



# Exploring Personality: Daily Trait Inventories

**Course:** Psychology / AP Psychology

**Unit:** Personality

**Grade Level:** 10–12

**Lesson Type:** Daily Openers / Concept Activation

**Assessment:** Participation / Reflection (Not Diagnostic)

## Lesson Overview

Students complete a series of **short, non-diagnostic personality trait inventories** across the Personality unit. Each inventory introduces a **major personality dimension** before formal theories are taught.

The goal is **self-reflection and discussion**, not labeling or clinical assessment.

## Learning Objectives

Students will:

- Reflect on their own behavioral tendencies
- Recognize personality traits as **spectrums**, not categories
- Compare personal experiences with psychological theories
- Understand limitations of self-report measures
- Engage in respectful discussion of individual differences

## Important Framing for Students

These inventories are **not psychological tests**

They do **not diagnose personality**

They are tools for **self-reflection and discussion only**

## Suggested Unit Structure

Day	Trait Focus
Day 1	Agreeableness
Day 2	Conscientiousness
Day 3	Introversion / Extraversion
Day 4	Neuroticism
Day 5	Openness
Day 6	Risk-Taking / Sensation-Seeking
Day 7	Type A / Type B