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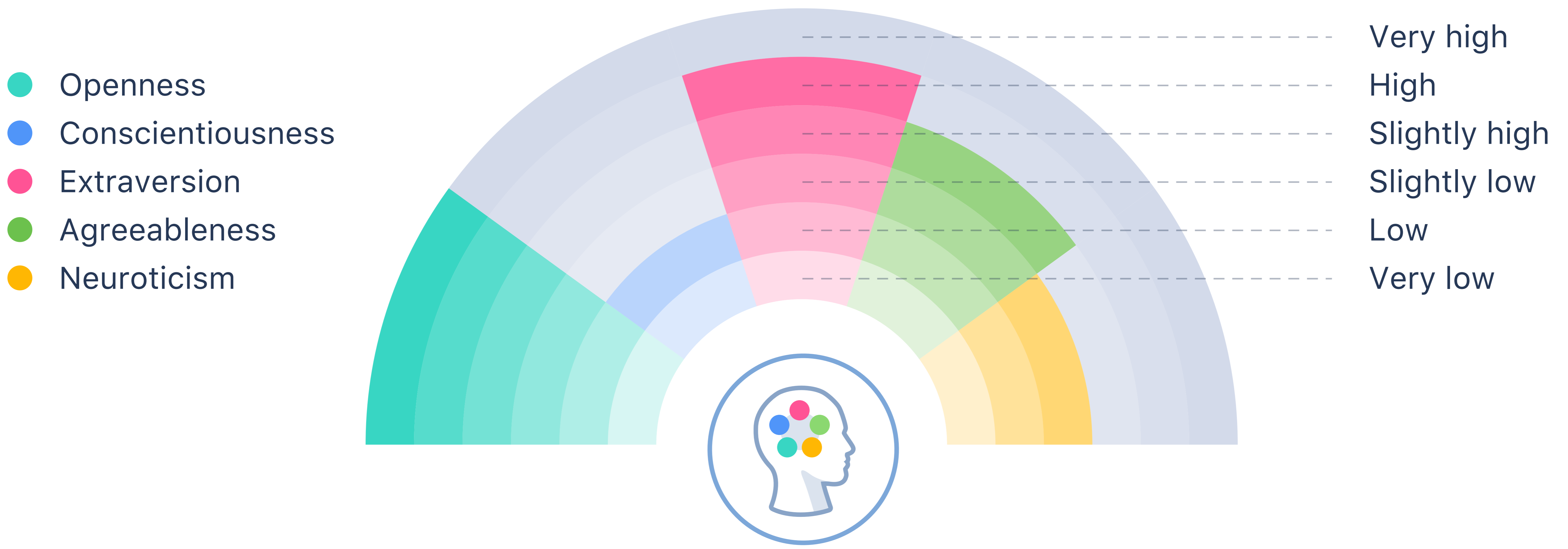
Sample report



