The Big 5 Personality Test

1 pts

Openness to experience

What percentile are you in?

2 pts

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

1 pts

Conscientiousness

What percentile are you in?

2 pts

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

1 pts

Extraversion

What percentile are you in?

2 pts

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

Agreeableness

What percentile are you in?

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

Neuroticism

What percentile are you in?

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

Well-being by Dimension

Psychological wellness scale

What was your score?

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

Emotional wellness scale

What was your score?

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

Social wellness scale

What was your score?

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

Physical wellness scale

What was your score?

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

Spiritual wellness scale

What was your score?

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

Intellectual wellness scale

What was your score?

According to the test developers, what does your score mean?

(0 = incorrect/missing 1 = too brief 2 = included what was provided by the test developers)

Mean wellness magnitude

What was your score?

Based on your score for each dimension of wellness, **identify and elaborate** where you are **strongest** and where you are **weakest**.

strongest dimension: 1 = identified, 2 = identified and adequately elaborated
weakest dimension: 1 = identified, 2 = identified and adequately elaborated

Aggression Questionnaire

1 pts

What is your **physical aggression** score?

1 pts

Are you above, at, or below the midpoint?

1 pts

What is your **verbal aggression** score?

1 pts

Are you above, at, or below the midpoint?

1 pts

What is your **anger** score?

1 pts

Are you above, at, or below the midpoint?

1 pts

What is your **hostility** score?

1 pts

Are you above, at, or below the midpoint?

1 pts

What is your **TOTAL** score?

1 pts

Are you above, at, or below the midpoint?

Hopefully, you were below the midpoint for most of not all the subscales above. In the space below, explain **3 specific** effects that anger/aggression/hostility can have on well-being. These must be facts I taught you. I want to make sure you were paying attention :) **Label your facts 1, 2, and 3.** Please write in complete sentences.

For each fact: 1 point for relevancy and 1 point for being specific and correct

Social Support Questionnaire

Appraisal (informational) Support Score?

What do you think about this level of support?

Belonging (emotional) Support Score?

What do you think about this level of support?

Tangible Support Score?

What do you think about this level of support?

Learned Optimism

What is your **permanence bad** score?

What does "**permanence bad**" mean according to the test developers (1point) AND in light of this, what does your score mean? (1 point)

What is your **permanence good** score?

What does "**permanence good**" mean according to the test developers (1 point) AND in light of this, what does your score mean? (1 point)

What is your **pervasiveness bad** score?

What does "**pervasiveness bad**" mean according to the test developers (1 point) AND in light of this, what does your score mean? (1 point)

What is your **pervasiveness good** score?

What does "**pervasiveness good**" mean according to the test developers (1 point) AND in light of this, what does your score mean? (1 point)

What is your **hope** score?

What does "**hopefulness**" mean according to the test developers (1 point) AND in light of this, what does your score mean? (1 point)

REVIEW ALL YOUR SCORES AND RESULTS FROM THE 5 ASSESSMENTS.

Based on what you have learned through this assignment, identify **one** of your behaviors you might work on to improve your wellness. **This should be a behavior that was addressed or is at least related to one of the assessments you took.** Describe that behavior below so that I can get a good sense of 1) what that behavior is, 2) how often it occurs, 3) when the behavior occurs, and 4) what effect the behavior is having on you. Note that there are 4 parts to this question. **Each will be scored as 0 (did not answer the question), 1 (answered the question but without specifics or it wasn't clear), 2 (answered clearly and with specifics)**

In module 2, you learned about four health models. I am going to ask you to choose one (except the transtheoretical model) and then use this model to answer the following 5 questions.

Which health model did you choose?

Based on the model you chose, identify and describe 1 variable (something about you or your environment) that may be an obstacle/barrier, and get in the way of your changing your behavior.

Your grade will be based on three considerations each worth 1 point:

1 - correctly identified a barrier/obstacle based on the model
1 - described the barrier/obstacle with good specificity and detail
1 - described the barrier/obstacle using the same terminology as used in the model

Based on the model you chose, identify and describe **1 more (and different) variable** (something about you or your environment) that may be an obstacle/barrier, and get in the way of your changing your behavior.

Your grade will be based on three considerations each worth 1 point:

1 - correctly identified another and different barrier/obstacle based on the model
1 - described the barrier/obstacle with good specificity and detail
1 - described the barrier/obstacle using the same terminology as used in the model

Based on the model you chose, identify and describe 1 variable (something about you or your environment) that may facilitate and/or increase the probability that you will successfully change your behavior. Careful: do not describe a technique for changing your behavior here.

Your grade will be based on three considerations each worth 1 point:

1 - correctly identified a facilitator based on the model
1 - described the facilitator with good specificity and detail
1 - described the facilitator using the same terminology as used in the model

Based on the model you chose, identify and describe **1 more and different variable** (something about you or your environment) that may facilitate and/or increase the probability that you will successfully change your behavior. Careful: do not describe a technique for changing your behavior here.

Your grade will be based on three considerations each worth 1 point:

1 - correctly identified another and different facilitator based on the model
1 - described the facilitator with good specificity and detail
1 - described the facilitator using the same terminology as used in the model

Identify one of the techniques you learned about in module 2. Describe the specifics of the what/how/when you will adapt that technique to you and your situation.

Your grade will be based on three considerations:

Correctly identified a technique from module 2:   1 point
Described the specifics of that technique, the what/how/when: 1 = needs a lot of work, 2 = good, 3 = excellent

Identify a second technique (different from the first) you learned about in module 2. Describe the <u>specifics</u> of the what/how/when you will adapt this technique to you and your situation.

Your grade will be based on three considerations:

Correctly identified another technique from module 2:   1 point
Described the specifics of this technique, the what/how/when: 1 = needs a lot of work, 2 = good, 3 = excellent

Identify a third technique (different from the first two) you learned about in module 2. Describe the <u>specifics</u> of the what/how/when you will adapt this technique to you and your situation.

Your grade will be based on three considerations:

Correctly identified another technique from module 2:   1 point
Described the specifics of this technique, the what/how/when: 1 = needs a lot of work, 2 = good, 3 = excellent

DO NOT WRITE ANYTHING HERE. This is for my (Lynn's) use only.

Student made many typos and/or other writing errors = **0 points**

Student made some typos and/or writing errors = **1 point**

Student made no or very, very few typos and/or writing errors = **2 points**