

National Institute of Open Schooling
Senior Secondary
Lesson 19 – Personality Assessment
Worksheet-19

1. Enlist different methods of personality assessment.
2. Explain what is a personality inventory. Give examples of different inventories available to assess personality.
3. Inventories can lead to biased information. Suggest an alternative approach to assess personality.
4. Psychoanalytic approach talks about the role of conscious and unconscious motives, conflicts in development of personality. Explain the approaches used by psychoanalysts to assess personality.
5. Compare the differences and similarities between Rorschach inkblot test and TAT.
6. Humanistic approach is a descriptive method to assess personality. Describe your personality using this method. Write at least 15 such descriptive sentences.
7. Observe any of your friends and family members. Prepare an observation report, describing their personality using the three gunas approach of personality.