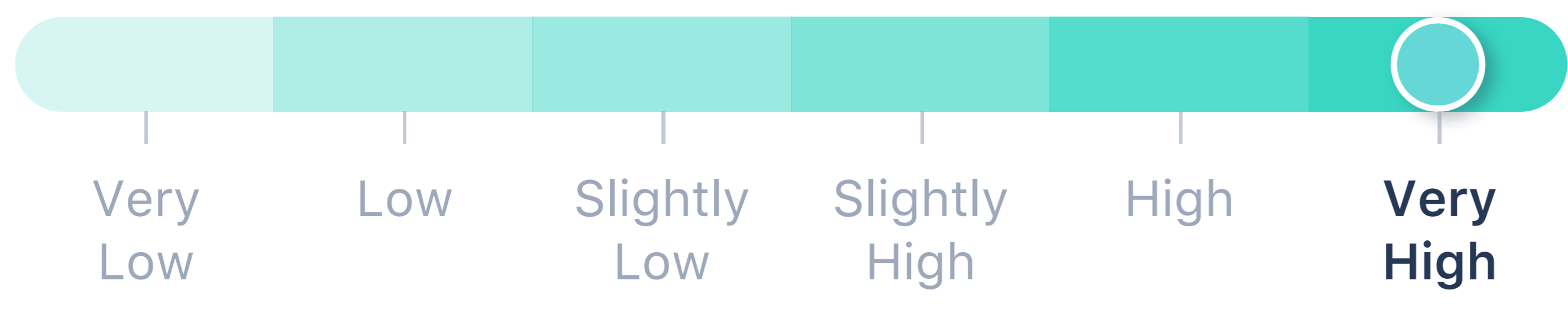
# Personality Report



# Your genetic Big Five score

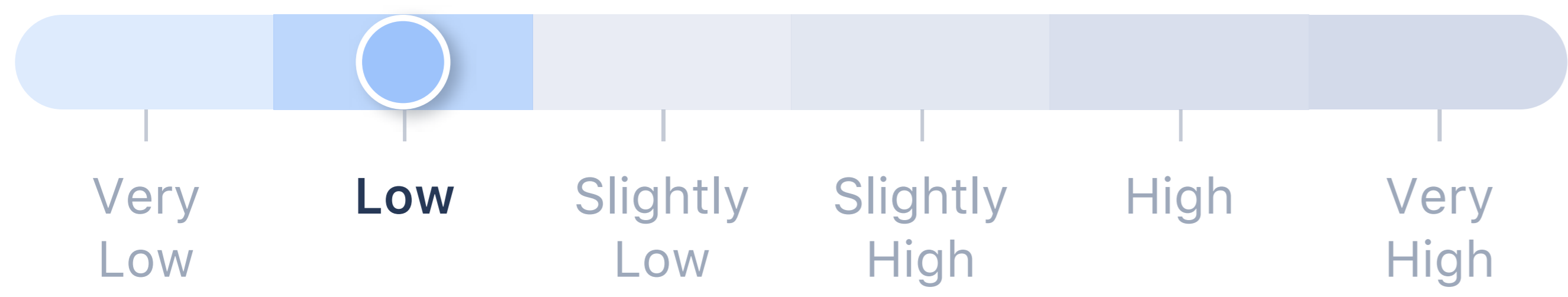


## Openness **Very High**



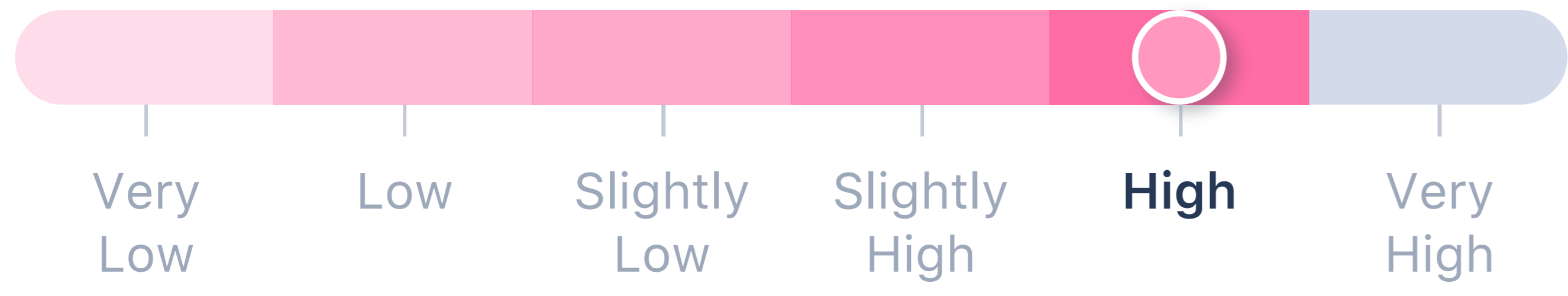
Whoa! That's a pretty high genetic score for Openness. You likely enjoy new experiences, being creative, or finding novel solutions to difficult problems.

## Conscientiousness **Low**



Your genes suggest you may have Low Conscientiousness. You prefer to take life at your own pace, and not live by other people's deadlines. Plus, organization and time management may not be your strengths.

## Extraversion **High**



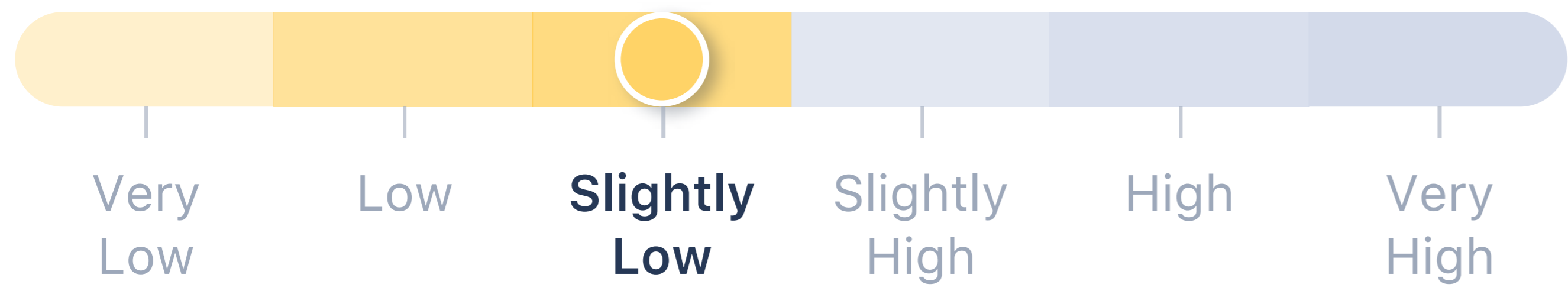
Wow! You must really be a people person with that High Extraversion score. People high in extraversion get energized by groups, love talking and connecting with people, and are generally energized by social interactions.

## Agreeableness **Slightly high**



You scored High Agreeableness! That means that you tend to understand others, communicate well, and care about those in need.

## Neuroticism **Slightly low**



A Low Neuroticism score suggests that you can deal with high levels of stress and emotional circumstances. You likely do not get upset easily, though you may have trouble relating to very emotional situations.


# Your career type matched with your Big Five score

 High openness person might be

## Our 1st Pick

Good fit


### Entrepreneur



People with high openness make great artists, engineers, and entrepreneurs.

Maybe not good fit

### Banker




People with Low Openness make great bankers, analysts, and accountants!

 Less conscientiousness person might be

## Our 2nd Pick

Good fit

### Firefighter








People with Low Conscientiousness often prefer professions like mechanics, firefighters, or drivers.

Maybe not good fit

### Freelancer



High Conscientiousness is often seen in freelancers, consultants, and other small business owners!

