

## Answer Key: Which Lens Defines You? 8th Grade Personality Theory Quiz

Examine how psychologists analyze human behavior through the lens of internal drives, social environments, and personal growth milestones.

**1. A student struggles with math but gains confidence after watching a peer use a new mnemonic strategy to solve equations. According to Albert Bandura, which social-cognitive process is taking place?**

**Answer:** A) Vicarious reinforcement via modeling

Social-cognitive theory emphasizes observational learning, where an individual gains self-efficacy or changes behavior by witnessing the success of others.

**2. In the 'Person-Centered' approach of Carl Rogers, a state of \_\_\_\_\_ occurs when a person's perceptions of their performance match their ideal perception of who they want to be.**

**Answer:** A) Congruence

Congruence is the humanistic term for the alignment between the 'real self' and the 'ideal self,' which leads to healthy personality development.

**3. True or False: Raymond Cattell's 16PF Model suggests that personality is composed of specific 'surface' behaviors that represent deeper, underlying 'source' traits.**

**Answer:** A) True

Cattell distinguished between visible surface traits and the 16 fundamental source traits that form the bedrock of an individual's personality structure.

**4. If a psychologist uses a 'Projective Test' such as the Rorschach Inkblot test, which theoretical framework are they likely operating from?**

**Answer:** B) Psychodynamic Theory

Psychodynamic theories emphasize the unconscious mind; projective tests are designed to allow individuals to project their hidden motives onto ambiguous stimuli.

**5. Julian Rotter's concept of \_\_\_\_\_ refers to the degree to which people believe that they, as opposed to external forces, have control over the outcome of events in their lives.**

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

**Answer:** B) Locus of control

Locus of control is a key social-cognitive concept where individuals either feel in control of their lives (internal) or at the mercy of outside forces (external).

**6. True or False: Karen Horney, a Neo-Freudian, argued that personality is primarily shaped by childhood biological drives rather than social relationships and cultural factors.**

**Answer:** B) False

Karen Horney disagreed with Freud's emphasis on biology, arguing instead that social security and cultural anxiety are the primary drivers of personality.

**7. Which of the following scenarios best illustrates the concept of 'Reciprocal Determinism'?**

**Answer:** B) A shy boy avoids a party; because he avoids it, he never learns social skills, making him even shier.

Reciprocal determinism is the interaction between personal factors (shyness), environment (parties), and behavior (avoidance) that reinforces personality.

**8. Alfred Adler, who founded Individual Psychology, suggested that much of our behavior is driven by a desire to overcome \_\_\_\_\_, a feeling of not being as good as others.**

**Answer:** C) Inferiority complexes

Adler believed that the quest for superiority and the struggle to overcome feelings of inferiority are central to personality development.

**9. True or False: According to the Humanistic perspective, people have 'free will' and are consciously motivated to improve themselves toward a higher state of being.**

**Answer:** A) True

Unlike the deterministic views of Freud (psychodynamic) or Skinner (behaviorism), Humanism emphasizes agency, choice, and personal growth.

**10. Hans Eysenck's theory of personality focuses on three dimensions: Introversion/Extraversion, Neuroticism/Stability, and Psychoticism. This is an example of a \_\_\_\_\_ approach.**

**Answer:** A) Biological Trait

Eysenck's model is a trait-based approach that connects personality dimensions directly to physiological and biological functioning, such as cortical arousal.

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