

# HOMWORK

Many psychologists believe in 5 main personality traits which shape our personality. Rate where you THINK you are with a red "X" on the line. Then try the test and mark your results with a black "X". Compare where you thought you were with where the test thinks.



## Openness

Low High

practical thinker  
prefers routine  
conforms to the norm

How open a person is new ideas and experiences

imaginative thinker  
prefers variety  
open to new ideas

## Conscientiousness

Low High

disorganized  
careless  
impulsive

How goal directed and organized a person is

organized  
careful  
disciplined

## Extraversion

Low High

quiet  
reserved  
shy

How much a person is energized by the outside world

sociable  
fun-loving  
affectionate

## Agreeableness

Low High

critical  
suspicious  
uncooperative

How much a person cares for other people

soft-hearted  
trusting  
helpful

## Neuroticism

Low High

calm  
confident  
self-satisfied

How sensitive a person is to stress and negative emotions

anxious  
insecure  
self-pitying



facebook



Instagram



LINE@

## TRUE OR FALSE

Q

1. THE CLOTHES WE WEAR AFFECT HOW WE BEHAVE.  
TRUE / FALSE

U

2. PEOPLE WHO SPEAK TWO LANGUAGES OFTEN HAVE  
DIFFERENT PERSONALITIES WHEN SPEAKING DIFFERENT  
LANGUAGES. T / F

I

Z

3. WALKING STYLE REVEALS A LOT ABOUT YOUR  
PERSONALITY. T / F

?

4. BEING FORGETFUL IS A SIGN OF LOWER INTELLIGENCE.  
T / F

5. PEOPLE BECOME LESS KIND AS THEY GROW OLDER.  
T / F

Follow us! For news and English tips

# Personality Traits

Quizlet



<http://bit.ly/incl-adult-class>

## VOCABULARY

January 2022

	Basic Words	Notes		Intermediate Words	Notes
1	friendly		14	chatty	
2	kind		15	energetic	
3	rude		16	adventurous	
4	excited		17	silly	
5	pleased		18	courteous	
6	serious		19	cruel	
7	miserable		20	delighted	
8	afraid		21	frightened	
9	angry		22	secretive	
10	annoyed			Advanced Words	Notes
11	clever		23	courageous	
12	bright		24	lethargic	
13	funny		25	compassionate	

Match the personality trait with its opposite trait (eg. hot ----- cold):

silly                      afraid                      courteous                      compassionate  
 •                                      •                                      •                                      •  
 miserable                      energetic                      secretive  
 •                                      •                                      •  
 rude                                      excited                                      cruel                                      chatty  
 •                                      •                                      •                                      •  
 serious                                      courageous                                      lethargic

## MYERS BRIGGS PERSONALITY TYPE TEST

A popular test to learn more about your personality is the Myers Briggs Type Indicator. It tests 4 different personality traits to give a final 4-letter personality type;

Introversion vs Extraversion (I / E)

Sensing vs Intuition (S / N)

Thinking vs Feeling (T / F)

Judging vs Perceiving (J / P)



There are 16 types. Try it (in Japanese or English) at the QR code above and read about your personality.

### Discussion

*What is your personality type?*

\_\_\_\_\_

*Talk about your result in the class. Do you agree with your result?*