

## Topic: DISC Personality Test

Cue	Notes
Key Words	Personalities, strengths and weaknesses, synergy, Dominance-Type, Influence-Type, Steady-Type, Conscientious-Type
Question 1	<b>1. What is personality?</b> Personality is the combination of your personality traits that lead to the way you think and act.
Question 2	<b>2. Why is it useful to know people's personality?</b> There are two main reasons. First, it tells you people's objective strengths and weaknesses. Second, it helps you create synergy with them.
Question 3	<b>3. What two personality traits does <u>DISC</u> measure?</b> The DISC test looks at two traits: how we interact with people (outgoing or reserved) and how we interact with work (task-focused or people-focused).
Question 4	<b>4. Summarize the 4 personalities in <u>DISC</u> using your own words.</b> 1. D-Type: Outgoing and task-focused. They are decisive and get things done quickly. 2. I-Type: Outgoing and people-focused. They are inspiring and talkative. 3. S-Type: Reserved and people-focused. They are supportive and like harmony. 4. C-Type: Reserved and task-focused. They are careful and pay attention to details.
Question 5	<b>5. Which <u>DISC</u> profile are you? How do you know?</b> I am a C-type, belonging to the rigorous type, introverted and task oriented. I learned about it through DISC testing.
<b>Summary:</b>	The DISC test helps us understand our own and others' personalities. It shows our strengths and weaknesses. Knowing this helps us work better in teams. It creates synergy. I am a C-Type. I will use my strength in details to do good work. I also understand that I need to be more open to ideas from I-Types.