Low	Traits	High
banker, analyst, accountant	 <b>Openness</b>	artist, engineer, entrepreneur
mechanic, firefighter, driver	 <b>Conscientiousness</b>	freelancer, consultant, small business owner
librarians, engineer, writer	 <b>Extraversion</b>	actor, journalist, counselor
accountant, scientist, software engineer	 <b>Agreeableness</b>	nurse, teacher, therapist
police officer, lawyer, surgeon	 <b>Neuroticism</b>	accountant, florist, writer

# Your Openness and career type



Very Low

Low

Slightly Low

Slightly High

High

Very High

banker, analyst, accountant

artist, engineer, entrepreneur

## This is your type

### Those with low Openness tend to...

- Avoid change
- Use standardized solutions to new problems
- Hold onto a small set of specific interests
- Retain their family's values and beliefs

### Those with high Openness tend to...

- Look for new experiences and take adventures
- Love variety and diversity
- Use creative means to express themselves
- Be curious, perceptive, and investigate new ideas

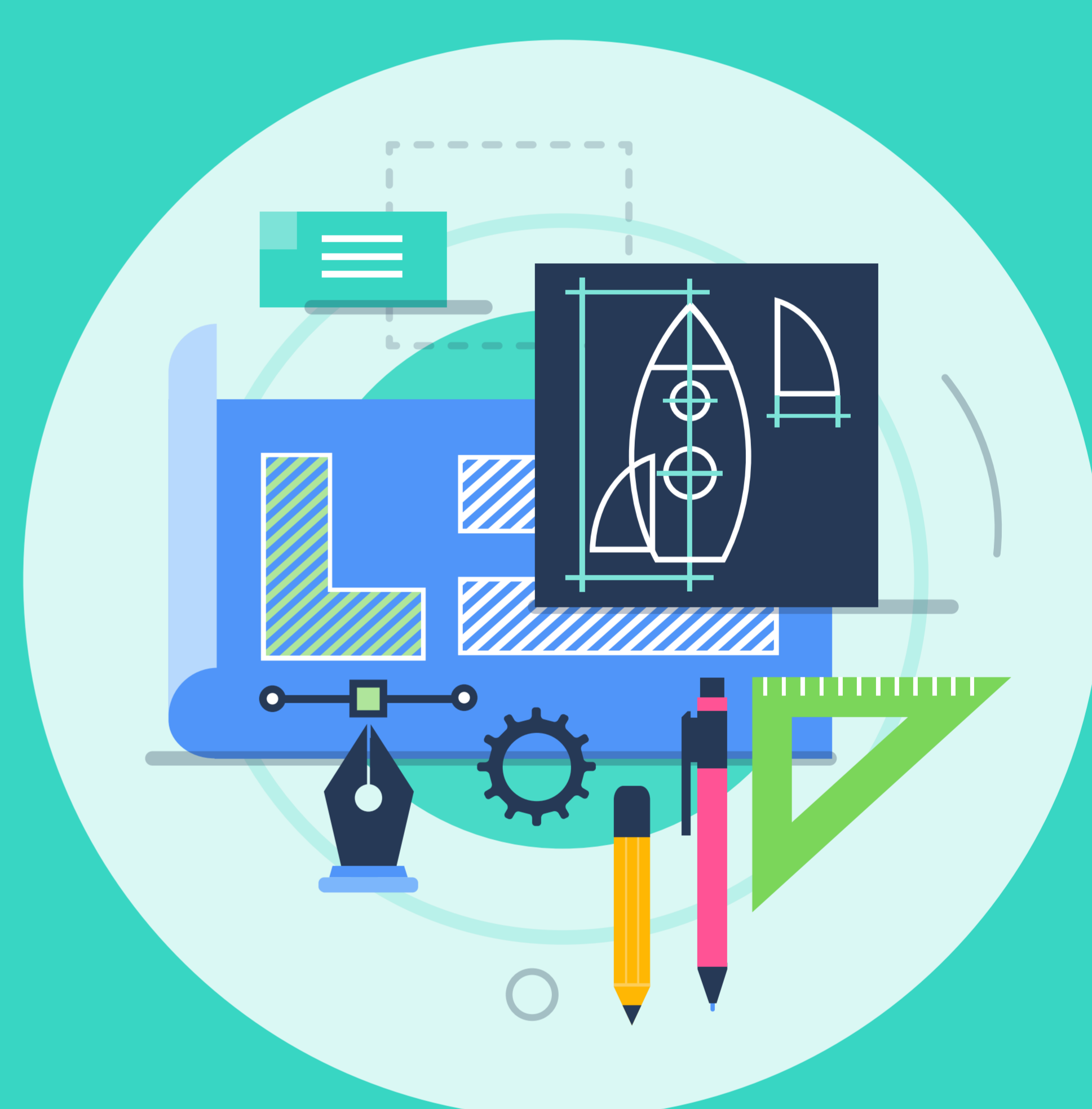
Openness is exactly what it sounds like! People with high levels of openness are ready to take on new experiences, be creative, and explore solutions that others might not even consider. People with high levels of openness are often creative, artistic, and like to think in the abstract. Those with low openness tend to stick to tradition, have difficulty thinking abstractly, and often do not like change.

