Big 5 Personality Traits

• Extraversion – the tendency to be outgoing, assertive, and active.
• Agreeableness – the tendency to be kind and helpful.
• Conscientiousness – the tendency to be organized, deliberate, and conforming.
• Neuroticism – the tendency to be anxious, moody, and self-punishing.
• Openness – the tendency to be imaginative, curious, and artistic, willing to welcome new experiences when they arise.
Latest Research On Big 5

- Researchers evaluated 132,515 adults, ages 21-60 over the Internet.
- Findings contradict long held assumptions about when personalities are set.
- Conscientiousness -- increases through the ages studied, with the most change occurring in a person’s 20s.
• Agreeableness – most change occurs during a person’s 30s when raising a family and need to be nurturing and continues to improve through their 60s.
• Conscientiousness – grows as people mature and become better at managing their jobs and relationships.
• Openness – showed small declines in both men and women over time.
• Extraversion and neuroticism are the most stable traits with young women scoring higher than young men on both traits.