Answer Key: Psyche's Secrets: Sophomores Solve Personality Puzzles Quiz

Sophomores synthesize structural models and social-cognitive variables to analyze how hidden drives and environmental feedback loops shape our human identity.

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1. In Alfred Adler's Individual Psychology, what is the primary driving force behind personality development, functioning as a response to perceived weaknesses?

Answer: A) Striving for Superiority

> Adler proposed that individuals are motivated by the need to overcome feelings of inferiority and achieve mastery or 'superiority' in their environment.

2. Julian Rotter introduced the concept of _____, which refers to whether an individual believes their successes are controlled by internal effort or external luck.

Answer: B) Locus of Control

> Locus of Control is a social-cognitive concept distinguishing between internals (who feel in control of their lives) and externals (who blame fate or others).

3. True or False: According to Gordon Allport's trait theory, a 'cardinal trait' is a single characteristic so dominant that it shaper nearly every aspect of a person's life.

Answer: A) True

> Allport's hierarchy of traits defines cardinal traits as rare but defining characteristics, such as 'Mother Teresa-like' selflessness or 'Machiavellian' ruthlessness.

4. If a student utilizes the defense mechanism of 'Reaction Formation,' how would they likely respond to a deep-seated feeling of resentment toward a peer?

Answer: C) By acting excessively friendly and kind toward that peer

> Reaction Formation involves converting an unacceptable impulse into its exact opposite to reduce anxiety, such as masking hate with exaggerated kindness.

5. Carl Jung's theory suggests that universal symbols like the 'Hero' or the 'Wise Old Man' reside in the _____, shared by all humans across history.

Answer: C) Collective Unconscious

> The collective unconscious is Jung's concept for a shared reservoir of memory traces (archetypes) inherited from our ancestors.

6. Walter Mischel's 'Person-Situation' controversy challenged traditional trait theories by arguing that behavior is better predicted by:

Answer: B) The specific context of the situation

> Mischel argued that people do not act consistently across all situations; instead, the environmental context significantly dictates behavioral responses.

7. True or False: In Humanistic psychology, 'Conditions of Worth' are considered beneficial because they help children develop a strong identity through parental expectations.

Answer: B) False

> Carl Rogers argued that conditions of worth hinder self-actualization by forcing individuals to abandon their true selves to gain approval.

8. Which assessment technique would a Psychodynamic theorist most likely use to uncover latent personality conflicts?

Answer: B) The Thematic Apperception Test (TAT)

> Projective tests like the TAT use ambiguous stimuli to encourage the subject to project their unconscious thoughts and motives into a story.

9. Hans Eysenck's biological perspective suggests that introverts have higher levels of _____, making them more sensitive to external stimulation.

Answer: A) Cortical Arousal

> Eysenck theorized that introverts possess a naturally higher level of cortical arousal, leading them to avoid over-stimulating social environments.

10. True or False: Raymond Cattell used factor analysis to condense thousands of traits into a list of 16 source traits that represent the basic dimensions of personality.

Answer: A) True

Cattell applied statistical factor analysis to identify 16 fundamental 'source traits' that underlie observable behaviors, known as surface traits.