People with high openness make great artists, engineers, and entrepreneurs. These jobs require a high level of creativity, ingenuity, and a willingness to try new things! All of these jobs require new ideas - something people with high openness are great at.

## Careers you may enjoy



Artist



Engineer



Entrepreneur

## Your may not be like

banker, analyst, accountant

## The Science of Openness

Researchers are still actively exploring the exact mechanisms in the brain that cause someone to be more open. However, the prevailing theory is that your openness depends on how your brain is networked.

Those with High Openness likely have highly networked brains. This means that you rarely think about something in isolation. Rather, when you think about one concept, your brain automatically connects that concept to many other things in your brain. You can think of an open brain like a spiderweb - anytime an idea is "caught" in the web, the entire web vibrates and moves in response.

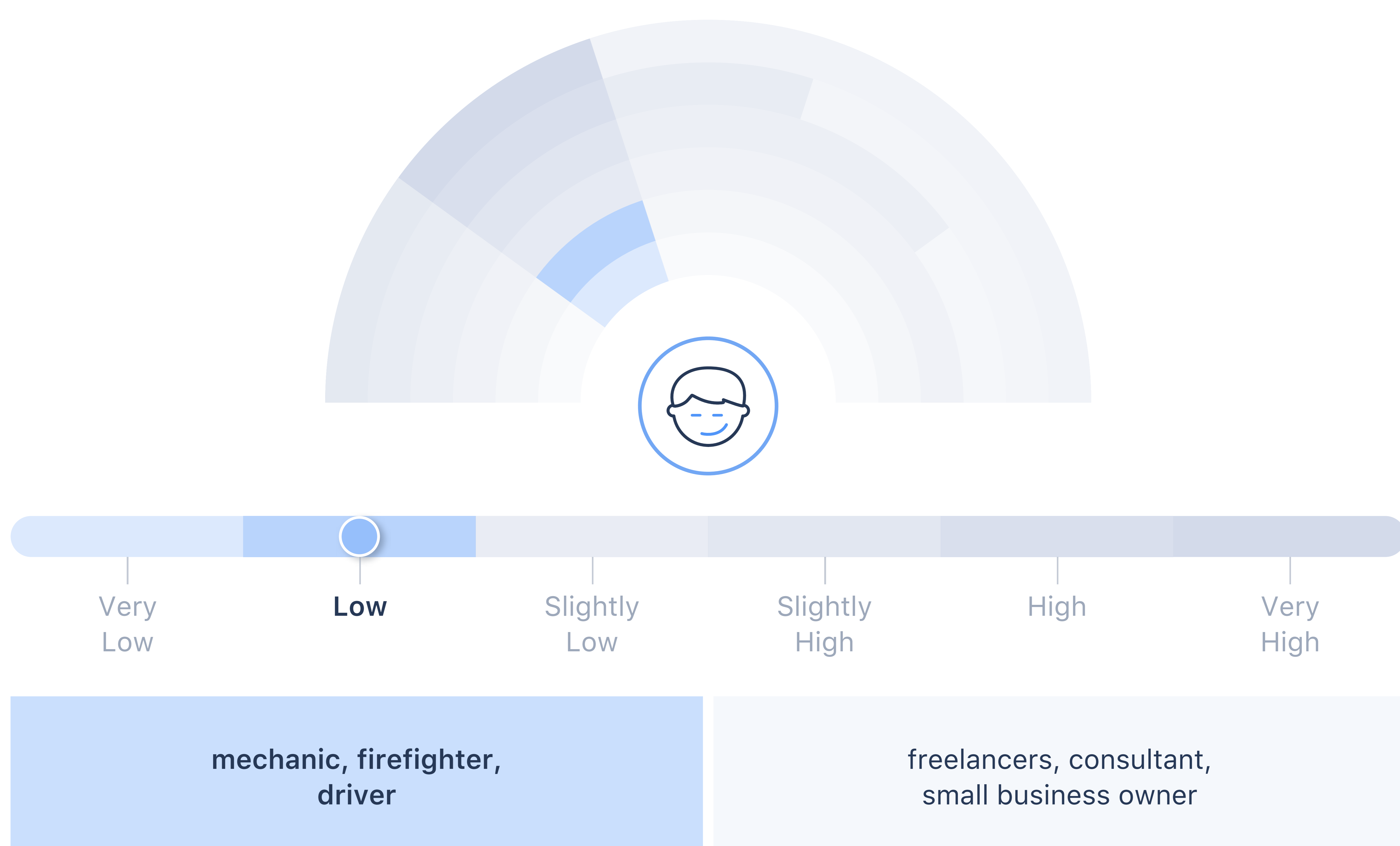
By comparison, someone who has a Low Openness score tends to think about subjects in isolation. This can make people with less openness much better at concentrating on a specific, isolated task. Rather than an interconnected spider web, these people tend to think in straight lines, focusing solely on the information provided for a specific problem.

Researchers at Harvard studying Openness have related the trait to the brain's Default Network. Essentially, this network in your brain is where daydreaming and a wandering mind come into play. In people with high Openness, this Default Network is much better at processing information and making the random connections that often help people with high openness succeed.

