

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.