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## **ACTIVE LEARNING ACTIVITY - You and Your Community: Considering Personality When Getting Involved**

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## ACTIVE LEARNING ACTIVITY

# You and Your Community: Considering Personality When Getting Involved

### DESCRIPTION

This activity was designed for use in an Introductory Psychology course during coverage of personality psychology. In this activity, students will explore personality measurement, personality applications, and become familiar with community issues. Students will be required to review concepts, complete a Big 5 Inventory (Rammstedt and John 2007), explore community resources and organizations, and complete a series of application-based, open-ended questions.

### KEYWORDS

activity, flexible, discussion, introductory course, psychology, personality, community involvement, intersectionality

### LEARNING OBJECTIVES

1. Describe personality traits and factors.
2. Explain how personality traits are measured by contemporary personality psychologists.
3. Identify strengths and weaknesses in self-report assessments of personality.
4. Apply the Five Factor Theory to role-fit in work/volunteer domains.
5. Identify organizations working toward important social goals in the community.
6. Examine the role of intersectionality in prominent societal issues.

## Procedure

1. Before this activity, students should be assigned the contemporary/trait readings of the personality psychology chapter. It is also encouraged that students watch Kimberle Crenshaw's TedTalk on intersectionality ([link](#) [2016. YouTube]). Outside of class, students should complete a series of open-ended questions.

### INSTRUCTIONS

In this unit, you have learned about the trait approach to understanding personality. The trait approach emphasizes that personality can be measured and that valid personality measurements can be used to predict human behavior. Perhaps the most popular contemporary theory of personality is the Five Factor Theory, commonly called the Big 5. In this activity, you'll think critically about personality traits and factors, complete a validated Big 5 measure, and apply what you've learned to the topic of community engagement. Complete these open response questions and be prepared to share your thoughts in an upcoming class discussion.

## QUESTIONS

- a) In your own words, describe how the trait approach differs from the other approaches to personality discussed in this unit (e.g., Psychodynamic, Humanistic). Do not simply provide definitions from the readings.
  - b) b. In your own words, describe the concepts of personality traits and personality factors. How are these concepts connected? How are they distinct? It may be helpful to use the Big 5 as a framework for discussing these concepts.
  - c) Complete the Big 5 Inventory (Rammstedt and John 2007) at this [link](#). (“All About You.” Accessed April 13, 2024). Once you have completed this assessment and received your results, reflect on the experience. What do you think of the measure overall? What are the limitations of this type of assessment? Were the results presented insightful to you? How so or why not?
  - d) Personality psychologists believe that valid personality assessments can be used to predict human behavior and outcomes. One area where personality might play an especially important role is community involvement (advocacy, volunteering, etc.). How might the Big 5 predict one’s approach to community involvement? Elaborate in your response. Feel free to talk about your own personality as an example.
  - e) Identify a social issue impacting our community that is important to you. Think about how diverse groups of people are affected by issues in your community and consider how this issue impacts various intersecting identities differently. If you find it difficult to identify an issue, perhaps search our city in a news aggregator (e.g., <https://news.google.com>). What issue did you identify?
  - f) Next, search the internet for a community organization or resource that is working on goals related to the issue that you’ve identified. Which organization did you identify?
  - g) On the organization website, in what ways do they encourage you to get involved around this issue? Do any of these seem to be a better fit for you than others? Why do you think that is?
2. After the outside-of-class assessment is completed, direct students into 2–3 person small groups to discuss the issues/organizations/involvement opportunities that they identified.
  3. Open a broader discussion about community involvement, its importance, and finding opportunities that fit your personality and other individual qualities.