

Name: _____

Date: _____

Answer Key: College Personality Theory Assessment

Synthesize and apply diverse psychological paradigms by analyzing modern case studies and comparative theoretical frameworks.

1. A researcher argues that personality is primarily shaped by 'Reciprocal Determinism.' Which scenario best illustrates this concept through a social-cognitive lens?

Answer: A) An aggressive child seeks out violent media, which reinforces their aggressive behavior.

Reciprocal determinism, proposed by Albert Bandura, suggests that personal factors, behavior, and the environment all influence one another in a bidirectional loop.

2. According to Hans Eysenck's biological perspective, the _____ is the primary brain structure responsible for regulating cortical arousal levels associated with extraversion.

Answer: B) Reticular Activating System (RAS)

Eysenck hypothesized that introverts have naturally high cortical arousal regulated by the RAS, leading them to avoid high-stimulation environments.

3. True or False: In Karen Horney's Neo-Freudian theory, 'basic anxiety' results from a child's sense of isolation and helplessness in a potentially hostile world.

Answer: A) True

Horney diverged from Freud by emphasizing social and cultural factors, specifically how early relationships create 'basic anxiety' that shapes personality.

4. Which of the following best describes the 'Person-Situation Debate' initiated by Walter Mischel?

Answer: B) The argument that traits are poor predictors of behavior compared to situational context.

Mischel's critique of trait theory sparked a massive shift in psychology by suggesting that behavior is often highly dependent on specific circumstances rather than broad internal traits.

5. In Alfred Adler's individual psychology, the primary motivation for human behavior is the 'striving for _____' to overcome feelings of inferiority.

Answer: B) Superiority

Name: _____

Date: _____

Adler believed that the core of personality development was the effort to compensate for perceived weaknesses, termed 'striving for superiority.'

6. True or False: Raymond Cattell used factor analysis to reduce thousands of descriptors into exactly five core personality dimensions.

Answer: B) False

Cattell identified 16 source traits (16PF); it was later researchers like Costa and McCrae who popularized the 'Big Five' model.

7. When an individual experiences 'Flow,' as described by Mihaly Csikszentmihalyi, which personality framework is most likely to incorporate this state into their analysis of well-being?

Answer: B) Humanistic

Humanistic psychology focuses on optimal human functioning and subjective experience, making it the natural home for the study of 'Flow' and peak experiences.

8. Julian Rotter's concept of _____ refers to the degree to which people believe they have control over the outcomes of their lives.

Answer: B) Locus of Control

Locus of Control distinguishes between those who believe they influence events (internal) and those who believe outside forces dominate (external).

9. True or False: Projective tests like the Thematic Apperception Test (TAT) are rooted in the belief that people will project their unconscious motives onto ambiguous stimuli.

Answer: A) True

Projective tests are a staple of psychodynamic assessment, aiming to bypass conscious defenses to see 'hidden' aspects of the psyche.

10. A patient displays extreme perfectionism and rigidity. A Neo-Freudian might examine their 'search for glory,' but a Trait theorist would likely focus on their high score in:

Answer: C) Conscientiousness

In the Five-Factor Model, high conscientiousness is characterized by organization, dependability, and a drive for achievement/perfection.