

JUNE 2020

PSYCHE E-NEWS

WE'VE GOT SOUL

 KIMBERLY EARDLEY CHAIRWOMAN  EXECUTIVE COMMITTEE 2020	 SARAH OESCHGER VICE-CHAIRWOMAN  EXECUTIVE COMMITTEE 2020	 JESSICA DAWSON HEAD OF COMMUNITY SERVICES  EXECUTIVE COMMITTEE 2020	 CHERISKA VAN ROOYEN LONG-TERM COMMUNITY PROJECTS DIRECTOR  EXECUTIVE COMMITTEE 2020
 CAROLINE CONINGSBY SUB-COMMITTEE  EXECUTIVE COMMITTEE 2020	 KOKETSO MOGADIMA COMMUNITY ENGAGEMENTS DIRECTOR  EXECUTIVE COMMITTEE 2020	 BIANCA SWART SOCIALS DIRECTOR  EXECUTIVE COMMITTEE 2020	 DANÉ MAREE MINI-OUTREACHES DIRECTOR  EXECUTIVE COMMITTEE 2020
 KHETSIWE EMMA NKOSI MENTOR DIRECTOR  EXECUTIVE COMMITTEE 2020	 SARAH KUKUNI MENTOR DIRECTOR  EXECUTIVE COMMITTEE 2020	 WILLEM JANSEN VAN RENSBURG RESEARCH AND TRANSFORMATION DIRECTOR  EXECUTIVE COMMITTEE 2020	 SHANE GELDENHUYS RESEARCH AND TRANSFORMATION DIRECTOR  EXECUTIVE COMMITTEE 2020

GREETINGS PSYCHE FAMILY , We miss you !

We are all living through a momentous time in history. Through this pandemic each Psyche EC member wishes the Psyche community health and safety. We are all trying to remain connected to the best of our capabilities and I hope this quarterly is a glimpse of that attempt. Please do not hesitate to engage with us on our social media platforms and email.

 psychesociety.up

 Psyche Society @ UP


NIA SEKESE
SECRETARY AND TREASURER

EXECUTIVE

IN THIS E-NEWSLETTER

- **Introducing The Subcommittee**
- **EC Lockdown Reflections**
- **How to contribute to the charity organizations**
- **Fun internet personality tests**

INTRODUCING THE *Subcommittee Team*

Three lovely individuals were selected on the 16th of March 2020 to be part of Psyche's subcommittee team. The subcommittee is a menteeship platform, where each sub-comm will assist and learn from the executive committee in their portfolios. Here are fun facts about the new members on the Psyche team!



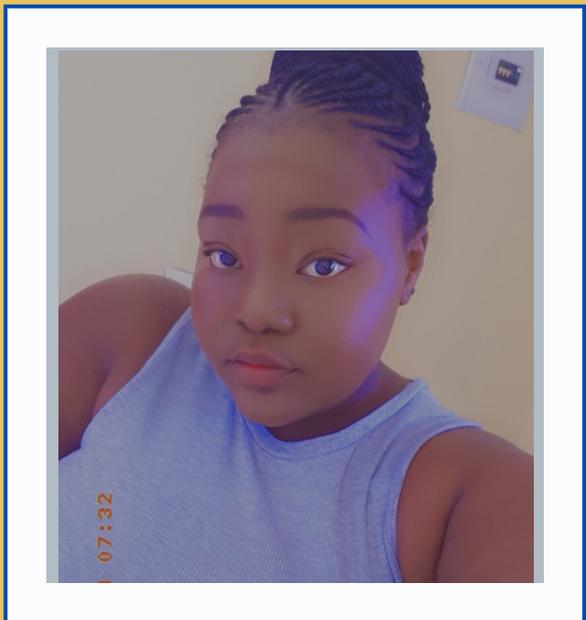
Claudia Lilje

- I speak German
- My guilty pleasure is watching Australian reality shows like Masterchef, The Block etc.
- My favourite song and genre of music changes daily



Megan Hannah Ernst

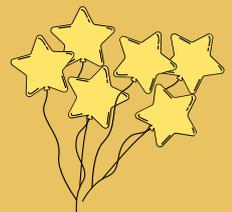
- I love cats
- I am passionate about slow fashion and have my own secondhand shop
- My second name (Hannah) is a palindrome



Thlou Shereen Duba

- I am optimistic, kind and compassionate to everyone I come across. Always willing to offer a helping hand
- I am a people's person , fun to be around and someone you can always rely on
- I am extremely creative and great at thinking on the spot. I have a way of looking at problems or situations from a fresh perspective

CONGRATULATIONS TO CAROLINE CONINGSBY !



Caroline was welcomed as a subcommittee member in 2019 and this year she has been selected to be one of Long-term Community Projects Director(s)



- I am passionate about working with children and although I can come across as serious, deep down I'm super childish
- I am allergic to kiwi and pineapple ...Which is okay because pineapple on pizza should not be legal
- I have been obsessed with cooking since I was small, but for some odd reason I can never cook rice corretly

LOCKDOWN REFLECTIONS

The Covid-19 lockdown period has been a new experience for all of us and the online learning is a whirlwind of new work, adjusting of schedules and attempting to adopt stricter discipline skills and complete assessments. We are already in the 96th day of lockdown and the Psyche EC team have shared their short reflections on how they are experiencing living in the pandemic and accommodating the online learning platform in their lives.

