

Name: _____ Date: _____

Answer Key: What's Your Superpower? 6th Grade Personality Puzzle Quiz

Why do some classmates love the spotlight while others prefer a quiet book? Identify 10 core traits and theories that define our unique social styles.

1. Imagine a student who is always organized, keeps a neat desk, and never forgets their homework. Which 'Big Five' trait does this best describe?

Answer: B) Conscientiousness

Conscientiousness describes people who are organized, dependable, and disciplined.

2. True or False: Humanistic psychologists believe that every person has a natural desire to grow and become the best version of themselves.

Answer: A) True

Humanistic theory focuses on personal growth and the 'ideal self,' suggesting everyone strives for self-improvement.

3. According to social-cognitive theory, _____ is the process of learning new behaviors by watching how others act.

Answer: C) Observational learning

Observational learning (modeling) is a key part of how social-cognitive theorists believe we develop our personality.

4. If a person is described as 'Introverted,' where do they typically get their energy from?

Answer: B) Spending time alone or in quiet settings

Introverts tend to feel recharged by quiet time and reflection rather than high-energy social events.

5. Which part of our personality did Sigmund Freud say was like a 'moral compass' that tells us right from wrong?

Answer: C) The Superego

The Superego represents our conscience and the social rules we learn from parents and society.

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6. A student who loves trying spicy new foods and traveling to unknown places would likely score high in _____.

Answer: A) Openness to experience

Openness to experience is a trait that defines how curious and adventurous a person is.

7. True or False: Trait theorists are more interested in 'why' a personality develops than 'what' the specific traits are.

Answer: B) False

Trait theorists focus on identifying and measuring specific characteristics (the 'what'), while other theories look more at the 'why'.

8. What is 'Self-Efficacy' in personality theory?

Answer: A) The belief in your own ability to succeed at a task

Self-efficacy is the confidence you have in your skills to handle specific situations.

9. In the structural model of personality, the _____ is the part that wants immediate results and follows its instincts.

Answer: B) Id

The Id is the impulsive and instinctive part of the personality.

10. True or False: Your environment (where you live and who you are with) can influence your personality behavior.

Answer: A) True

Social-cognitive theorists emphasize that our environment and our thoughts work together to shape how we act.