

## 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.

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**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?**

- A. Vicarious reinforcement via modeling
- B. Unconscious repression of anxiety
- C. Fixed-trait introversion
- D. The pursuit of physiological needs

**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.**

- A. Congruence
- B. Collective unconscious
- C. Cognitive dissonance
- D. Neuroticism

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

- A. True
- B. False

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

- A. Trait Theory
- B. Psychodynamic Theory
- C. Behaviorism
- D. Biological Perspective

**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.**

- A. Self-actualization
- B. Locus of control
- C. Reciprocal determinism
- D. Archetypal influence

**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.**

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Name: \_\_\_\_\_

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

- A. True
- B. False

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

- A. A student receives a low grade because the teacher gave a hard test.
- B. A shy boy avoids a party; because he avoids it, he never learns social skills, making him even shier.
- C. An artist paints a landscape because they find the activity inherently rewarding.
- D. A driver stops at a red light because they want to avoid a traffic fine.

**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.**

- A. Unconditional positive regard
- B. The shadow
- C. Inferiority complexes
- D. Extroversion

**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.**

- A. True
- B. False

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

- A. Biological Trait
- B. Socio-Cultural
- C. Humanistic-Existential
- D. Cognitive-Behavioral