I have personally found this time during the pandemic to be quite a difficult experience. A lot of fear and stress has been circulating which is not very conducive to a happy environment. This often impacts our physical health without us even being aware of it. However, a lot of beautiful experiences and profound realisations have come out of this time. For example, the lockdown afforded me the opportunity for uninterrupted time with my family which I am incredibly grateful for. I also went through a great exercising phase, but the commencement of online learning did not really help nurture that new-found hobby. The lockdown taught me to appreciate the experiences in life which I previously had taken for granted, like walking dogs and seeing friends. Regarding online learning, I have actually enjoyed it to an extent, and my computer skills have improved immensely, but unfortunately that is not saying much. I cannot wait until the day my hands won't smell like sanitiser, and coughing will be unnoticed, but, until then, I am determined to see the positive in this otherwise scary time. And that big positive is that lectures are recorded, and I can replay them as many times as I would like to make stellar notes.

Final thoughts: I will never take sweatpants for granted, and I will forever wish that pyjamas could be the appropriate attire for meetings in the future. Wishing you all very well at this time and sending all of my love. Jess



Jessica Dawson

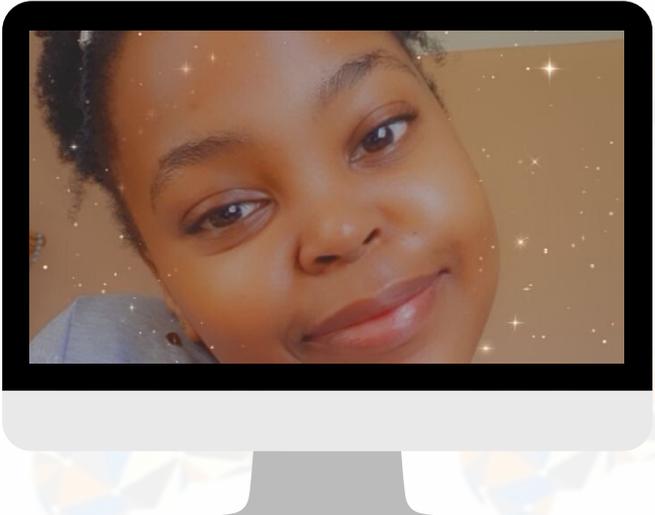
Head of Community Projects

I feel that lockdown has brought a lot of turmoil and disruption in everyone's lives. We were placed in a situation that no one has experienced and our whole life has been thrown upside down. Some have lost their jobs others have lost their families and I think it has just been such a tough time for everyone. For me as an extrovert the pandemic has really gotten the best of me, not being able to see friends and my family and basically being locked inside the house was extremely difficult for me. My social bubble is running dry and this is a whole new experience for me that I have to learn to deal with. I enjoy being at home to an extent. I finally have time to do things that I never get to. Since it is winter and I'm a total summer girl, it was very nice to be able to lie in a warm bed the entire day. One downfall for me about being at home and online learning is that I have to be extremely strict with myself because I get very lazy and then I don't do any work for weeks. So I have been very creative to try and motivate myself. I have to admit I'm enjoying the online assessments a lot. With normal tests I get such anxiety and stress so much that I forget my work half of the time, So for the first time in a while I have been so much at ease when writing the tests because I'm in an environment at home that is comfortable for me and my marks are so good at the moment. Lockdown has had its ups and its downs but it is just another mountain we are climbing and new experiences we are learning.



Bianca Swart

Socials Director



Khetsiwe Emmah Nkosi

Mentor Director

How you feel about the:

Lockdown

I think it is a good strategy to try and curb the virus and limit infections but, I miss going out definitely, I miss my friends, my Psyche family, attending lectures and having all different things to do without the worry of being infected.

Pandemic:

The pandemic is truly an overwhelming situation or experience to be a part of. There is definitely a lot of anxiety surrounding the current situation. The fear of going out and being contaminated. It is also such an eye opening experience that exposes us to the many other challenges that other fellow South Africans are going through and how we are all being affected by it in different ways. Being at HomeIn the beginning it was all exciting and we had more time to relax and rest a bit from the academic life, but now I honestly want to go out. It has been quite lonely as everyone wakes up and goes to work and I am left alone. So that has been quite an adjustment as I was also used to my routine of waking up and heading to campus, seeing my colleagues and my friends.

