

THE BIG 5

PERSONALITY TRAITS

Personality traits are relatively enduring across an individual's lifespan.

OPENNESS TO EXPERIENCE

Imagination, curiosity, the enjoyment of abstract thinking and ideas, and attunement towards personal emotions.

CONSCIENTIOUSNESS

Behaviours associated with: competence, order, dutifulness, attitude towards achievement, self-discipline and planning.

EXTRAVERSION

A measure of sociability and outgoingness. Associated with warmth, gregariousness, assertiveness and energy.

AGREEABLENESS

Attitudes about the goodness and trustworthiness of others, and ability to collaborate with others.

NEUROTICISM

Tendency for emotional instability, measured by the facets of worry, sadness and anxiety.

