

## Personality: A Look at YOU

Personality theories help us to organize what we know about ourselves and others. They also help us to explain the difference among individuals, and help us to celebrate what makes us unique. Personality theories help us to understand why we do what we do and to suggest ways in which our lives can be improved.

Before we get into the different theories and major players, I would first like you to consider your own personality. What makes you, you?

First, some definitions:

**Personality traits** are typically defined as descriptions of people in terms of relatively stable patterns of behavior, thoughts, and emotions

**Personal values** are generally described as rather stable broad life goals that are important to people in their lives and guide their perception, judgments, and behavior.

The task:

**Part 1:** On a piece of paper, create a t-chart of your values and your personality traits. Create a word cloud (*you could use Wordle, wordcloud.com, or another app if you prefer*) of your list and post it on your ePortfolio on your Unit 3 page, under the heading **Personality**.

**Part 2:** Consider how your list of values and personality are related. Is there some disconnect where you still need to grow?

→ With the above in mind, please respond (*using complete sentences*) to the following questions:

1. In what situations do you suppress some of your core personality traits? Why do you do this?
2. In what situations are some of your personality traits amplified? Why do you do this?
3. Do you have any personality traits that make your life more difficult? If you were to change these traits, how might you go about doing that?
4. What traits separates you from the rest of the people in your group of friends? Family? This class?
5. What rewards and punishments have you experienced that have shaped you into who you are?
6. What are some goals that you have that shape your personality?

→ You could post your answers as a file under your Word Cloud on your ePortfolio. However, given the personal nature of this exercise, you may choose to submit your responses in an email, directly to me.