### Reference:

Personality and complex brain networks: The role of openness to experience in default network efficiency

# Your Conscientiousness and career type



## This is your type

### Those with **low** Conscientiousness tend to...

- Prefer a variety of tasks
- Often procrastinate on deadlines
- Have a less-organized workspace
- Do not enjoy tedious, monotonous tasks

### Those with **high** Conscientiousness tend to...

- Set and meet deadlines easily
- Keep their environment and workspace clean and organized
- Have an internal drive to complete started tasks
- Are attentive to the details and specifics of a project

Conscientiousness deals with setting and achieving goals. People with High Conscientiousness are more likely to follow a rigorous schedule, stay self-disciplined, and remain persistent in their efforts. As a corollary, it also deals with traits like organization, time management, and thoughtfulness.

Those with more conscientiousness are the people who are always on-time, always meet deadlines, and show a high level of self-control and organization. By contrast, people with low conscientiousness are more inclined towards procrastination and spontaneous activities.

People with Low Conscientiousness tend to prefer jobs where their tasks and workload is outlined for them every day. This includes jobs like being a firefighter, a mechanic, or a driver. Jobs like these, with strict and routine schedules, allow people with Low Conscientiousness to thrive.

## Careers you may enjoy



**Mechanic**



**Firefighter**



**Driver**

## The science of Conscientiousness

The Big Five trait of Conscientiousness seems to be related to how well people can stop themselves from pursuing short-term pleasure in lieu of long-term goals. Sometimes, this is referred to as “willpower”.

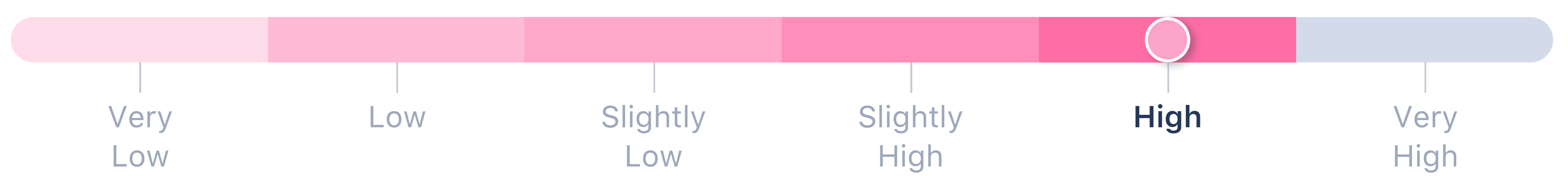
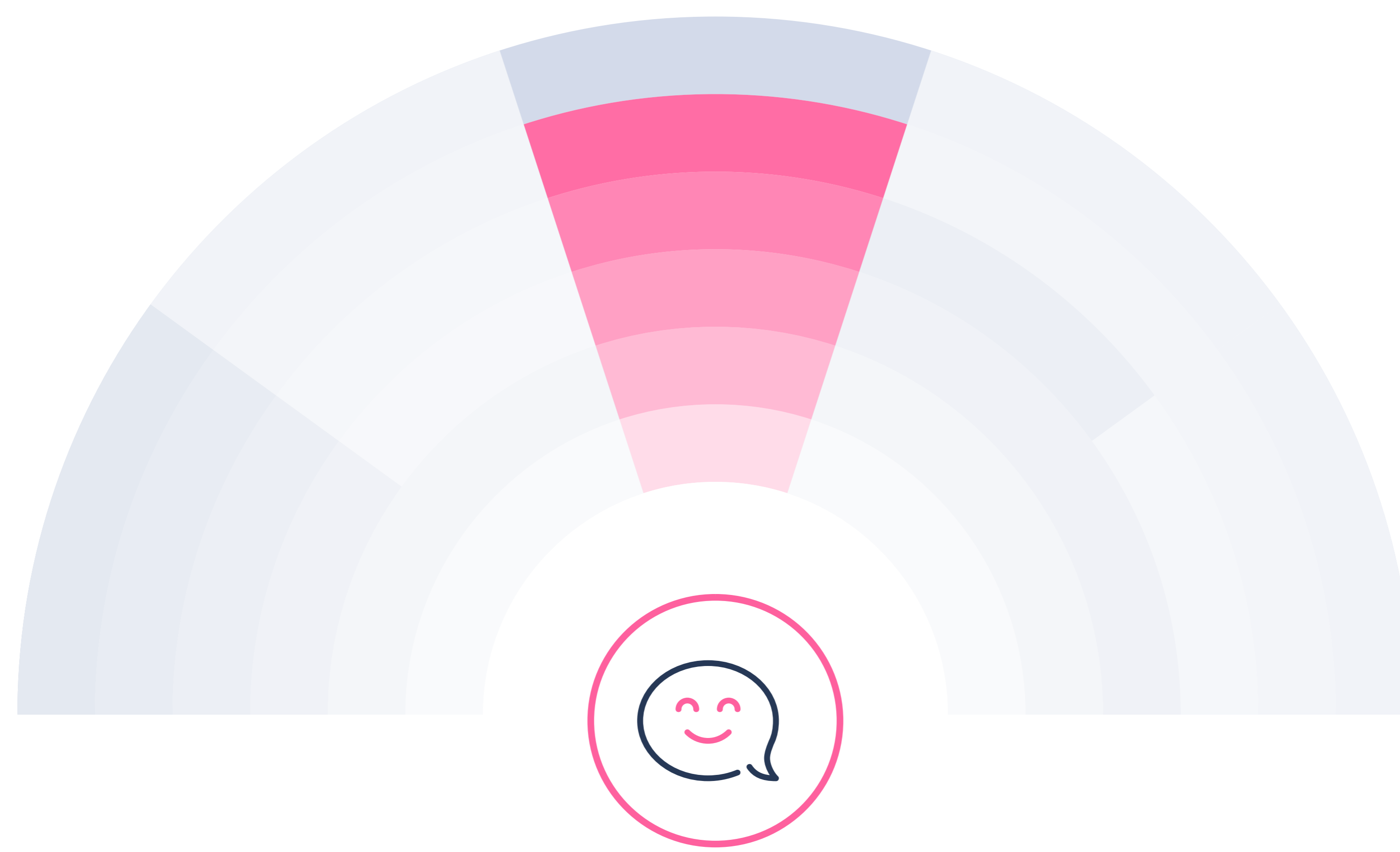
Impulse control, or your ability to resist getting distracted, is associated with the frontal lobe of the brain, where high-level thinking takes place. The frontal lobe is associated with planning, problem-solving, judgment, and a whole range of other “higher-level” cognitive abilities. In essence, your frontal lobe is the part of your brain that tells you not to eat that last piece of pizza. While it may look appetizing, your frontal lobe reminds you that while delicious, pizza is not good for your general health.

