Reflecting on this Personality Course

Reflections on this Personality Course

What is it that you want to know about personality?

Understanding more about personality will help you to predict how people will respond to certain situations and the sorts of things they prefer and value. Understanding your personality and yourself better will help you gain greater insights into your behaviour and your emotional well-being.

Your personality is what makes you who you are. It is often thought of as something that arises from within the individual and remains fairly consistent throughout life.

Personality encompasses all of the thoughts, behaviour patterns and social attitudes that impact upon how you view yourself and what you believe about others and the world around you.
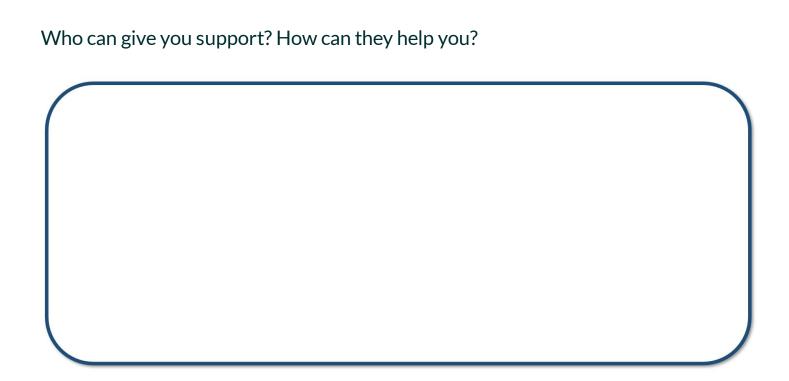
Knowing more about your personality will help you to understand

- your strengths and weaknesses
- your likes and dislikes
- which situations allow you to perform at your best
- other people better

Before you start the course, here are some important questions for you to think about and reflect upon.

Whatever your personality, it is important to have a clear idea of your reasons for taking the course and what you want to achieve through your learning.

Your Personality Course

What are your reasons for taking this course?

What are your objectives?

How will you know you have achieved these?

Who can give you support? How can they help you?

One important thing to do whilst you are taking the course is to

Have Fun!!