Summer Essay

[Name of the Writer]

[Name of the Institution]

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**Essay 1**

Personality is something that arises from within the individual. It incorporates all the thoughts, feelings, and behavior patterns that impact one’s perspective of seeing the world. A good understanding personality allows psychologists to predict the preferences and behavior of an individual in certain situations.

The behavior of an individual depends upon the circumstances in which a person is. It also depends on a person’s cultural influences and other social factors. Every person is different from others and will behave accordingly (Bales, 1970). One of the major determinants of how a person behaves is our social roles. A social role is a pattern of behavior that is expected from an individual in a given group. These roles are defined by culturally shared knowledge. For instance, a student is expected to engage in taking notes, doing an assignment, reading books, etc. However, in their leisure time, they tend to engage in social media and sports, etc. This happens because of the situation they are in as in school they are required to study while at home they have the opportunity to relax and play. Another example of a situation affecting our behavior is the way we dress. Dressing is something that we learn from the people around us. Every culture has different dress codes, yet the way we dress totally depends upon our situations. Typically, people choose white for their weddings and black for funerals.

Another factor that influences human behavior is feelings and emotions. The way an individual feels about something determines his or her behavior in a certain situation. For instance, during a fight, a person feels angry and irritated, but the way he behaves depends upon the situation and environment, that is if a person fought with his colleague he will behave calmly and respectfully while if the same person fought with a stranger, he might behave violently or rudely. Thus, it is evident that behavior a person does changes according to the circumstances.

**Essay 2**

Personality can be described as a set of behaviors and emotional patterns that depends upon biological and environmental factors. While personality traits are characteristic patterns of emotions, thoughts, and, behaviors. Trait differs from one person from another in terms of their perspective of a certain situation. In psychology, the most common system of traits is the “Five Factor Model” called “OCEAN” (openness to experience, conscientiousness, extraversion, agreeable and neuroticism) (O'Keefe & Francis, 2012).

* **Openness to experience:** It is observed that people with an openness to experience are typically very active and are extremely creative. They tend to listen to their hearts and follow their feelings and emotions. They are curious to learn new things and are generally broadminded and modern. They often seek adventures so that they can learn new things.
* **Conscientiousness:** People having conscientiousness trait in their personality listen to their conscience and behave accordingly. These individuals are self-disciplined and cautious. They are not impulsive and think twice before doing anything as they are often considered perfectionists and are highly motivated to achieve their goals.
* **Extraversion and Introversion**: Extraversion is a term that describes a state in which an individual is interested in his or her surroundings. People possessing this trait are highly gregarious and love interacting with others. They are mostly the center of attention at every gathering. On the other hand, Introversion is a state in which a person is not interested in his or her surroundings, rather than these individuals prefer to stay at home or they mind their own business. These people are usually shy and have fee friends.
* **Agreeableness**: Individuals having this personality trait compromise on every situation they face. They are always ready to help others and are friendly.
* **Neuroticism:** Individuals having this personality trait are vulnerable to negative thoughts like anger, envy, guilt, etc. They are usually depressed and stressed about their lives.

**References**

Bales, R. F. (1970). Personality and interpersonal behavior.

O'Keefe, D. F., Kelloway, E. K., & Francis, R. (2012). Introducing the OCEAN. 20: A 20-item Five-Factor personality measure based on the Trait Self-Descriptive Inventory. *Military Psychology*, *24*(5), 433-460.