**Video Title: Personality Traits That Help Live a Long Life**

**Video URL:** [**http://www.tesh.com/video/cc/6/mc\_id/700**](http://www.tesh.com/video/cc/6/mc_id/700)

**Run Time/Source:** 1:15, Intelligence For Your Life/Tesh Media Group

**Close Caption Available:** No

Although this video is geared toward personal life, it has a lot of relevance for organizational behavior. According to psychology professor, Patrick Hill, the personality traits of optimism, friendliness, and conscientiousness contribute to longevity. A study of hundreds of hundred-year-old people found that they were more easygoing than the general population. Friendliness is another characteristic of longevity. People who are friendly live longer. Conscientiousness is also linked to longevity. These people are detail-oriented and responsible, always want to do a good job, and are punctual.

Conscientiousness and optimism are covered on page 28 of the text. And the trait of friendliness can be inferred from the discussion of good interpersonal skills in Chapter 1, page 5.

*Questions for Thought and Discussion*

1. What was your score on The Conscientiousness Quiz on page 29 of the text? Does you score suggest that you will live at least 100 years?

2. Why would a person with a high degree of optimism make a better manager, sales representative, or coworker?

3. Why would a conscientious person live longer, as well as performing better on the job?

4. Imagine that you are the HR director at a large company. Given the information in this video, why would it help the company to hire many employees who are optimistic, friendly, and conscientious?

5. In what way do the research findings presented in this video support the thinking of the positive organizational behavior movement?