

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.

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**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.

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

**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.