

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Answer Key: College Personality Theory Assessment

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

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**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

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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.