Name: _____   Date: _____

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?

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

    B.   An individual's score on an extraversion scale remains stable over a thirty-year period.

    C.   A person achieves self-actualization after their physiological and safety needs are met.

    D.   An adult develops a compulsive hand-washing habit due to unresolved childhood anxiety.

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

    A.   Amygdala

    B.   Reticular Activating System (RAS)

    C.   Prefrontal Cortex

    D.   Hippocampus

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.

    A.   True

    B.   False

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

    A.   The conflict between the conscious ego and the unconscious collective shadow.

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

    C.   The struggle for an individual to reach congruence between their real and ideal self.

    D.   The debate over whether genetics or environment contributes more to IQ scores.

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

    A.   Dominance

    B.   Superiority

    C.   Pleasure

    D.   Uniqueness

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

    A.   True

    B.   False

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?

    A.   Psychodynamic

    B.   Humanistic

    C.   Behaviorist

    D.   Biological

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

    A.   Self-Efficacy

    B.   Locus of Control

    C.   Learned Helplessness

    D.   Cognitive Dissonance

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.

    A.   True

    B.   False

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:

    A.   Agreeableness

    B.   Neuroticism

    C.   Conscientiousness

    D.   Extraversion