Experience of online learning:

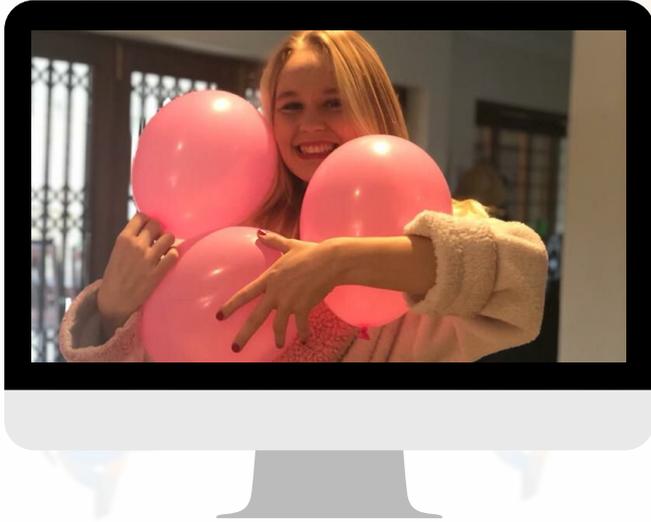
Online learning has been going really well. I must state that the online learning journey was not as smooth in the beginning. I had a lot of struggles in terms of poor network connection and high data costs. However, I have adjusted to the situation and found alternative methods to still be able to access data but in a more cost effective manner. The UP Data has also come in handy and definitely played a huge assisting role in being able to access the learning material, being up to date and catching up.



Dané Maree

Mini-Outreach Director

One could say my lockdown started a bit early. Before all this, early March me and my family went down to Australia for the Formula one, but due to the Corona Virus it was cancelled and our trip was cut short by a whole week, when we came back to South-Africa we had to quarantine for 14 days and a day before our 14 day quarantine was supposed to end the lockdown started. In the beginning it was rough, my whole family in one space days on end, don't get me wrong bonding time was nice but we got frustrated. Our trip was a disappointment now we have to stay in the house, my mom is a health care worker so she had to work so we had to be careful around her coming home from work. When online learning started time seemed to go by pretty fast, I spend my days studying and going to classes, keeping with my original class schedule seemed to help me, but there seems to be more test and more pressure, especially those who want to get into Psychology Honours like me. But luckily, I have an escape from that, my sister, she has been my rock in this lockdown. We were close before now we are inseparable, she brings in the fun. One day we had to paint her whole bookcase, next day we are moving my room or baking brownies. In the midst of all this chaos, I still kept sane because of her. I would have never thought on the 1st of January 2020, on the Hartenbos beach watching the fireworks for new years, that this would be the outcome of my third year, a whole pandemic Well it's a story to tell later.



*Sarah
Beschger*

*Vice-chair
woman*

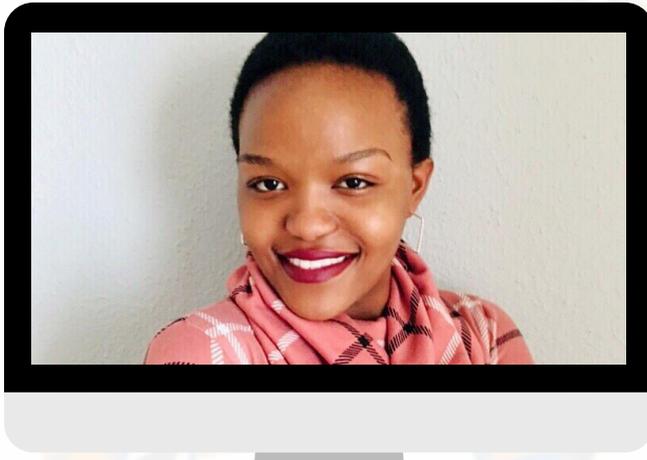
On the 26th of March 2020 we went into the first lockdown that I have ever experienced. I would like to start off by saying that I was so excited to have a break and get a break from the rush of modern life but that excitement died after I found out that my mum had been tested positive with Covid-19 in the UK. It was one of the hardest time of my life as the doctors said that they weren't sure if she would make it as she had an underlying illness and she slipped into a coma. This lockdown has definitely been a teaching moment in my life, as I have learned to cope with the emotional stress with my mum but also coping with the online learning. I found that setting a routine for myself everyday (waking up at 7am, following my lecture schedule, setting time for snacks, fun and also making sure that I have some me time) and eating healthy really helped, as well as doing a quick yoga routine every morning. I really found comfort in knowing that there were many other people going through what I was and that we aren't alone. The Psyche community has also given me a lot of hope and courage and being able to have a presence on social media has also given hope to our members. I am excited to get back to university and ready to give back to the community.



