

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

## Answer Key: What's Your Superpower? A Guide to Your Awesome Personality for 3rd Grade

Apply your knowledge of character traits and social interactions to 10 engaging scenarios that reveal how unique minds work.

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**1. Imagine you are at a playground. If you are a 'Trait Explorer,' and your main trait is 'Bravery,' what are you most likely to do?**

**Answer:** C) Try the big, tall slide for the very first time

Trait theories suggest that our personality is made of consistent habits; a brave person's 'pattern' is to try new, exciting things.

**2. True or False: A scientist who studies personality believes that every single person in your class has the exact same thoughts and feelings.**

**Answer:** B) False

Personality is what makes us unique; theories help explain why everyone reacts differently to the same situation.

**3. When you learn to tie your shoes because you watched your older brother do it, you are using \_\_\_\_\_ learning.**

**Answer:** B) Observational

Social-cognitive theory says we develop part of our personality and skills by observing (watching) the people around us.

**4. Leo wants to be the best soccer player. Even though he misses a goal, he tells himself, 'I can get better if I keep practicing!' This belief in himself is called:**

**Answer:** A) Self-efficacy

Self-efficacy is the specific belief that you have the ability to succeed at a task if you work at it.

**5. True or False: Humanistic theories suggest that all kids have a 'seed' inside them that wants to grow into the best version of themselves.**

**Answer:** A) True

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Humanistic theory focuses on personal growth and the idea that people naturally want to reach their full potential.

**6. Maya is very organized. Her desk is neat, and her homework is always on time. Which trait best describes Maya's personality pattern?**

**Answer:** C) Conscientiousness

Conscientiousness is a trait that describes people who are organized, dependable, and careful with their work.

**7. Some theories say our 'Unconscious' mind is like an \_\_\_\_\_ because most of it is hidden under the water where we can't see it.**

**Answer:** B) Iceberg

Psychodynamic theories often use the iceberg metaphor to show that many of our feelings are hidden deep 'below the surface' of our minds.

**8. If a person is 'Introverted,' how might they choose to spend their Saturday afternoon?**

**Answer:** B) Drawing a picture alone in their room

Introversion is a trait where a person feels more comfortable and energized by quiet, solo activities.

**9. True or False: Your environment (the places you go and people you are with) can actually help change your behavior.**

**Answer:** A) True

Social-cognitive theories explain that our personality is shaped by the interaction between our traits and our environment.

**10. A student who shares their lunch because they want to be a 'kind person' is following their \_\_\_\_\_ self.**

**Answer:** B) Ideal

Humanistic theorists believe we have an 'ideal self'—the person we would like to be—which guides how we act.