

Name: _____ Date: _____

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.

Name: _____ **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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