

# The OCEAN-Type Indicator

McCormick, I. A. and Forsyth, S. (2017)

Below are several personality traits that may or may not apply to you. Please circle the number under each statement to indicate the extent to which this describes you from extremely poorly to extremely well.

<b>1. Outgoing, active, assertive describes me ...</b>						
Extremely poorly	Somewhat poorly	A little poorly	Neither poorly or well	A little well	Somewhat well	Extremely well
1	2	3	4	5	6	7
<b>2. Hard-headed, sceptical, proud describes me ...</b>						
Extremely poorly	Somewhat poorly	A little poorly	Neither poorly or well	A little well	Somewhat well	Extremely well
7	6	5	4	3	2	1
<b>3. Conscientious, efficient, well-organised describes me ...</b>						
Extremely poorly	Somewhat poorly	A little poorly	Neither poorly or well	A little well	Somewhat well	Extremely well
1	2	3	4	5	6	7
<b>4. Prone to worry, becomes upset in stressful situation describes me ...</b>						
Extremely poorly	Somewhat poorly	A little poorly	Neither poorly or well	A little well	Somewhat well	Extremely well
1	2	3	4	5	6	7
<b>5. Open to new experiences, imaginative, enjoys broad interests describes me ...</b>						
Extremely poorly	Somewhat poorly	A little poorly	Neither poorly or well	A little well	Somewhat well	Extremely well
1	2	3	4	5	6	7
<b>6. Introverted, reserved, serious describes me ...</b>						
Extremely poorly	Somewhat poorly	A little poorly	Neither poorly or well	A little well	Somewhat well	Extremely well
7	6	5	4	3	2	1
<b>7. Compassionate, good-natured, friendly describes me ...</b>						
Extremely poorly	Somewhat poorly	A little poorly	Neither poorly or well	A little well	Somewhat well	Extremely well
1	2	3	4	5	6	7
<b>8. Spontaneous, disorganised, lackadaisical describes me ...</b>						
Extremely poorly	Somewhat poorly	A little poorly	Neither poorly or well	A little well	Somewhat well	Extremely well
7	6	5	4	3	2	1
<b>9. Calm, even tempered, relaxed describes me ...</b>						
Extremely poorly	Somewhat poorly	A little poorly	Neither poorly or well	A little well	Somewhat well	Extremely well
7	6	5	4	3	2	1
<b>10. Down to earth, practical, conservative describes me ...</b>						
Extremely poorly	Somewhat poorly	A little poorly	Neither poorly or well	A little well	Somewhat well	Extremely well
7	6	5	4	3	2	1

# The OCEAN-TI Scoring

Use the following to score the NEO-TI. Note that some items are scored 1 to 7 and other 7 to 1. Be careful to enter the correct score.

## 1. The O Scale: Openness – Practicality (O - P)

Item 5 + Item 10 =

Scores between 9 and 14 indicate you are Open. Scores between 2 and 7 indicate you are Practical.

Score of 8 indicate you are Balanced

Your personality can be described as:

## 2. The C Scale: Conscientious – Spontaneous (C – S)

Item 3 + Item 8 =

Scores between 9 and 14 indicate you are Conscientious. Scores between 2 and 7 indicate you are Spontaneous. Score of 8 indicate you are Balanced

Your personality can be described as:

## 3. The E Scale: Extroversion - Introversion Scale (E – I)

Item 1 + Item 6 =

Scores between 9 and 14 indicate you are Extroverted. Scores between 2 and 7 indicate you are Introverted. Score of 8 indicate you are Balanced

Your personality can be described as:

## 4. The A Scale: Agreeable - Hard-headed Scale (A - H)

Item 2 + Item 7 =

Scores between 9 and 14 indicate you are Agreeable. Scores between 2 and 7 indicate you are Hard-headed. Score of 8 indicate you are Balanced

Your personality can be described as:

## 5. The N Scale: Nervous – Relaxed (N – R)

Item 4 + Item 9 =

Scores between 9 and 14 indicate you are Nervous. Scores between 2 and 7 indicate you are Relaxed. Score of 8 indicate you are Balanced

Your personality can be described as:

Overall your personality can be described as a combination of the following. Circle the relevant descriptions.

Open (O)	Balanced (B)	Practical (P)
Conscientious (C)	Balanced (B)	Spontaneous (S)
Extroversion (E)	Balanced (B)	Introversion (I)
Agreeable (A)	Balanced (B)	Hard-headed (H)
Nervous (N)	Balanced (B)	Relaxed (R)

Now write down the letters that correspond to your top 5 scores: