

Writing Practice Set 1: (Integrated) -- Passage, Lecture, and Question

Directions: Give yourself 20 minutes to plan and write your response. Your response is judged on the quality of the writing and on how well it presents the points in the lecture and their relationship to the reading passage. Typically, an effective response will be **150 to 225 words**. You may view the reading passage while you respond.

Response time: 20 minutes

Question: Summarize the points made in the lecture, being sure to explain how they cast doubt on specific points made in the reading passage.

There are a number of reasons why a person might take a personality test. Personality tests are administered for a number of different purposes, including:

- Assessing theories
- Evaluating the effectiveness of therapy
- Diagnosing psychological problems
- Looking at changes in personality
- Screening job candidates

Personality tests are also sometimes used in forensic settings to conduct risk assessments, establish competence, and in child custody disputes. Other settings where personality testing may be used are school psychology, career and occupational counseling, relationship counseling, clinical psychology, and employment testing.

Personality tests can be useful for a number of reasons. These tests can help you learn more about yourself and better understand both your strengths and weaknesses. And while all personality tests are different, learning that you might be high on a specific trait can help you gain greater insight into your own behavioral patterns.

For example, your results on a personality test might indicate that you rate high on the personality trait of introversion. This result suggests that you have to expend energy in social situations, so you need to find time alone to recharge your energy. Knowing that you have this tendency can help you recognize when you are getting drained from socializing and set aside quiet moments to regain your equilibrium.

There is no way to prepare for a personality test, but there are some things that you can do to make sure that your results are the best reflection of your personality:

- **Be honest.** Don't try to present an "ideal" version of yourself. Instead, try to just answer in a way that reflects who you are and how you feel.
- **Read the instructions.** Your results might not be an accurate reflection of you if you don't understand the guidelines or questions.
- **Don't try to "beat the test."** Avoid trying to guess what you think might be seen as the "ideal" answer. Just respond honestly.

Now watch a video on the same topic