

Name: _____ **Date:** _____

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.

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

- A. Striving for Superiority
- B. Unconditional Positive Regard
- C. The Collective Unconscious
- D. Reciprocal Determinism

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

- A. Self-Efficacy
- B. Locus of Control
- C. Archetypes
- D. Cardinal Traits

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

- A. True
- B. False

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?

- A. By forgetting the peer exists entirely
- B. By accusing the peer of being resentful toward them
- C. By acting excessively friendly and kind toward that peer
- D. By channeling the anger into a competitive sport

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.

- A. Personal Unconscious
- B. Ego
- C. Collective Unconscious
- D. Superego

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

- A. Genetic predispositions

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- B. The specific context of the situation
- C. Early childhood psychosexual stages
- D. A person's position on the Big Five scale

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

- A. True
- B. False

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

- A. The Minnesota Multiphasic Personality Inventory (MMPI)
- B. The Thematic Apperception Test (TAT)
- C. A self-report Likert scale
- D. Factor Analysis

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

- A. Cortical Arousal
- B. Dopamine Sensitivity
- C. Neuroticism
- D. Self-Actualization

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.

- A. True
- B. False