Task sheet The Big Five

Name of the creator of the material	Click F1
Title of the lesson plan / task sheet	The Big Five
Targeted 21st century skill	Citizenship, Critical thinking, Growth mindset and communication.
Brief description of the competences the students will learn (including, for example, which scientific theory is based on)	Considering personality traits to measure the likelihood of recidivism or job performance of ex-prisoners can be interesting. One study showed that the Big Five test can be used as a predictor for job performance. For example, conscientiousness was a constant predictor for job performance. Also interesting to mention is that a link has been found between outcomes of the Big Five test on certain traits and the rates of recidivism. For example, criminal behavior is related to psychopathology. Depression, fear and addiction are correlated with a high score on neuroticism, low conscientiousness and low extraversion (Kotov et al., 2010). The personality test gives insight in the following: Critical thinking, linked to Openness to experience. Growth mindset, linked to Conscientiousness and Neuroticicsm. Citizenship, linked to Agreeableness. Communication, linked to Extraversion.
Specialty/target group (if applicable)	Youngsters or adults who are working on developing (new) skills and self-awareness.
Learning outcome(s) for the vocational profession	Awareness of own personality traits and through that finding new skills to learn.
Tools needed for this lesson plan/ task sheet (if applicable)	The Big Five personality test, exercise sheets.
Approximate time to complete the task	30-45 minutes online and 30-45 minutes offline discussion
Suggested more comprehensive methodical guide for doing / carrying out the task (for the teacher or student)	The Big Five is a personality test that is based on five important traits, called the

	OCEAN model; Openness to Experience, Conscientiousness, Extraversion, Agreeableness and Neuroticism. Openness to experience describes a person's tendency to think in abstract, complex ways. Conscientiousness is about self-discipline and control in order to pursue your goals. Extraversion describes a person's inclination to seek stimulation from the outside world, especially in the form of attention from other people. Agreeableness describes a person's tendency to put others' needs ahead of their own, and to cooperate rather than compete with others. Neuroticism describes a person's tendency to experience negative emotions, including fear, sadness, anxiety, guilt, and shame.
- Warming up	Make sure the personality test is opened on a device before the start of the training.
- Explanation for the students at the start	Give an introduction of the Big Five personality test and what it does. It is important to mention that the results of the test aren't *good* or *bad,* but is a way to learn more about yourself and what you could do to work on those skills.
- Task description for the students	1. Take the test and try to answer as quickly as possible (do not think to much about it). 2. If you do not understand a question or don't know how to answer it best you can ask the teacher. 3. After the test analyze the results with your teacher.
- Additional activities for the students	Questions you can ask while evaluating: • How do you feel about the results? • Do you agree with the results? Why do you (not) agree? • Do you think it is important to work on these traits? • What personality trait do you think is most important to work on? • What personality trait are you most proud of/agree with most? • What do you think are positive and negative effects of these traits?

	• What trait do you think you will find the hardest to work on? Why? • Do you think al traits are relevant for your situation? • How do you think these traits help you with you work/study? The teacher can also mention how the student can develop different skills, with exercises.
- Extra resources for learners	-
- Self-reflection for students	The students will reflect on their results and the outcome of the training with the teacher in the last phase of training.
- Feedback on the solution (if applicable) / Possibility to check	The teachers survey how the students react to the tool and how well the information is received. The students rate on a scale of 1 (I learned nothing) to 5 (I learned a lot).
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