

Name: _____ **Date:** _____

Your Personality Theory Challenge for 7th Grade

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

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:

- A. Secondary trait
- B. Cardinal trait
- C. Central trait
- D. Common trait

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.

- A. Self-actualization
- B. Temperament
- C. Self-efficacy
- D. Locus of control

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

- A. True
- B. False

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)?

- A. The Pleasure Principle
- B. Conditions of Worth
- C. Reciprocal Determinism
- D. The Collective Unconscious

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.

- A. Basic anxiety
- B. Archetypes
- C. Fixation
- D. Introversion

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

- A. True
- B. False

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?

- A. Behaviorism
- B. Trait Theory
- C. Humanistic Theory
- D. Biological Theory

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.

- A. Learned helplessness
- B. Locus of control
- C. The False Consensus Effect
- D. Self-serving bias

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

- A. True
- B. False

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

- A. A student works hard to earn a gold star sticker from a teacher.
- B. A child recognizes the 'Hero' figure in a story because of shared ancestral symbols.
- C. An adult experiences anxiety due to a forgotten childhood event.
- D. A person scores high on the 'Openness' scale of a personality inventory.