*Willem
Jansen van
Rensburg*

*Research and
Transformation
Director*

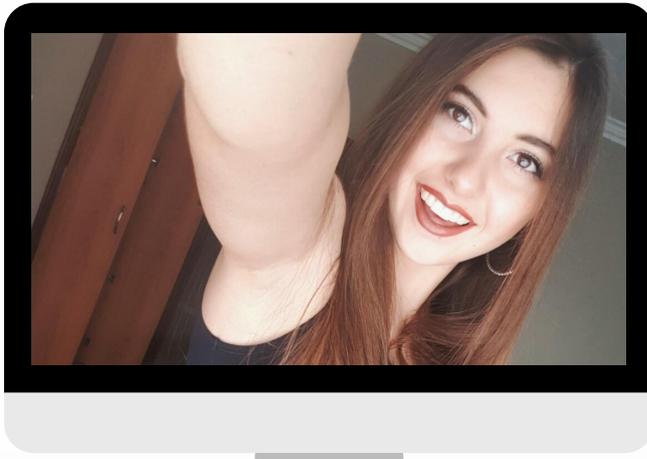
What an uncertain time it is that we are living in! I must say, I felt quite overwhelmed when the pandemic started to sink in, and university also started again. But I asked myself: Am I living through a real pandemic that is affecting the whole world? Of course, the answer was yes, and it made me realise that we are all much stronger than we thought. You are living in such an uncertain time and you are doing your best, so well done! Coping with everything is a new skill one must learn and adjusting to the "new normal" took some time. I find that doing exercise, such as yoga, some general stretches and walking around the block, and staying in touch with friends and loved ones is a great coping mechanism. I found myself doing an hour of yoga daily and probably video calling friends and family members for an hour or more as well. It is great to see that everyone is still well and smiling and to crack a joke with someone to lift your spirit. Balancing your time and knowing what to do and when to do it, is especially important. Remember to not be too hard on yourself. As I said, this is a "new normal" for all of us and finding ways to cope and to continue with life as we knew it before, in a whole different way, is hard and it takes a toll on your mental health. Remember to take time for yourself and to clear your mind and to realise that you are doing a great job. Lean on your friends and family for support, because they will probably lean on you as well. **Together** is the only way to get through this.



Koketso Mogadima

Community Engagements Director

Reflecting on the past two months brought to my attention that life events are inevitable and unpredictable. Not everything will always be in our control and for me that plagued my emotions. At first I battled to accept the realism of this global phenomenon but over and above that, I feared for my life. I spent most nights tossing and turning thinking that the world is finally reaching its end. I was anxious from time-to-time and felt so overwhelmed, distant and irritable (typical mood swings that often interfered with my positivity). However, I did not let the lockdown nor the pandemic become my defeat. Instead, I endeavoured to wake up each day and pray incessantly. I was not going to live in survival mode, I wanted more than that. I affirmed to become the best achiever during the weeks of being housebound. So I started off with a little plan: formulating a daily schedule and sticking to it, setting boundaries but also being kind to myself through acts of self-love such as rewards and compliments. Gradually as the days and weeks went by, I gained more inner strength to perform well in all aspects of my being – developmentally I keep flourishing. While at home, I've become a good friend with the kitchen and my cooking skills have since been improving. I've been experiencing online learning as an excellent platform for the advancement of my studies because I have a history of home-schooling, so right now it's not a challenge at all. Most of all, having a supportive mother. Nothing beats the presence and tender care of someone we hold dear during times of need, confusion and despair.



Cheriska van Rooyen

Long-term Community Projects Director

Those who know me know what an active person I am. I usually leave my house early in the morning with a strong cup of coffee and only return home at around 10pm. Hearing that a nation-wide lockdown will be taking place surely stopped me in my tracks. I knew that I would have to make some changes. That's when I decided that I will be making the best out of lockdown. I will still be living my best life .I made myself a bucket-list which included activities such as painting, reading a few books, learning additional skills, trying different workouts, pulling pranks on my family for some laughs, taking an occasional drive to nowhere while listening to some of my favourite songs etc. My weeks ranged from having very productive days to days where I didn't even want to get out of bed. On those low days I learnt that being kind to myself was a crucial part of lockdown. Being a final year student in a worldwide pandemic is tough. I would take some time off, take a nice hot bath in some essential oils, meditate and just be with the people I love. I would also boost my morale through calling up my friends and sending each other funny memes, since humour is often the best way for a university student to cope. I quickly managed to change my lifestyle. It went from sitting on wooden seats with a pen in my hand to sitting underneath a fluffy blanket with a cup of coffee in my hand, listening to lectures. It went from socials in Hatfield to dancing in my own living room for fun. I am enjoying lockdown and I am enjoying 2020.



