

Name: _____ **Date:** _____

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?

- A. Leave her library books at the park
- B. Keep her desk organized and finish homework early
- C. Forget to tie her shoes every single morning
- D. Talk to every person she meets at the store

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

- A. True
- B. False

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

- A. Self-confidence
- B. Self-control
- C. Self-efficacy
- D. Self-interest

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

- A. The Robot Theory
- B. Humanistic Theory
- C. History Theory
- D. Trait Theory

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

- A. How tall you have grown since last year
- B. What you ate for breakfast this morning
- C. Your favorite color and movie
- D. Habits like being shy, friendly, or brave

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

- A. Reciprocal
- B. Random
- C. Rapid
- D. Reverse

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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.

- A. True
- B. False

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

- A. Sleepiness
- B. Openness to experience
- C. Grumpiness
- D. Agreeableness

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.

- A. True
- B. False

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

- A. Brain
- B. Diet
- C. Self-concept
- D. Imagination