

OCEAN model (The Big Five)

The OCEAN model (often referred to as the Big Five) is widely used in psychology and personality research. It describes a spectrum of human behavior and personality traits. You'll create your own profile using this model. On a scale from 1 to 10, try to evaluate your own personality traits as well as those of a classmate. Your classmate will do the same for you. Then, transfer your results into a pentagon-shaped diagram. Once finished, exchange your diagrams and compare how you see yourself and how others perceive you.



Openness to experience

This trait describes curiosity, creativity, and imagination. People who score high tend to be more adventurous, open to new experiences, and eager to learn.



Conscientiousness

This relates to how careful, organized, and responsible a person is. Individuals with high scores are usually reliable, structured, and thorough.



Extraversion

This measures how outgoing, energetic, and sociable a person is. Extraverts tend to be more active and seek out the company of others.



Agreeableness

This describes how kind, friendly, cooperative, and empathetic a person is. Those with high scores are usually considerate and try to avoid conflict.



Neuroticism

This describes how people react to stress and emotional challenges. Individuals with high scores are more likely to experience intense emotions such as anxiety, sadness, or anger.

Your name

Friend's name