

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

## Answer Key: Neon Brainprints: 8th Grade Personality Map Quiz

Crack 10 puzzles to identify how traits, environments, and hidden motives shape the unique patterns of human behavior.

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**1. A student believes they can win the science fair because they have successfully built robots before. Which concept describes this specific belief in one's own ability?**

**Answer:** B) Self-efficacy

Self-efficacy is a social-cognitive concept referring to an individual's confidence in their ability to complete a specific task.

**2. True or False: According to trait theories, personality is mostly made up of consistent characteristics that can be measured.**

**Answer:** A) True

Trait theorists focus on identifying stable patterns of behavior, like being outgoing or organized, that stay relatively the same over time.

**3. In the structural model of personality, the \_\_\_\_\_ acts like a strict internal judge or 'moral compass' that makes us feel guilty.**

**Answer:** C) Superego

The superego represents the internalized ideals and provides standards for judgment (the conscience).

**4. Which theory suggests that humans are naturally good and always trying to reach their full potential, or 'self-actualization'?**

**Answer:** C) Humanistic Theory

Humanistic theories focus on personal growth, free will, and the human drive to become the best version of oneself.

**5. The 'Big Five' trait of \_\_\_\_\_ describes how curious, creative, and willing to try new things a person is.**

**Answer:** D) Openness

Openness to experience is the trait that measures imagination, curiosity, and the desire for variety.

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**6. True or False: Social-cognitive theorists believe that your environment and your behavior influence each other in a loop.**

**Answer:** A) True

This is known as reciprocal determinism—the idea that our thoughts, behaviors, and environment all influence one another.

**7. If a psychologist says your current behavior is caused by a memory from when you were a toddler that you don't even remember, they are using which perspective?**

**Answer:** B) Psychodynamic Perspective

Psychodynamic theories emphasize the unconscious mind and how early childhood experiences shape who we are as adults.

**8. Carl Rogers argued that for a healthy personality, our 'Real Self' needs to closely match our \_\_\_\_.**

**Answer:** A) Ideal Self

In humanistic theory, congruence occurs when our self-concept (real self) aligns with who we wish to be (ideal self).

**9. A person who is very organized, always on time, and works hard to finish tasks would likely score high in which Big Five trait?**

**Answer:** B) Conscientiousness

Conscientiousness is the trait associated with being disciplined, organized, and achievement-oriented.

**10. True or False: The 'Id' is the part of the personality that is driven by the 'pleasure principle' and wants things immediately.**

**Answer:** A) True

The id is the primitive, instinctive part of the personality that contains basic drives and seeks instant gratification.