In a brain imaging study, people with High Conscientiousness showed a much higher level of frontal lobe activation when doing a task that requires impulse control. These results suggest that conscientiousness itself is contained in the frontal lobe, and that people with High Conscientiousness use different neural networks than people with Low Conscientiousness - helping them activate and maintain their impulse control.

### Reference:

[Personality and complex brain networks: The role of openness to experience in default network efficiency](#)

# Your Extraversion and career type



librarian, engineer, writer

actor, journalist, counselor

## This is your type

### Those with **low** Extraversion tend to...

- Typically dislike large groups of people
- Do not seek out attention from their peers
- Tend to not show their emotions in public
- Need alone time to recharge and process thoughts

### Those with **high** Extraversion tend to...

- Show Energy and Confidence in Group Scenarios
- Like to talk out their ideas with others
- Usually have a large and expansive friend group
- Set out time to socialize with friends

Are you a people person? You likely have High Extroversion. Extroversion is the Big Five trait that is related to being outgoing, talkative, and feeling energized in a large group of people. On the other hand, people with Low Extroversion (usually called introverts) typically get their energy back when they are spending time alone.

Extroversion is essentially a measure of your social attachments. Extroverts feel connected to their social groups, and love being around other people. Introverts, on the other hand, tend to feel more comfortable by themselves.

If you love people, it is best to work with people! People with High Extroversion thrive as actors in the spotlight, journalists breaking the latest news, and counselors that connect with people and help them on their personal journeys. Any other careers that allow you to connect and be with people are also great choices for extroverts!