*Sarah
Kukuni*

*Mentor
Director*

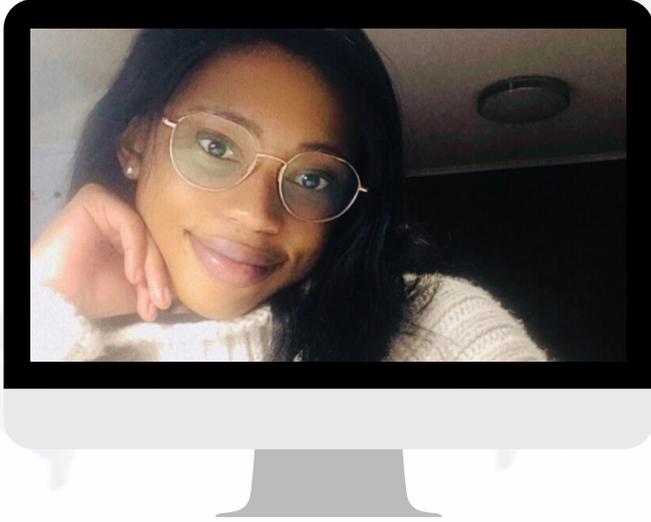
Staying at home was very interestingly frustrating and suffocating for me at the start. But I am adjusting, and finding the experience not that bad, quite enjoyable in fact (once you accept the situation and the fact that you can only do so much). I am usually a person who does not go out much except for occasional meals and coffee dates with my friends. I prefer my bedroom setting where I can just be in a quiet and peaceful space, but most importantly ALONE. Now, I am constantly being surrounded by my family and I realize how alone and lonely I sometimes was, though it was not easy reaching that conclusion. At first it was suffocating and unbearable because my family is close and loud. Like really loud, and god forbid they wake up early and sleep late (and I kind of have to join in, whether I like it or not). Things got better when I realized that, that is their love language and their way of showing me support and love through this grim time for me academically and emotionally. I am even doing better at school and loving my modules even more because my mom is always showing interest in my work and wants to know what I am doing. As for my sister, she is the best. Always wishing me all the best and asking how much I got after writing, along with my mom and my wonderful boyfriend and best friend. I learned an important lesson during this lockdown, and it was that family is forever and I love mine to death. And super grateful for the love and support they have given me and continue to give me daily. Overall, this lockdown, except for the deadly virus of course, has brought me love; close relationships and bonds with all my loved ones (including extended family due to the constant communication); patience and warmth.



*Megan
Hannah
Ernst*

Sub-comm

Initially, it felt like everything happened so fast. One day I was in class stressing about my assignments and the next day the president was on T.V. telling me to stay in my pyjamas all day (not really, but I did that). At the start of lockdown, I just carried on preparing for my upcoming tests as if university was going on as normal. I do not think I really processed that we are in a worldwide pandemic – and I'm not sure if its something we can fully process. Its weird and confusing to be wondering about the state of the world while being confined to your home. It took me a while, but I think I have adjusted to online learning and being at home. At first I got really frustrated that I struggled so much to form a consistent routine, but I realised I had to be kind to myself – so some days I get up on time and get working, and other days sleep in and study later. I've learned that, just as its important to stay focused and have structure, its also important to recognise when I feel like I'm burning out and allow myself to rest. And this has become especially important for me now as it gets closer to exams; its that time in the semester where it feels like it might never end. So, at the moment, I'm just studying for my psychology test, appreciating my loved ones, and trying desperately to keep warm. Sending you all lots of love!



Lockdown has been a roller-coaster of emotions, one moment I am leaping with productive energy and the next moment I have the energy levels equivalent to a sloth. Ultimately I am truly grateful that I got to spend time with family, this period felt like we were all reintroducing ourselves to one another. I learnt that my bother is truly an emotional being and my baby cousin has the voice of ten thousand blazing trumpets. I have honed in some yoga skills and the art of burning essential oils when the online learning has become to much to bear. The online learning period has been intense but I am surviving through virtual study sessions with a dear friend, who makes academic flames less painful. I cannot wait to be back on campus, sitting in the library and dawdling through the student centre.

One mantra i can definetly take away from this whole experience is that gratitude is the best attitude!

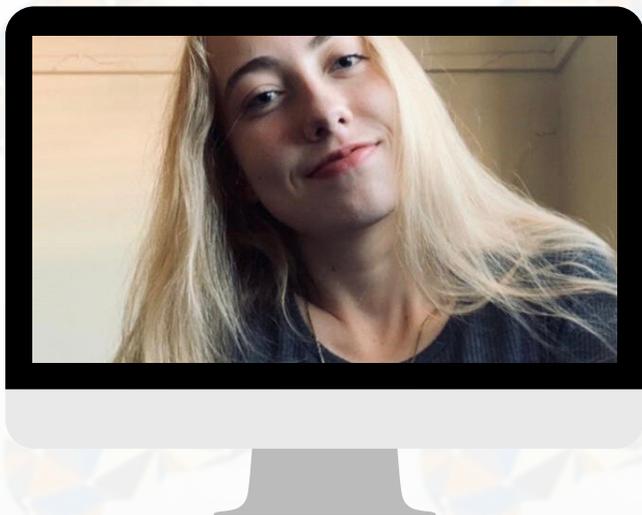
Sending you all immense love and light!

*Nia
Sekese*

*Secretary
and
Treasurer*

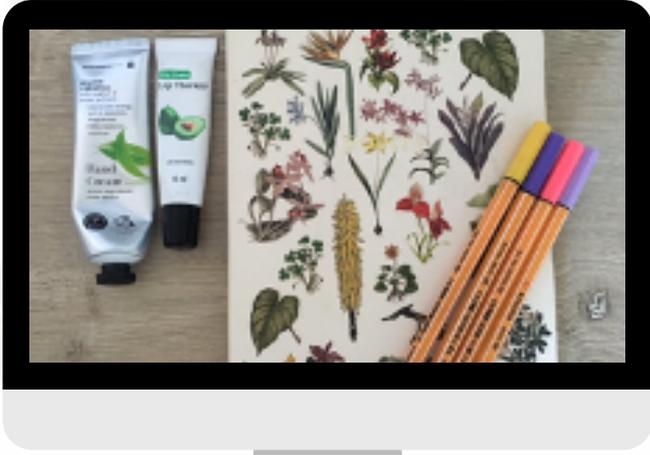
Decades ago, people predicted that 2020 would be the year of self-driving cars and invisible computers. Instead, we are confined to our homes, our lectures are online and the world has been shaken by this global pandemic. This is a 2020 that no one could've predicted. This unprecedented time has posed numerous challenges but overcoming these is possible. Allow me a moment to share some possible 'silver-linings' to the daunting cloud that is Covid-19:

