Name: _____   Date: _____

Answer Key: Probing Personality Patterns: A Peerless 6th Grade Puzzle

Students construct a psychological profile by synthesizing trait, humanistic, and social-cognitive perspectives to explain why a classmate might act differently in a storm.

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1. Imagine a student named Sam who is very quiet in the cafeteria but becomes a loud, confident leader during a soccer match. Which concept explains this change based on the environment?

Answer: B) Reciprocal Determinism

> Reciprocal determinism, a key part of Social-Cognitive theory, suggests that our behavior, environment, and personal factors all influence each other.

2. In the 'Big Five' model of personality, a person who is very organized, dependable, and always finishes their homework on time would likely score high in the trait of _____.

Answer: C) Conscientiousness

> Conscientiousness is the trait that describes being disciplined, organized, and achievement-oriented.

3. According to Humanistic theorists like Carl Rogers, a person's personality is shaped primarily by hidden rewards and punishments they received as a toddler.

Answer: B) False

> Humanistic theories focus on free will and personal growth in the present, whereas the idea of childhood rewards/punishments is more aligned with Behaviorism or Psychodynamic theories.

4. An artist spends hours painting not for money or fame, but because it makes them feel 'whole' and fulfilled. Which psychological concept does this best represent?

Answer: A) Self-Actualization

> Self-actualization is the humanistic drive to reach one's full potential and find personal fulfillment.

5. If you believe that you have the skills and ability to successfully organize a school-wide recycling drive, you are demonstrating high levels of _____.

Answer: B) Self-Efficacy

> Self-efficacy is the specific belief in one's capacity to execute behaviors necessary to produce specific performance attainments.

6. Trait theorists argue that personality should be understood by looking at stable, long-lasting patterns of behavior rather than unconscious motives.

Answer: A) True

> Trait theory focuses on identifying and measuring these consistent characteristics that stay relatively stable over time.

7. Which theory would suggest that a person's kindness is a result of them watching their parents volunteer at a local food bank throughout their childhood?

Answer: C) Social-Cognitive Theory

> Social-Cognitive theory emphasizes 'observational learning'—the idea that we develop personality traits by watching and mimicking others.

8. In personality psychology, the 'Ideal Self' refers to the person you wish you were, while the '_____ Self' refers to who you actually are right now.

Answer: C) Real

> Humanistic psychologists compare the 'Ideal Self' and the 'Real Self' to see how much they overlap, which affects a person's self-esteem.

9. If a psychologist is analyzing the 'Id,' 'Ego,' and 'Superego' to understand why a student is feeling anxious about a test, they are using which perspective?

Answer: B) Psychodynamic

> The structural model (Id, Ego, Superego) is the foundation of Psychodynamic theory, focusing on internal conflicts.

10. A student who scores high in 'Openness' on a personality test is likely to prefer routine and be very uncomfortable with trying new foods or traveling to new places.

Answer: B) False

> High 'Openness' actually means the opposite; these individuals are typically curious, imaginative, and eager for new experiences.