

Topic: DISC Personality Test

Cue	Notes
Key Words	Personalities, strengths and weaknesses, synergy, Dominance-Type, Influence-Type, Steady-Type, Conscientious-Type
Question 1	1. What is personality? Personality is the combination of your personality traits that lead to the way you think and act.
Question 2	2. Why is it useful to know people's personality? 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	3. What two personality traits does <u>DISC</u> measure? 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	4. Summarize the 4 personalities in <u>DISC</u> using your own words. 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	5. Which <u>DISC</u> profile are you? How do you know? I am a C-type, belonging to the rigorous type, introverted and task oriented. I learned about it through DISC testing.

Summary: 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.