- 1)** Many of us have experienced days of feeling listless, demotivated and unproductive. Instead of feeling guilty, it's important to be gentle with ourselves and to take note of our feelings. It's okay to not feel okay 100% of the time, as long as we try to do our best and seek the help we need.
- 2)** Although we may be social distancing, for many, the emotional distance between us is decreasing. We are more intently asking our loved-ones how they 'really' are, learning to listen and share more. The mental-health conversation is growing and hopefully continues to do so.
- 3)** Having so much time alone with our thoughts can be daunting. It also, however, gives us the opportunity to learn about ourselves and to truly figure out and appreciate the things that are really important to us. When you feel overwhelmed by overthinking, try pouring your thoughts onto paper. Writing it out can really help you gain perspective.
- 4)** Some tips that have helped me with online learning include: creating extremely detailed schedules (preventing Netflix from taking over my day) and asking my friends to keep me accountable, sharing my plans with them and them checking-up on my progress helps me to stay on track. I'm sending you all of my love for the rest of lockdown and I look forward to seeing you again when we return to our new 'normal'.



*Claydia
Lilje*

*Sub-
comm*



Caroline Coningsby

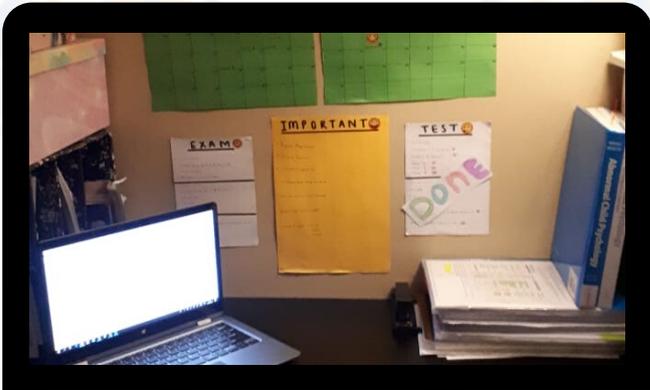
Long-term Community Projects Director

A JOURNAL, SOME LIP GLOSS, COLOURFUL PENS AND HAND-CREAM

Who knew that is all one would need to keep their sanity. Honestly, it has been hard adapting to change coming from all corners of life – the world was changing, university was changing, and even home-life was changing. Covid-19 brought with it a deep sense of insecurity and uncertainty and I, for one, was not happy. I know, I know... be positive, it will all be over soon, we can get through this – and while that is helpful for the most part, I was definitely not one to embrace the positivity at first. I was left feeling helpless and confused, I did not know where to begin or how to be productive, and embracing online university was not off to a good start. I missed going to campus, seeing my friends, and engaging in lectures. I needed something, and something quick, to get me out of the rut as university notifications started piling in and my grip started to become looser and looser. Now when you think of a lockdown emergency kit, canned foods, hand sanitizer, toilet paper and a face mask might come to mind. My emergency kit is coloured differently... a simple journal, lip gloss, fine-liners and hand cream is what you would find. I did not notice this at first, but now it is very clear to me that those simple four items would become the source of comfort I needed to get through this lockdown. I know it might sound silly, but it is usually the silly, simple things that tend to get us through life. These items helped me to start off my day, organise my thoughts, feel ready to tackle what I needed to do, and most importantly get a grip! And there I was, confronting covid-19 and all its changes, 4 items in hand. Covid-19 has shown me (the hard way) that in order to embrace the positivity you have to be willing to embrace the negativity first. Acknowledge your fears – this is the only way we can notice their presence and choose to over-power them. A journal, lip gloss, fine-liners and hand-cream helped me to do this.