## Careers you may enjoy



Actor



Counselor



Journalist

## Your may not be like

librarian, engineer, writer

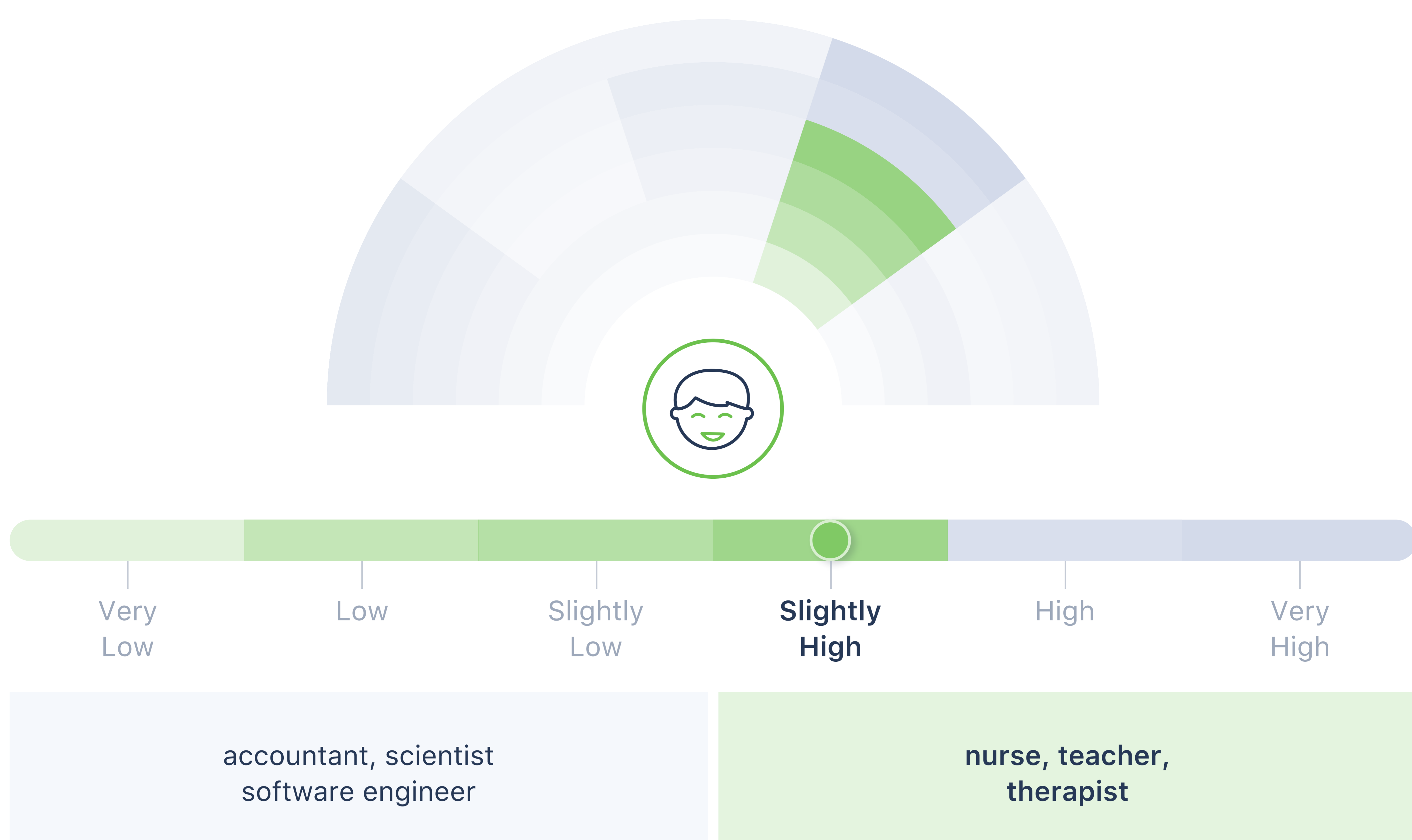
## The science of Extraversion

While the science behind Extroversion is still growing, the trait appears to be linked to how different people experience emotions. Extroverts are more likely to experience positive emotions, at a higher intensity, than their introverted counterparts.

In a brain imaging study, researchers showed volunteers pictures of happy images while scanning for activity in different brain regions. The research showed that people with High Extroversion showed greater activation in the brain region responsible for positive emotion. This suggests that extroverts actually experience stronger positive emotions with the same stimuli.

At the molecular level, this could be related to the neurotransmitter dopamine. Dopamine is commonly called the brain's "reward chemical" because it is released when you pursue attention, status, power, or pleasure. People with High Extroversion tend to respond to dopamine more - causing them to have a pleasurable emotion and thus seek more of the stimulus. By contrast, people with Low Extroversion do not respond to dopamine nearly as strongly. This tends to make them less likely to chase these feelings.

# Your Agreeableness and career type



## This is your type

### Those with **low** Agreeableness tend to...

- Love a good competition!
- Focus on their lives
- Prefer independent over group work
- Tend to reject other people's thoughts and ideas

### Those with **high** Agreeableness tend to...

- Like to volunteer and give back to the community
- Willingly accept other people's plans and ideas
- Cooperate well in a team environment
- Empathize with others in their community and workplace

Do you connect well with others and care deeply about helping those in need? You likely have High Agreeableness. On the flip side, if you have Low Agreeableness, you may be blunter with people and have a highly competitive side.

The Big Five trait of Agreeableness is essentially a measure of how easily you relate to and get along with other people. Agreeableness is related to empathy and patience - since these traits are directly related to how you see and think about other people. People who fall on the low end of the Agreeableness spectrum tend to focus on themselves more and worry about others less.

Agreeableness is not simply the ability to agree with what other people are saying. It is a trait that allows people to "take a walk in another person's shoes." People with High Agreeableness make great nurses, teachers, and therapists because it is literally the job of these people to connect with others and help them on their journey!

