

Let's talk about ourselves!! The assignment is on the last page!! Here are some videos

https://www.ted.com/talks/brene_brown_on_vulnerability?language=en

And

https://www.ted.com/talks/brian_little_who_are_you_really_the_puzzle_of_personality?language=en

And

https://www.youtube.com/watch?v=gBklyJ7kf_I

But do these tests first.

Before you can get know someone else you have to know yourself!

<https://openpsychometrics.org/>

Take the Big 5 Test - <https://openpsychometrics.org/tests/IPIP-BFFM/>

Your results will look like... \

11/12/2018 Big Five Personality Test Results

Open Source Psychometrics Project [Home](#) [About](#)

Results summary

Your results from the IPIP Big Five Factor Markers are in the table below. The table contains a raw score and also a percentile, what percent of other people who have taken this test that you score higher than.

Factor	Factor label	Raw score	Score percentile
I	Extroversion	92	92
II	Emotional stability	91	91
III	Agreeableness	76	76
IV	Conscientiousness	9	9
V	Intellect/Imagination	76	76

Big five personality trait scores calculated by openpsychometrics.org

Trait descriptions

[Factor I](#) [Factor II](#) [Factor III](#) [Factor IV](#) [Factor V](#)

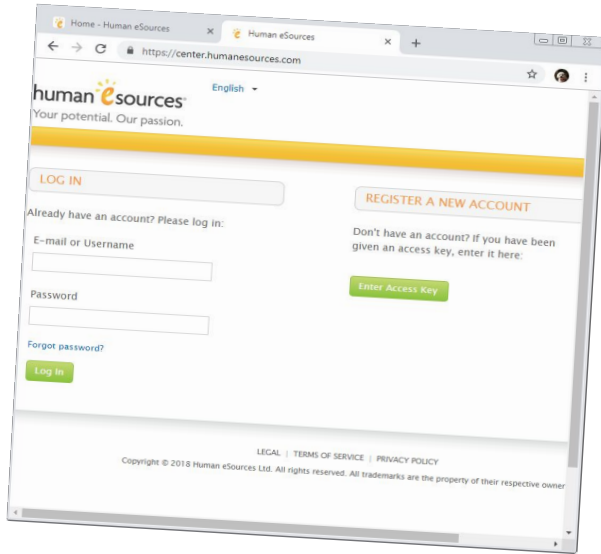
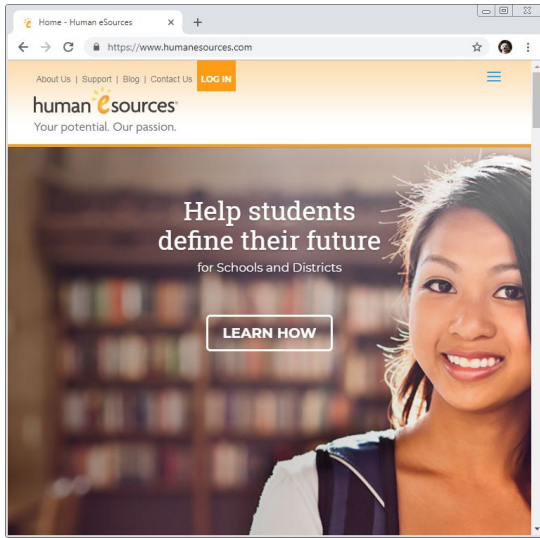
Factor V is labeled as **Intellect/Imagination**. This factor is also often called **Openness to Experience**.
People who score low tend to be traditional and conventional.

Comments / Navigation

Want to find a person with the same personality as you?
I am working on a service that will attempt to match you to the person with the most similar personality to you in all the world, try it out at global.peplematch.com

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Take the Myers Briggs Test - <https://www.humanesources.com/> -