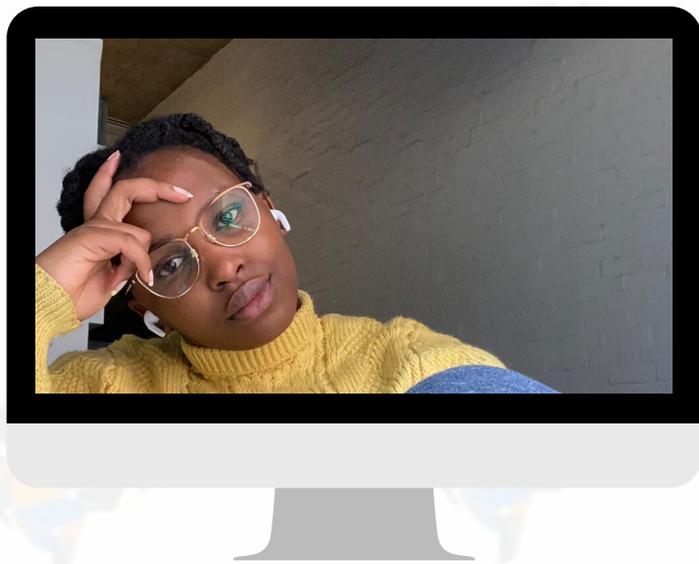
The New Normal

Social distancing, masks, handsantizers as well as refraining from crowded places have all become the new normal. Life during lockdown has had a number of ups and downs. I for one did not expect the Corona virus outbreak to have such a large impact on all areas of our lives. During lockdown we have all had to make a number of modifications and alterations to our routines and schedules in order to be able to adjust to the new normal. A few advantages of lockdown include not getting up early and driving all the way to campus during cold winter mornings, having the luxury of attending my online lectures in my warm pajamas and blankets, spending much more quality time with family and creating endless tiktoks and playing board games. I have also saved a lot of money as I am not going out with friends and spending money on shopping sprees and extravagant sushi dates almost every third day of the week. I also call my family much more often than I did before the lockdown began. Disadvantages of lockdown include not being able to see friends and go on endless lunch dates after an exhausting double lecture. I am also sad that we cannot do volunteering work. When lockdown began I struggled with online learning and attending all my lectures as the wi-fi would stop working. Having to set up your own schedule and keeping to it was a bit challenging until I got the hang of it. The travel ban struck the hardest as we had planned some international trips for the year. A lesson that I have learned during this lockdown is to remain positive, be patient and keep working hard.



Sherreen Duba

Sub-comm



Kimberly Eardley

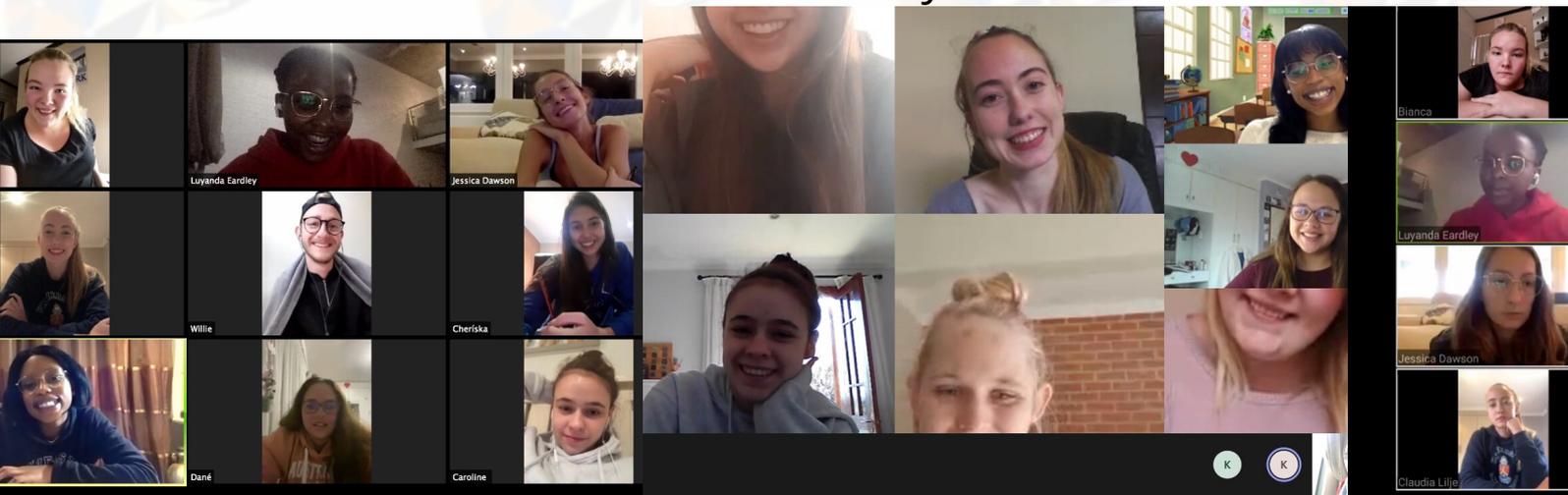
Chairwoman

Nelson Mandela once said "One of the most difficult things is not to change society — but to change yourself."