## Careers you may enjoy



**Nurse**



**Teacher**



**Therapists**

## Your may not be like

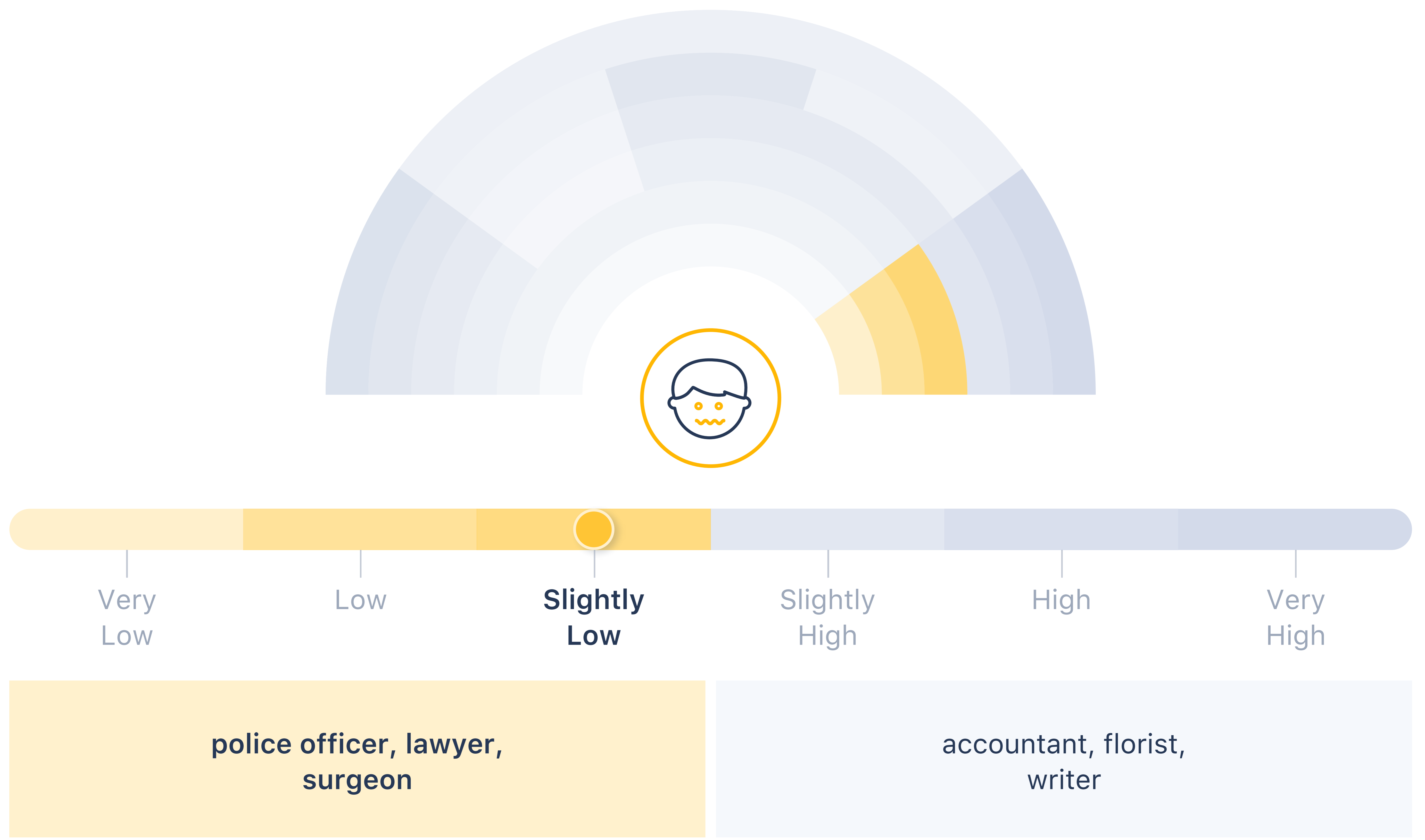
**accountant, scientist, software engineer**

## The science of Agreeableness

Empathy and Agreeableness are highly related traits. Empathy allows people to identify with the emotions and ideas of others. In essence, empathy is an ability to feel what other people are feeling. If you are high in this trait, you will likely experience happiness when you see someone laughing, and sadness when you see someone crying.

The study of Agreeableness has been related to two specific aspects of thought. First, the ability to recognize and feel other people's emotions. This is a key aspect of being a highly agreeable person. Second, and more importantly, is the ability to prioritize your decision making based on the needs and feelings of others. Highly agreeable people not only understand your emotions, but they are more inclined to help you out based on the emotions you are experiencing.

# Your Neuroticism and career type



## This is your type

### Those with **low** Neuroticism tend to...

- Keep a level head during adverse situations
- Are generally more relaxed in their behavior
- See the glass as “half-full”
- Are adaptable to new, stressful situations

### Those with **high** Neuroticism tend to...

- Are often very self-critical
- Show more anxious behaviors
- Can easily “swing” from positive to negative emotions
- Get stressed out by even minor events

The Big Five trait of Neuroticism determines how much outside stress it takes to make a person upset or anxious. Individuals with High Neuroticism are easily stressed-out, tend to worry about smaller issues, and often show a lack of self-confidence. Those with Low Neuroticism tend to be laid-back, carefree, and have a stable disposition.

In essence, the trait Neuroticism measures a person’s emotional stability. People with high levels of neurotic behavior tend to get “set off” by a large variety of stimuli, while people with low levels of neuroticism tend to ignore the small things and keep a high self-confidence in the face of adversity.

Can you stay cool under intense pressure? If you are low in neuroticism, chances are you will thrive in a career with high levels of stress and pressure. Careers like this include being a police officer, a lawyer, or a surgeon. Oftentimes, someone’s life is in your hands and it is important to stay cool, calm, and collected as you do your job. These careers are great for anyone with a Low Neuroticism score!

## Careers you may enjoy



Police officer



Lawyer



Surgeon

## The science of Neuroticism

Neuroticism is related to the brain’s ability to experience negative emotions. If two people experience the same negative stimuli, the person with the higher neuroticism score will likely find the stimuli more aggravating than the person with less neuroticism. Highly neurotic people tend to feel the emotions of fear, anxiety, worthlessness, and anger more than their less neurotic counterparts.

Several studies have shown that people who react dramatically to negative stimuli are also more neurotic. Regions in their brain responsible for negative feelings are often activated longer when they are exposed to something negative. However, neuroticism is not all bad.

Neuroticism is thought to be related to the brain’s “alarm system” - the part of the brain that warns us we are about to do something bad for our health or safety. This part of the brain has helped humans (and most animals) survive to fight another day. People with low neuroticism might look at the same situation and think everything is fine - only to discover they have endangered themselves or others.

That being said, people very high in neuroticism often let the trait go too far. These people are more likely to be diagnosed with depression or anxiety disorders that are directly related to their inability to let things go. Your ability to handle negative emotions and situations can greatly influence the likelihood that you get depression or anxiety, and it can also play a role in how you deal with those mental conditions.