Motivation theories and personality traits assignment

Take a look at the material on sensation seeking. Do you consider yourself a sensation seeker? Why or why not? What are the advantages and disadvantages of your level of sensation seeking? After reviewing the material in the textbook and answering all the questions on sensation seeking I find that I am not a sensation seeker.

I say this for many reasons such as I like things to remain orderly nd calm. Typically, I would rather be around the same group of people with the same interests rather than a wild crowd and I am not adept to trying new things such as white water rafting or Jumping out of an airplane. Advantages to being a non- sensation seeker are that I can get things done without distractions or being to high- strung. For instance if I had an office Job that required mostly sitting down at a computer all day I would not be trying to Jump out of my seat all day or having the boredom effect.

Disadvantages of being a non-sensation seeker would prevent me rom trying new and exciting things that could very well enhance my personality and increase my happiness level. 2. How would you rate your own achievement motivation? Why? In what ways is this an advantage to you? In what ways is it a disadvantage? I would rate my own achievement motivation as responsibility because I prefer being, in my view in control for a task so that I can feel fulfilled when a Job is properly performed (Carpenter 294). Also, it is gratifying to know that someone can put forth to you such a task knowing that you are capable of completing it successfully.

That to me is an advantage in itself. Not to mention completing such tasks can earn you higher positions in employment. I also find myself to have

intrinsic (Carpenter 297). I say this for the reason when I complete a tasks or project with success I really get a sense of happiness with myself. For example when my grade was a 90% and I brought it up to a 92% I was really happy with myself for improving that grade. A disadvantage to this is that you can get ahead of yourself and become a little big headed which in turn can make others think of you in a not so good way uch as (stuck up).

In the employment field that is last thing you really want to have happen if you want that peaceful environment. 3. What did you learn about yourself from reading about the trait theories of personality? Reading about the trait theories was a great experience and I found that you can remember them as O. C. E. A. N. which stands for Openness to Experience/Intellect, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Nonetheless, I really learned more about myself by taking the " Big Five Personality Test" which relates to the readings.

I found that I cored the highest on Neuroticism which means I am usually an anxious person and tend to worry about things too much and in reality that is very true; however, there is one aspect that I do like and that is that I am very well-organized and reliable and have been told that often by friends and family members. While Neuroticism can be hindering it can be fixed to a point with different methods such as counseling (having someone to talk to), simple psychiatric medications, or even meditation like yoga etc... Just because you are high in one category does not mean it has to be permanent.

I also learned that Neuroticism is not typically what is wanted when choosing mates/ partners; however, having some control over this factor could help

although in my personal relationship it can be hindering at times and puts pressure on the relationship. 4. What did you learn about yourself from reading the other theories of personality? (List and explain at least three things.) I would have to say the first thing I learned about reading about the other trait theories is that opposites do attract. I say this because my spouse and I are completely different in all aspects.

Where I worry and am anxious all the time, he is cool, calm, and collective. I think his calmness helps with me being so high-strung. However, although he never says anything I'm sure it does put some stress on him by wondering if I am o. k. in the long-run of things. The second thing I learned about myself takes me back to the discussion board this week. I feel the one that suits me best is the Bio-psychosocial theory which includes MasloWs hierarchy of needs. Lower needs must be met before moving on to the higher needs.

It's like I mentioned sometimes I get so wrapped up n looking for employment and delving into my schoolwork I'll put off things like eating Just to finish an assignment or an application. However, all the theories are just as important as the next. It really Just depends on which one suits you the best. The third thing is all of the theories seem to build on each other and I can find a little of myself in each one. For instance, with the Social-cognitive Theories you have self- efficacy where one is adept of generating preferred outcomes, such as learning new abilities and accomplishing individual objectives (Carpenter 326).

I would say this relates to me personally by furthering my education to build my future career and as for the individual objectives I am always setting the

bar high as with my grades and being a successful student. 5. How will you use this material on personality to improve your relationships (personal and/or professional)? In truth I feel I can use the and to be able to assess situations in a new light. Moreover, there are things that I can work on internally that will benefit my relationships with others such as the worrying too much; which puts stress on a relationship; my relationship.

Professionally, I can work on getting out there more and try to be more social so to benefit the type of work I would like to do instead of dream of doing. Being social is not really my forte I am a to myself nervous individual so by changing this it would benefit me in the long-run in the career field of Information Technology since it deals with a lot of diverse individuals. This is the career that I really want and would love to be doing. References Carpenter, Siri. Visualizing Psychology, 3rd Edition. John Wiley & Sons, 02/2013. VitalBook file.