

Name: _____ **Date:** _____

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?

- A. Extraversion
- B. Conscientiousness
- C. Agreeableness
- D. Neuroticism

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

- A. True
- B. False

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

- A. Dream analysis
- B. Genetic inheritance
- C. Observational learning
- D. Brain mapping

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

- A. Being in large, noisy crowds
- B. Spending time alone or in quiet settings
- C. Arguing with friends
- D. Leading a giant parade

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

- A. The Id
- B. The Ego
- C. The Superego
- D. The Brain

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

- A. Openness to experience
- B. Introversion

Name: _____ **Date:** _____

- C. Grumpiness
- D. Laziness

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

- A. True
- B. False

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

- A. The belief in your own ability to succeed at a task
- B. Being very selfish and only thinking of yourself
- C. The temperature of your body
- D. How fast you can run

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

- A. Superego
- B. Id
- C. Trait
- D. Ego

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

- A. True
- B. False