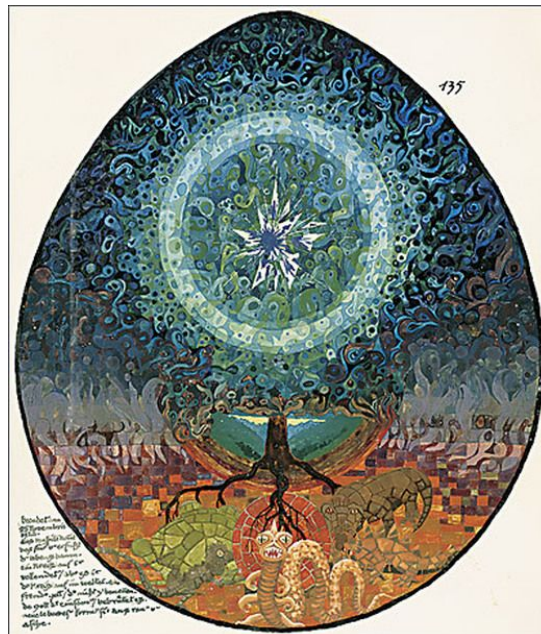


Click Login - the click enter access Key

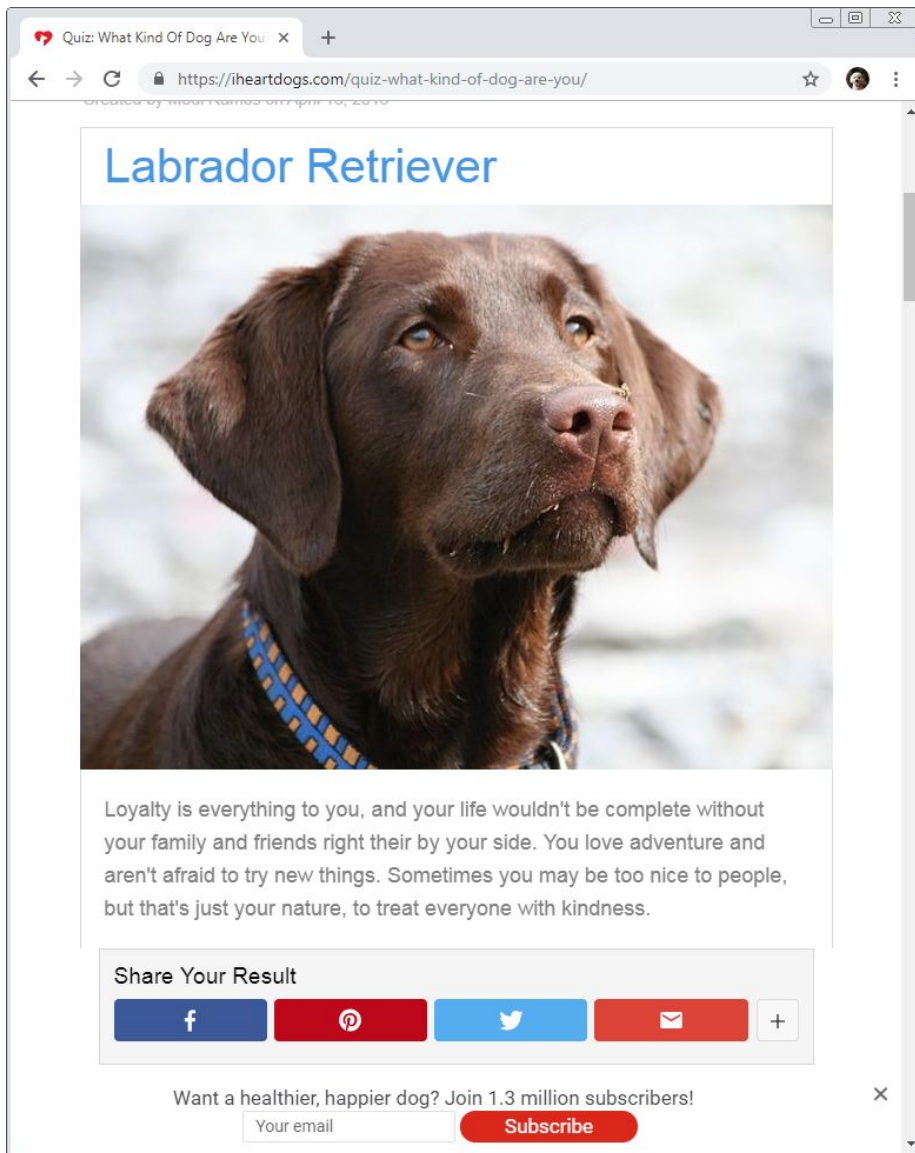
Enter access Key - **wnrw9jt**

Once you Register (and you can use this for other classes if you take counselling) - click on My Home

The first thing to do is - Personality Assessment - it will take you to the Myers/Briggs Jung typology assessment. (based on the Tree of Life)~.



And Finally take this one.. Use it for Reliability and Validity below..
<https://iheartdogs.com/quiz-what-kind-of-dog-are-you/> -



The screenshot shows a web browser window with the address bar displaying "https://iheartdogs.com/quiz-what-kind-of-dog-are-you/". The page content includes a title "Labrador Retriever" in blue text, a photograph of a brown Labrador Retriever wearing a blue and yellow patterned collar, and a paragraph of text describing the breed's characteristics: "Loyalty is everything to you, and your life wouldn't be complete without your family and friends right their by your side. You love adventure and aren't afraid to try new things. Sometimes you may be too nice to people, but that's just your nature, to treat everyone with kindness." Below the text is a "Share Your Result" section with social media sharing buttons for Facebook, Pinterest, Twitter, Email, and a plus sign for more options. At the bottom, there is a promotional banner that says "Want a healthier, happier dog? Join 1.3 million subscribers!" with a text input field for "Your email" and a red "Subscribe" button.

Labrador Retriever

Loyalty is everything to you, and your life wouldn't be complete without your family and friends right their by your side. You love adventure and aren't afraid to try new things. Sometimes you may be too nice to people, but that's just your nature, to treat everyone with kindness.

Share Your Result

Want a healthier, happier dog? Join 1.3 million subscribers!

Your email

NOW for the Assignment-- Use yourself (ew!) as examples for the following terms!

Autobiographical reasoning
Phenomenological Definition
Ideal Self
Actual Self
Self Actualization
Conditional (contingent) regard.
Superego
ID
Ego
Ego depletion
Ego defenses
Identity
Self-esteem
Collective efficacy
Self-efficacy
Personality traits
Big Five
Openness to Experience
Conscientiousness
Extraversion
Agreeableness
Neuroticism
Implicit motives
Reliability and Validity of Tests
Self-enhancement bias
Cognitive behavioral therapy (CBT)
Exposure treatment
Social anxiety disorder (SAD)