When this pandemic began I don't think anyone could have anticipated how it would affect us all. Then COVID-19 changed everything, suddenly it felt like all the hard work that had gone into plans and preparations for the year to really make a difference in our communities, had disappeared in an instant. First the infection rates spiked, then death tolls began to climb, by the time president Ramaphosa announced the details of Lockdown Level 5, I was floored (which was interesting because I was already so close to the ground). For a brief moment in time, I must admit, I felt deflated. All the uncertainty seemed to be the only certainty and the nation seemed to groan at the weight of it all. But then it occurred to me, maybe I was looking at this all wrong. I was allowing myself to feel disappointed and anxious over successes that I had carefully planned for, but who's to say those are the successes I actually needed to measure myself by this year? If nothing and no one else, this period has forced me to take a good hard look at where I place value in my life and why. Why work for that grade or accolade? Why spend time maintaining a certain appearance? Why motivate myself to what I do when I do it? Why do it at all? When I think back on March, the year had only just begun but most of us were already exhausted! So the truth of the matter is yes, I have struggled like many others to find my footing during this period but when I started asking myself why it been so long since I laughed so hard I peed a little when I spent so much time working towards successes that should make me happy, I realised maybe this pandemic had also provided an opportunity. So I've been trying something new (for someone like me anyway). Every single one of my goals and ambitions are measured by a new criteria of success – the opportunity of kindness I can show myself whilst trying to achieve it (I'll let you know how it goes). As a result, for all the ups and downs this lockdown period has brought, I trust in the kindness it will ultimately bring out in all of us, as I embrace the kindness it has brought out in myself.

PSYCHE EC *Family*

Thank goodness for efficient technological platforms such as Microsoft teams and zoom. The Executive committee remains in contact on a bi-weekly basis.



How to contribute to the charity organizations.

Community outreach and engagement is the heart of Psyche. Due to the pandemic our volunteers won't be allowed to physically engage with their chosen charity organizations as planned. This does not restrict us from donating essential items to the charities in need. The Community Projects team have contacted the charity organizations that Psyche works with in order to ascertain what necessities and resources they need in this challenging time. For further information please contact the community projects team through

email: communityprojects.psyche@gmail.com



KUNGWINI
WELFARE ORGANISATION
making a difference in people's lives

PLEASE HELP OUR ORGANISATION BY DONATING THE FOLLOWING:

Polony • Sugar • Mealie Meal • Rice
Sunflower Oil • Sugar Beans • Pilchards
Tomato Relish • Peanut Butter • Tea
Soup Packets • Bread • Sunlight Soap Bar



DONATIONS TO BE DROPPED WITH SECURITY AT MAIN ENTRANCE

MARKETING@KWO.ORG.ZA | 012 940 0221

NEW BEGINNINGZ HAVEN

Current Needs List

Medicine:

- Prospan
- Cough syrup
- Acu Flu
- Rinex
- Adco-Linctopent
- Demazin
- Andolex
- Linctagon-C
- Sinucon
- Alcophellex
- Panado Syrup and Tablets

Formula:

- Novalac 1, 2, 3
- Novalac HA
- Pepticate
- Isomil 1
- Infacare 1, 2

Household:

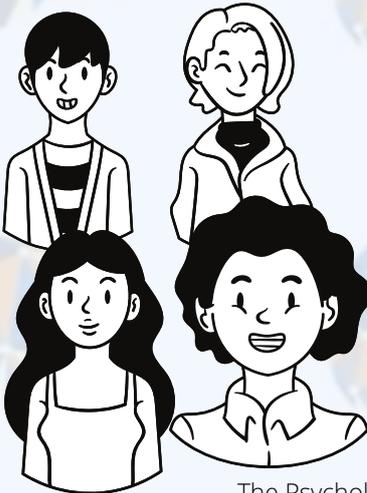
- Oven



As a charity initiative of the Star Academy, for many years we have been funding the education programs for children with Autism in the Tembisa township.

During the current lockdown, we will be supporting the families of these children by using our funding to help them buy food and essential items.

Please support this project and help us #shine a light on autism.



Fun internet personality quizzes



The Psychological Association of South Africa, released fun personality quizzes one can engage in during the lockdown period. Personality Trait inventories, evaluate the personality traits of an individual through answering a series of test questions (Green, 2014). These tests provide a basic understanding of either an individual's specific personality traits such as anxiety or self-esteem or a broad range of personality traits and the Myers-Briggs personality traits (Green, 2014)

Disclaimer: These quizzes are not scientifically validated, nor are they instruments for diagnosing any type of personality disorder. These quizzes are intended for entertainment and educational purposes.

Below are the links to the most popular online quizzes:

Test Color Personality Test:

<http://www.testcolor.com/personalitytest/personalitytest.php>

Ten-Item Personality Inventory Personality Test:

<https://psychcentral.com/quizzes/personality-test/>

16 Personalities Personality Test:

<https://www.16personalities.com/free-personality-test>

41 Questions Personality Test:

<https://www.41q.com/>

OCEAN (Big 5) Personality Model Personality Test:

<http://you.visualdna.com/quiz/whoami#!/quiz#%2Fquiz>

Quiz Rocket Who am I? Personality Test:

<https://www.quizrocket.com/fun-personality-quiz>

What's my personality Type? Personality Test:

<https://www.quibblo.com/quiz/6qPyvz/Personality-Type-Quiz>

Schwartz Values Model Personality Test:

<http://you.visualdna.com/quiz/successquiz?c=uk#!/quiz#%2Fquiz>

Myers-Briggs personality model Personality Test:

http://you.visualdna.com/quiz/personality?c=uk&utm_source=personality-picture-VDNA#!/quiz#%2Fquiz

Jung Personality Test:

<https://www.123test.com/jung-personality-test/>

