PERSONALITY PORTFOLIO PROJECT



Objective: Your task is to create a personality portfolio that demonstrates your understanding of the many varied personality theories. You can use any digital or non-digital program you wish to put together your portfolio. Follow the steps below and the rubric included CAREFULLY.

**Item 1:** *What is your Personality Type*? Include the results of the Myers-Briggs, the 16 PF, and the “Big Five” that we took in class and write a paragraph explaining your personality type according to the results of each test. Do you agree with the findings? If so – why? If not, why not? These paragraphs should be quality analysis.

**Item 2**: *Dream Analysis* - Use [www.dreammoods.com](http://www.dreammoods.com) to analyze one dream you have had. First, describe the manifest content for me (the storyline or what happened in the dream) and then describe the latent content (its hidden meaning using the website). Finish this section by reflecting on the accuracy of the dream analysis.

**Item 3:** *Freudian Judgment* - Choose one of Freud’s concepts (id, anal stage, defense mechanisms, etc.) and describe it in detail. Then, use evidence or an example from your life or someone else’s life to support it or refute (claim it to be false) the term.

**Item 4:**  *6 word stories*- Each 6 word story must have a picture with it, you can take a picture of yourself, use Google images, draw it, etc.

You will need a total of ten 6-word stories- Label your story with the appropriate heading and to what your story relates to.

*Psychoanalysis-* Write a 6 word story about the following:

* Something the id would want (keep it school appropriate)
* Your superego
* A defense mechanism you use

*Humanist-*Write a 6 word story for the following:

* Your freshman self
* Your future self (pick any age)

*Trait Perspective-* Write a 6 word story for each bullet point:

* The trait(s) that make you the most proud
* The trait(s) you want to change about yourself

Social-Cognitive Perspective - Write a 6 word story for the following:

* Your “school” personality.
* Your “home” personality.
* Which *Locus of Control* you prescribe to.

**Item 5:** *Birth Order Analysis:* Alfred Adler said that birth order has a whole lot to do with who you are and why you act the way that you do. Analyze the birth order traits according to <http://pbskids.org/itsmylife/family/birthorder/> and assess whether your personality (as you see it) supports or refutes their birth order analysis. Give specific examples and specific details of why you believe this to be true or false.

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| **Item** | **Expected Content** | **Points earned/points possible** |
| Item 1: Personality Tests reflection | Write a one paragraph reflection FOR EACH test you took in class highlighting the results- what you learned, what surprised you, does this match your personality? Make sure to include the results of the Myers-Briggs, Big 5, and the 16PF results. | **/10** |
| Item 2: Dream Analysis | Show both manifest and latent contents of one dream, analysis has proper depth. | **/5** |
| Item 3: Freudian Judgment | Concept of Freud must be described and supported or refuted using *valid evidence.* | **/5** |
| Item 4: Seven 6 word stories | Ten completed 6 word stories (see page 1 for topics). 6 word stories must have visuals which should be creative and neatly done | **/20** |
| Item 5: Birth Order | Analysis of birth order and your personality. | **/10** |
| Mechanics | Neatly done with proper  spelling and grammar. | **/5** |
| Format/Creativity | Done in a format that is appropriate for the content and used some creativity for the final product (a PowerPoint or Google presentation is not creative). | **/5** |
|  |  |  |
| **Total** |  | **/60** |