

Personality reflection essay sample

[Psychology](#), [Personality](#)



1. How would you define personality?

I would define personality as the as the general trend of how a person thinks and behaves. It is a composition of thoughts, feelings, and behaviors of every person. One can determine one's personality through expressions. People are unique in their own ways, which would explain how individuals obtain their own personalities. Some people may be outgoing, happy all the time, up at the crack of dawn and ready to start their day. While, there are others that are not a people person and would rather be to themselves. Stay at the house all day, and to this happy person it looks like they have a boring life, which indeed that isn't the case at all. It's what they enjoy doing.

2. What are some key personality features that define you?

Some of the most important personality features that define me are: Dependable and Independent to be the main two, then there are that I am reliable, honest and trust worthy. With these personality features I use them daily to teach my children not to rely on anyone other than you. To always help others and be honest. Never try to live higher than your means. I tell my children; Love what you have, Need what you want, Accept what you receive, and always give what you can for you never know when you may be the one that needs. I want them to be prepared for what may come their way. No One knows what the future may hold.

3. What key concepts or “ constructs” are used to explain your personality?

The key concepts that I have chosen to use would explain my personality and how it has lived within me from childhood into my teen years, following

into my adulthood and motherhood. I have always been dependable upon my father for the past years and from this day forward. I as an only child and him as a single parent, I depended on him for support, dedication, and guidance. He had to play both roles in my life and pick up the slack that I was missing from a mother. He has raised me to be depending on myself, and use my motivation and strengths that he has taught me to be able to be the best mother I can be for my children, to be a role model for them as he was for me. He taught me to be honest to everyone, but most of all to myself.

4. Are your personality features consistent or do they change according to the situation?

The older I have gotten the more I have noticed a change. I have grown to be mature and more responsible. Personality changes every day it's something that never stops. My personality changed when I received my first job, it changed even more when I have my first child, Then I got married and had my second baby girl it then changed again. By this time I was the adult, the parent, the role model that my father had prepared me for and it was my time to provide the way he provided for me.

5. Have you ever taken a personality test before? If so, what was your reaction to the analysis? If not, what would you expect a proper test to measure?

I have never taken a personality test before; I never needed one for my job, and never had the intentions of taking one just for fun. I don't believe that a

few set of questions is going to be good enough to access how a human being is. I don't think anyone can be judged so accurately, people have their own likes and dislikes. Comparisons can vary a lot between individuals and some behaviors can be stereotyped.

6. What would make a personality test reliable and valid?

I believe not one test is completely accurate. A personality test may be reliable and not valid, meaning that it gives consistent results but does not measure what it is supposed to measure. Personality test doesn't have to ability to test the wide variety of experiences that can affect personality. With this being my personal opinion, to others this may be an eye opener to the ones that have taken a personality test