

In the name of God



Varastegan Institute for Medical Sciences

English for IT1

Session 12

Lecturer: Mostafa Jahangir (PhD)

Assistant Professor

Health Information Technology Department

www.mjahangir.ir

mjahangir@varastegan.ac.ir



DISC
personality
test

DISC personality test instruction

<https://www.123test.com>

- This free DISC personality test lets you determine your DISC type and personality profile quickly.
- Find out how the DISC factors, Dominance, Influence, Steadiness and Compliance predict your behavior towards others and the everyday things you do.
- This test contains 28 groups of four statements. Answer honestly and spontaneously.
- It should take you only 5 to 10 minutes to complete.

DISC personality test instruction

- Study all the descriptions in each group of four
- Select the one description that you consider most like you (most like you)
- Study the remaining three choices in the same group
- Select the one description you consider least like you (least like you)



People look up to me



I tend to be a kind person



I accept life as it comes



People say I have a strong personality



I find it difficult to relax



I have a very wide circle of friends



I am always ready to help others



I like to behave correctly



I tend to do what I am told



I like things to be very neat and tidy



People can't put me down



I enjoy having fun



I respect my elders and those in authority



I am always willing to do new things - to take a risk



I believe things will go well



I am always willing to help



I am a neat and orderly person



I am very active, both at work and play



I am a very calm and placid person



I generally get my own way



I am very contented with life



I tend to trust people



I like peace and quiet



I have a very positive attitude



I have a great deal of will power



I always take notice of what other people say



I try to be obliging



I am always cheerful



I am self-confident



People say I am a sympathetic type



I have a tolerant attitude towards life



I am an assertive person



I never lose my temper



I like things to be precise and correct



I am very sure of myself



I enjoy having a laugh and a joke



My behaviour is well disciplined



People see me as being helpful



I am always on the move



I persevere until I get what I want



I enjoy competition



I do not treat life too seriously



I always consider others



I am an agreeable type



I am very persuasive



I see myself as a gentle person



I am a very modest type



I often come up with original ideas



I am very helpful towards others



I don't like tempting fate



I don't give up easily



People like my company



I tend to be a cautious person



I am a very determined person



I am good at convincing people



I tend to be a friendly person



I don't scare easily



People find my company stimulating



I am always willing to follow orders



I am a rather shy person



I am very willing to change my opinion



I like a good argument



I tend to be an easy going type



I always look on the bright side of life



I am a very social sort of person



I am very patient



I am a very self-sufficient sort of person



I rarely raise my voice



I am always ready and willing



I am always keen to try new things



I don't like arguments



People describe me as high spirited



I enjoy taking a chance



I tend to be very receptive to other people's ideas



I am always polite and courteous



I am a moderate rather than an extreme person



I tend to be a forgiving type



I am a sensitive person



I have a lot of energy and vigour



I can mix with anybody



I enjoy chatting with people



I control my emotions



I am very conventional in my outlook



I make decisions quickly



I tend to keep my feelings to myself



Accuracy is very important to me



I like to speak my mind



I am very friendly



I like to handle things with diplomacy



I am very daring



Most people find me acceptable



I feel satisfied with life



I am obedient



I am always willing to have a go



Loyalty is one of my strengths



I have a good deal of charm



I tend to be an aggressive type



I am good fun and have a lot of personality



People tend to see me as an "easy touch"



I tend to be rather timid



I am good at motivating people



Patience is one of my major strengths



I am careful to say the right thing



I have a strong desire to win



People find me easy to get on with



I get a lot of satisfaction from helping others



I always think things through



I prefer to get things done now rather than later



I am good at analysing situations



I get restless quickly



I think about how my decisions might affect others



People see me as relaxed and easy going

DISC Personality Model

Dominance

- Describes the way you deal with problems, assert yourself and control situations.

Influence

- Describes the way you deal with people, the way you communicate and relate to others.

Steadiness

- Describes your temperament - patience, persistence, and thoughtfulness

Compliance

- Describes how you approach and organize your activity, procedures and responsibilities.