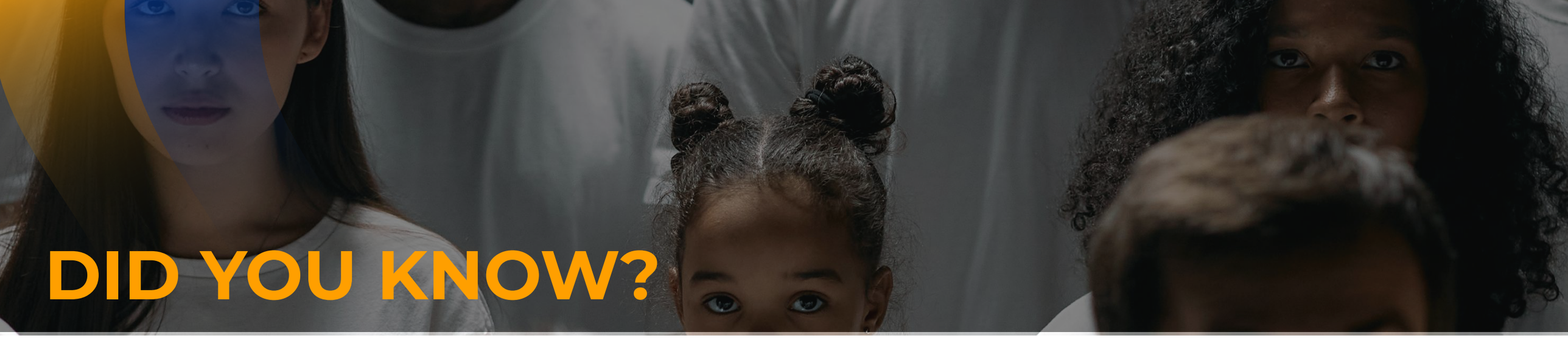

DID YOU KNOW?

Did you know that people form a first impression of someone's personality in less than 7 seconds?

Studies in psychology show that our brains quickly analyze facial expressions, tone of voice, and posture to make rapid judgments about traits like friendliness, confidence, or reliability. Even though these impressions are not always accurate, they strongly influence how we interact with others—especially in academic, social, and professional contexts.

Another interesting fact is that most personality descriptions across cultures are based on five universal traits known as the Big Five Personality Factors: openness, conscientiousness, extraversion, agreeableness, and emotional stability. These traits appear consistently in studies around the world, which means that people across different cultures tend to describe personalities using similar patterns. Understanding these traits helps learners communicate more naturally when talking about themselves or describing others.

Finally, research suggests that being able to describe personality clearly is a valuable skill in many real life situations, such as job interviews, teamwork, leadership roles, and even daily conversations. When people use precise adjectives and relative clauses, they can express themselves more effectively—for example: *"She's the kind of person who always helps others"* or *"He's someone who enjoys challenges."* These structures help create richer, more accurate descriptions in English.

Reference:

Cherry, Kendra. (2026) What are the big 5 personality traits? Verywell Mind.

Recovered from: https://www.verywellmind.com/the-big-five-personality-dimensions-2795422