

Name: _____

Date: _____

Answer Key: A Kaleidoscope of Character: 3rd Grade Personality Quiz

Kids will build a personal 'superhero profile' by synthesizing how their unique habits and feelings fit into major psychology frameworks.

1. Imagine you are making a 'Friendship Recipe.' If you add a lot of 'Helping Others' and 'Sharing,' which personality trait are you focusing on?

Answer: A) Agreeableness

Agreeableness is a trait that describes how kind, helpful, and cooperative a person is with others.

2. If you believe very strongly that you can learn to ride a unicycle if you keep practicing, you have high self-_____.

Answer: B) Efficacy

Self-efficacy is the belief in your own ability to succeed at a specific task or goal.

3. Personality is like a snapshot that never changes from the day you are born until you are 100 years old.

Answer: B) False

While some parts of personality stay the same, our experiences and learning can help our personalities grow and change over time.

4. An 'Introvert' is someone who often feels energized and happy when they are:

Answer: C) Spending quiet time alone or with one friend

Introverts tend to recharge their energy by being in quiet environments rather than big, noisy groups.

5. The _____-Concept is the 'mental mirror' we use to see ourselves and decide if we are being our 'best selves.'

Answer: A) Self

Self-concept is the set of beliefs we have about our own identity and qualities.

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6. Humanistic psychologists believe that every person has a 'seed' inside them that wants to grow into the best possible version of themselves.

Answer: A) True

This is a core idea of Humanism—that people are naturally driven toward growth and reaching their full potential.

7. Which theory says our personality is built by watching how our parents, teachers, and friends act?

Answer: B) Social-Learning Theory

Social-learning theory emphasizes that we develop our behaviors and personality by observing and imitating others.

8. When a person is very organized, shows up on time, and finishes their homework early, they are high in _____.

Answer: A) Conscientiousness

Conscientiousness is the personality trait of being careful, organized, and hardworking.

9. If your 'Ideal Self' is a brave explorer, but your 'Real Self' feels scared of spiders, what would a psychologist suggest you do to grow?

Answer: C) Work on goals to bring the 'Real' and 'Ideal' selves closer together

Humanistic psychology suggests that feeling happy involves making our daily actions (Real Self) match our goals (Ideal Self).

10. A 'Trait' is a fancy word for a specific part of your personality that stays pretty much the same in different places.

Answer: A) True

Traits are the consistent patterns in how we think and act, whether we are at school, home, or at a park.