality Types

Warmup: What factors do you think have the biggest impact on a person's personality?

- The environment that they grow up in - **OR** - The genes that they are born with -

Vocabulary

Psychology	Overachiever	Suspicious
Axis/Axes	Extrovert	Uncooperative
Intellectually Curious	Introvert	Depression
Conscientiousness	Rejuvenated	Isolated
Disciplined		Industriousness



Video Clip from *Discovery News - The Big 5 Personality Traits:*



<https://www.youtube.com/watch?v=oWpRKJPCI7M>



Listening Comprehension

1. How are people who score high on openness to experience different from low scorers?
2. What are the characteristics of a person who scores high on conscientiousness?
3. How is the measurement of extroversion and introversion different from how people usually think about these traits? How does socializing impact people on opposite sides of this axis?
4. What are the characteristics of a person who scores low on agreeableness?

5. What types of emotions are highly neurotic people prone to having?

6. What surprising discovery was made in an isolated Bolivian farming community and what does this show about the effects of society on personality development?



Take a Big 5 Personality Test

<http://personality-testing.info/tests/BIG5.php>

Record how you scored on each of the 5 traits:

- _____ Openness to experience
- _____ Conscientiousness
- _____ Extroversion
- _____ Agreeableness
- _____ Neuroticism



Discussion

1. To what extent do you agree or disagree with your test results? Do you believe that these types of tests can really identify your personality with accuracy?

2. Do you know anyone who you think is especially high or low scorer for any of these traits?

Consider these examples:

- Someone who absolutely hates traveling to other countries (low scorer for openness to experience)
- Someone who is an annoying overachiever at your work place (high scorer on conscientiousness)
- Someone who is a social magnet (high scorer on extroversion)
- Someone who is an asshole! (low scorer on agreeableness)
- Someone who has wild mood swings (low scorer on neuroticism)



3. Do you think your personality has significantly changed over time? What events in your life caused the biggest changes in your personality?

4. To what degree do you think the following factors affect personality development?
 Birth order Blood type Physical appearance Zodiac Sign

5. Do you think it would be useful for an employer to have potential employees take this test before hiring them in order to see how well they will fit into the company?



Expressions & Phrases

“High scorers are those annoying overachievers that are **always on top of it.**”

- **on top of something** = having full awareness of or in control of a situation
- **Example:** Since the stock market can be so unpredictable, it is important to stay **on top of** any new market trends.
- **Question:** Do you always stay **on top of** your homework?

“Low scorers tend to be more impulsive and unorganized. You know; **hot mess** status.”

- **Hot mess** = a person or thing that is extremely unorganized or disordered
- **Example:** Your outfit is a **hot mess!** Your shirt is on backwards and you are using a necktie for a belt! Did you get dressed in the dark?
- **Question:** Have you ever arrived somewhere late and in a **hot mess?**

“Introverts... tend to be quieter, **lower key** and more deliberate.”

- **Low key** = relaxed, laid back, quiet
- **Example:** The party was very **low key** because there was a baby sleeping in the room.
- **Question:** Do you prefer to have a **low key** Saturday night or do something exciting?



“They just wish we could all **get along** guys.”

- **To get along** = to have a harmonious or friendly relationship
- **Example:** All of the children **get along** really well, except for Bob and Cindy.
- **Question:** Do you **get along** well with everyone in your family?



“Low scorers are calm and collected. They **don't sweat the small stuff.**”

- **To sweat the small stuff** = to be concerned about every little detail
- **Example:** Some leaders prefer **not to sweat the small stuff** but focus only on big decisions.
- **Question:** Do you agree with the advice to **not sweat the small stuff**?



“Food for your brain!”

- **Food for thought** = something that deserves to be seriously thought about
- **Example:** Here is **some food for thought:** Almost half of the world's population lives on less than \$2.50 per day.





Script D-News: Big 5 Personality Traits



<https://www.youtube.com/watch?v=oWpRKJPCI7M>

For many years the field of psychology has been trying to understand all those personality traits that make you a unique and special little snowflake. Hi guys, I'm Lacey Green and this is D-News. It's called personality psychology and it's a booming field of research that you are bound to hear about in any human psych class. One of the most well researched and respected personality models in the field is Costa and McCrae's Big 5, which evaluates how strong a person is on 5 different axes. Let's take a look-see at those traits.

Trait number one is Openness to Experience. This trait describes how open or closed your thinking is. Highly open people are intellectually curious. They love art and science, open people appreciate emotion, unusual ideas, imagination, adventure, and of course, having new experiences. People with low scores have more traditional interests. They prefer familiarity over doing something new and they don't really like change.

Trait number two is conscientiousness. Highly conscientious people are basically those annoying overachievers who are always on top of it. They are disciplined responsible and good at planning ahead. A high score on conscientiousness suggests a strong ability to regulate and control your behavior. Low scorers tend to be more impulsive, and unorganized. You know, hot mess status!

Trait number three is extroversion. People tend to think of extroversion and introversion as how outgoing you are. But it's actually about how you get your energy. High scorers, the extroverts, feel recharged and energized by going out and being around people. They like parties and chit-chatting. Low scorers or introverts, get energized by spending time alone. They tend to be quieter, **lower key** and more deliberate. They go to a party and they have to recover the next day. This is sometimes confused with shyness. Shyness is about comfort socializing, introversion and extroversion are about the amount of socializing you need to do your best and to feel your best.

Trait number four is agreeableness. Highly agreeable people are considerate, friendly, helpful. They just wish we could all get along guys. They make sacrifices for others and they assume others are good

people. Low scorers or highly disagreeable people are suspicious, distant and uncooperative. They put their own self-interests above getting along. They don't care much about other's wellbeing and they're less likely to help you out. Basically, they're assholes! I'm just kidding. But really...

Last but not least, trait number five is neuroticism. This trait measures emotional stability. Highly neurotic people are more prone to negative emotions like anxiety, anger, depression. They are easily stressed out; they're reactive, and more likely to be frustrated in day-to-day life. Low scorers are more calm and collected. They don't really sweat the small stuff. They're emotionally stable and balanced.

And for a long time it was thought that these five traits held true across regions and cultures. We've witnessed them in action across the world but recently, researchers found an isolated Bolivian farming community, where for the first time, it doesn't seem to apply. In this community, there are only two major traits: socially beneficial behavior and industriousness. This makes an interesting suggestion about personality. If there are less developed areas where personality trends are different, society may play a stronger role in encouraging or discouraging the expression of personality traits than psychologists thought. Food for your brain!



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