

Name: _____ Date: _____

Answer Key: What's Your Superpower? A 4th Grade Personality Peek

Before kids choose their future careers, they need to understand why some love leading teams while others prefer quiet creation.

1. If Maya is known for being 'conscientious,' which of these is she most likely to do?

Answer: B) Keep her desk organized and finish homework early

Conscientiousness is a trait that describes someone who is organized, careful, and likes to follow a plan.

2. True or False: Your personality is just a fancy word for the unique way you think, feel, and act.

Answer: A) True

Personality is the combination of characteristics or qualities that form an individual's distinctive character.

3. When Leo believes he can learn to ride a bike because he practiced on his scooter first, he is showing high _____.

Answer: C) Self-efficacy

Self-efficacy is the belief in your own ability to succeed at a specific task.

4. Which theory suggests that humans have a natural 'inner spark' and always want to grow to be their best selves?

Answer: B) Humanistic Theory

Humanistic theories focus on personal growth and the idea that everyone wants to reach their full potential.

5. If a psychologist focuses on 'traits,' what are they most interested in measuring about you?

Answer: D) Habits like being shy, friendly, or brave

Traits are stable characteristics that explain why people behave in certain ways across different situations.

6. The idea that our environment, our actions, and our thoughts all influence each other is called _____ determinism.

Answer: A) Reciprocal

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Reciprocal determinism means that our behavior and our surroundings go back and forth, changing each other.

7. True or False: If you see your favorite teacher stay calm during a fire drill and you start acting calm too, this is called observational learning.

Answer: A) True

Observational learning happens when we watch what others do and copy their behaviors or attitudes.

8. Sia loves trying exotic foods and visiting new places. In personality terms, she is likely high in:

Answer: B) Openness to experience

Openness is a personality trait that describes someone who is curious and enjoys new and different things.

9. True or False: Psychodynamic theories focus mostly on things we do on purpose and never think about our feelings from when we were babies.

Answer: B) False

Psychodynamic theories actually emphasize that early childhood experiences and 'hidden' feelings shape who we are.

10. When your 'Real Self' matches your 'Ideal Self' (who you want to be), a psychologist would say you have a healthy _____.

Answer: C) Self-concept

Self-concept is the total picture you have of yourself, including your strengths and weaknesses.