Name: _____   **Date:** _____

Answer Key: Your Personality Theory Challenge for 7th Grade

Synthesize complex psychological frameworks to analyze human behavior through trait, psychodynamic, and social-cognitive perspectives.

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1. Imagine a student who is incredibly organized and always meets deadlines. According to Gordon Allport's trait theory, if this reliability is the person's most dominant, defining characteristic that shines through in almost every situation, it would be classified as a:

Answer: B) Cardinal trait

> Allport defined cardinal traits as those so dominant that they characterize a person's entire existence, whereas central traits are general characteristics found in varying degrees.

2. In the context of personality development, _____ refers to the belief in one's own ability to succeed in specific tasks, a concept famously championed by Albert Bandura.

Answer: C) Self-efficacy

> Self-efficacy is the cognitive component of Bandura's theory that influences how people approach goals, tasks, and challenges.

3. Alfred Adler, a neo-Freudian, argued that the primary driving force in personality is the 'Individuation Process' rather than the 'Striving for Superiority'.

Answer: B) False

> False. Adler is known for the concept of 'Striving for Superiority' (overcoming feelings of inferiority), while 'Individuation' is a concept associated with Carl Jung.

4. Which psychological concept explains a scenario where a teenager's aggressive behavior (behavior) leads to rejection by peers (environment), which then increases the teenager's feelings of hostility (internal cognition)?

Answer: C) Reciprocal Determinism

> Reciprocal Determinism is the social-cognitive idea that behavior, internal factors, and environmental influences all interact and shape each other.

5. Karen Horney challenged early psychodynamic theories by suggesting that personality is significantly shaped by efforts to overcome _____, a feeling of helplessness in a potentially hostile world.

Answer: A) Basic anxiety

> Horney's theory focused on 'basic anxiety' resulting from childhood social relationships rather than purely biological drives.

6. Hans Eysenck's biological perspective on personality suggests that introverts have a naturally higher level of cortical arousal compared to extroverts.

Answer: A) True

> True. Eysenck hypothesized that introverts seek less external stimulation because their brains are already operating at a higher state of arousal.

7. If a psychologist uses a 'Q-Sort' deck of cards to help a patient describe their 'Current Self' versus their 'Ideal Self,' which theoretical perspective are they most likely practicing?

Answer: C) Humanistic Theory

> The focus on the self-concept and the gap between the real and ideal self is a hallmark of Humanistic psychology, specifically Carl Rogers' client-centered approach.

8. Julian Rotter introduced the concept of _____, which describes whether a person believes that the outcomes of their lives are controlled by their own actions or by outside forces like luck.

Answer: B) Locus of control

> Locus of control differentiates between 'Internal' (individual control) and 'External' (environmental/luck control) beliefs about life events.

9. The Rorschach Inkblot test is an example of an objective personality test because it uses clear, standardized scoring based on specific traits.

Answer: B) False

> False. The Rorschach is a projective test, which relies on the subject's interpretation of ambiguous stimuli to reveal unconscious thoughts.

10. Which of the following scenarios best illustrates Carl Jung's concept of 'Archetypes' influencing personality?

Answer: B) A child recognizes the 'Hero' figure in a story because of shared ancestral symbols.

Jung's archetypes are universal, inherited patterns of thought or symbolic images present in the 'collective unconscious' of all humans.