**Personality Analysis: The Trait Approach & Your Personality**

pp. 392-395

1. What is a personality?

2. What is a trait?

3. What would you say are your traits?

4. Hippocrates’ personality assessment was based on 4 types of body fluids. Describe the personality traits associated with each fluid

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| **Yellow Bile** | **Blood** |
| **Phlegm** | **Black Bile** |

**5. Allport v. Kuo**

a) What were Allport’s beliefs about a person’s traits and how they form a personality?

b) Read “Nothing is More Natural Than for the Cat to “Love” the Rat.” How does Kuo’s research challenge Allport’s?

**6. Study Eysenck’s Personality Dimensions Chart.**

a) What are the two personality factors according to Eysenck? In reviewing the chart, to what extent are those two dimensions accurate in describing personality?

b) Based on the descriptors listed from Eysenck’s chart, do you think you are melancholic, choleric, sanguine, or phlegmatic? Explain.

**7. Study the Five Factor Model.**

a) What personality traits are common between Eysenck and the Five Factor model?

b) What other traits does the Five Factor Model include? Do you agree with their inclusion? Would you add other traits to the model to help explain someone’s personality?

c) How are political values related to the “openness to experience” factor? If someone does NOT score high on the “openness to experience” factor, how might they vote?

8. **Group Work. Drawing conclusions, making hypotheses:**

1. Where would the following celebrities rate on the 5 Factor Model? Briefly explain each one.

Donald Trump:

Steph Curry:

Beyonce:

Obama:

1. Where would the following professions rate on Eysenk’s Personality Dimensions? Explain.

Surgeon:

High school teacher:

Actor:

Accountant:

Entrepreneur:

Writer:

1. Pick a favorite character from a movie or TV show and describe his/her traits. Then evaluate that character on both Eysenck’s Personality Dimensions and the Five Factor Model.

Character: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Eysenck’s Personality Dimensions | Five Factor Model |
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