Industrial Organizational Psychology

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Big 5 Test

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The Big Five Project personality test is an effective tool not only used for the work field but any field that requires certain personality requirements. I was interested in this test since the first day I learned about it because I’m interested in how others view me versus how I view myself. It can give one a reality check on how they really are and what they should work on.

**Me vs Me**

I asked my best friend, who knows me the best, to take this personality test for me. Her results where to the extremes of the two sides compared to mine that was very neutral. We had each category on the same side but mine was more in the middle. It was clear she was being very honest with this personality test.

**Validity**

Of course, I’m going to believe mine test results would seem more valid but now seeing the results, my best friends seem more valid. Even though she didn’t have each categories as I thought she should, she was so honest. Because of her honesty, I was shown what I didn’t already realize like being messier than I thought I was or being me more caring than I thought. This gave me a reminder to work on some of things I had already planned to work on.

**Which One?**

The category that I have an issue with is neuroticism. I am a very nervous human being which is not always good in the work field. It can also get in the way of my future success, but I won’t let it anymore. In the past, my mother took me to a modeling audition. I was too nervous to go through with it, ruining a great opportunity I had for myself. My nervousness and emotional instability will not stop me from doing anything in the future because I have too many things to accomplish.

**My Experience**

I think my Big Five profile was very accurate, both me and my best friends (with more emphasis on hers.) It showed my good and bad traits that in which I can improve. It also was beneficial having someone else perform the test for me, so I can see myself in others eyes. I would definitely recommend this test to anymore striving to work on themselves.

**Big Five Profile**

As I mentioned, I feel this is a great tool for the work field and much more. It not only reminds you of what you already know but makes you see what you couldn’t before. I think most companies in the work field should utilize this tool, because of that simple fact.