Describe yourself in terms of Kegan's theory of self-development and the Big 5 Trait theory. What stage are you at, according to Kegan's theory? Give examples that illustrate why you are at that stage in Kegan's theory. How would you describe your personality, given the Big 5 Trait Theory? Give examples about your traits for each of the five dimensions of personality as outlined in Trait theory.

The goal of the assignment is to demonstrate your understanding of these two theories by applying them to yourself, and to demonstrate your thinking process as you make an assessment of where you are developmentally and what your traits are in terms of personality. Writing clearly, with enough detail in your definitions and examples, is crucial to communicating your understanding and your thinking process.