

Name: _____

Character Analysis-Trait Theory

Your task is to assess the personality behavior of a TV/Book character or celebrity using the Big Five Trait Theory. You must explain the extent to which your character/celebrity falls within each category. For example, does your character fall closer to the high end of extravert or the low end of extravert meaning they are more of an introvert. After identifying each category, you must **explain** why you believe your character/celebrity is how you described them. Examples are helpful for this explanation.

EXTRAVERSION

Friendliness
Gregariousness
Assertiveness
Activity Level
Excitement
Seeking
Cheerfulness

AGREEABLENESS

Trust
Morality
Altruism
Cooperation
Modesty
Sympathy

CONSCIENTIOUSNESS

Self-efficacy
Orderliness
Dutifulness
Achievement Striving
Self-Discipline
Cautiousness

NEUROTICISM

Anxiety
Anger
Depression
Self-Consciousness
Immoderation
Vulnerability

OPENNESS TO EXPERIENCE

Imagination
Artistic Interests
Emotionality
Adventurousness
Intellect
Liberalism



Table 35.1

The "Big Five" Personality Factors

(Memory tip: Picturing a **CANOE** will help you recall these.)

Disorganized Careless Impulsive	← Conscientiousness →	Organized Careful Disciplined
Ruthless Suspicious Uncooperative	← Agreeableness →	Soft-hearted Trusting Helpful
Calm Secure Self-satisfied	← Neuroticism (emotional stability vs. instability) →	Anxious Insecure Self-pitying
Practical Prefers routine Conforming	← Openness →	Imaginative Prefers variety Independent
Retiring Sober Reserved	← Extraversion →	Sociable Fun-loving Affectionate

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Source: Adapted from McCrae & Costa (1986, 2008).