

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

## Answer Key: Pizza Toppings and Personality: A 9th Grade Psych Quiz

Students analyze cognitive-social interactions and developmental theories to explain why classmates react differently to the same high school stresses.

**1. A student believes they are poor at math, so they study less, which leads to lower grades and reinforces their belief. Which social-cognitive concept does this cycle represent?**

**Answer:** B) Reciprocal determinism

Reciprocal determinism, a concept by Albert Bandura, explains how our thoughts, behaviors, and environment all influence one another in a continuous loop.

**2. True or False: According to Humanistic psychologists like Carl Rogers, 'congruence' occurs when there is a large gap between a person's ideal self and their actual experience.**

**Answer:** B) False

Congruence actually occurs when the ideal self and the real self are closely aligned; a large gap is known as 'incongruence.'

**3. Raymond Cattell used a statistical technique called \_\_\_\_\_ to narrow down thousands of personality traits into sixteen primary personality factors.**

**Answer:** B) Factor analysis

Factor analysis is a statistical method used to identify clusters of related items, allowing researchers to find underlying patterns in personality data.

**4. If a psychologist asks you to describe what you see in an ambiguous inkblot, they are most likely using which type of assessment rooted in Psychodynamic theory?**

**Answer:** B) Projective test

Projective tests, like the Rorschach, are designed to trigger the projection of one's unconscious thoughts or feelings onto ambiguous stimuli.

**5. True or False: Hans Eysenck's theory focused on the biological basis of personality, specifically suggesting that extraverts have lower levels of natural cortical arousal.**

**Answer:** A) True

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Eysenck hypothesized that extraverts seek external stimulation because their natural brain arousal levels are lower than those of introverts.

**6. Alfred Adler, a Neo-Freudian, argued that the primary driver of personality is not sexual tension, but rather a struggle to overcome feelings of:**

**Answer:** B) Inferiority

Adler proposed the 'inferiority complex,' suggesting that our behavior is driven by efforts to conquer childhood feelings of being incomplete or weak.

**7. Julian Rotter's concept of \_\_\_\_\_ refers to whether a person believes they control their own fate or if outside forces determine what happens to them.**

**Answer:** B) Locus of control

Locus of control can be internal (believing you control your life) or external (believing luck or others control your life).

**8. A person who is highly organized, dependable, and disciplined would likely score very high in which of the 'Big Five' traits?**

**Answer:** C) Conscientiousness

Conscientiousness is the trait characterized by organization, purposeful action, self-discipline, and a drive for achievement.

**9. True or False: The 'Humanistic' perspective in psychology was often called the 'Third Force' because it offered an alternative to both Psychoanalysis and Behaviorism.**

**Answer:** A) True

Humanism emerged as a reaction against the perceived negativity of Freud's theories and the deterministic nature of Skinner's behaviorism.

**10. Karen Horney criticized Freud's theories as being biased against women and suggested that personality is actually shaped by 'basic \_\_\_\_\_' resulting from childhood insecurity.**

**Answer:** B) Anxiety

Horney moved away from biology-based theories to emphasize social and cultural factors, particularly how 'basic anxiety' influences neurotic needs.