

AP Psychology Unit 10 Study Guide: Personality

- The text defines personality as
 - the set of personal attitudes that characterizes a person.
 - an individual's characteristic pattern of thinking, feeling, and acting.
 - a predictable set of responses to environmental stimuli.
 - an unpredictable set of responses to environmental stimuli.
- According to Freud's theory, personality arises in response to conflicts between
 - our unacceptable urge and our tendency to become self-actualized.
 - the process of identification and the ego's defense mechanisms.
 - the collective unconscious and our individual desires
 - our biological impulses and the social restraints against them.
- Id is to ego as _____ is to _____.
 - reality principle; pleasure principle
 - pleasure principle; reality principle
 - conscious forces; unconscious forces
 - conscience "personality executive"
- Which of the following is the correct order of psychosexual stages proposed by Freud?
 - oral; anal; phallic; latency; genital
 - anal; oral; phallic; latency; genital
 - oral; anal; genital; latency; phallic
 - anal; oral; genital; latency; phallic
- According to Freud, _____ is the process by which children incorporate their parents' values into their _____.
 - reaction formation; superegos
 - reaction formation; egos
 - identification; superegos
 - identification; egos
- According to Freud, defense mechanisms are methods of reducing
 - anger.
 - fear.
 - anxiety.
 - lust
- Neo-Freudians such as Adler and Horney believed that
 - Freud placed too great an emphasis on the conscious mind.
 - Freud placed too great an emphasis on sexual and aggressive instincts.
 - the years of childhood were more important in the formation of personality than Freud had indicated.
 - Freud's ideas about the id, ego, and superego as personality structures were incorrect.
- Projective tests such as the Rorschach inkblot test have been criticized because
 - their scoring system is too rigid and leads to unfair labeling.
 - they were standardized with unrepresentative samples.
 - they have low reliability and low validity.
 - it is easy for people to fake answers in order to appear healthy
- Which of the following was NOT mentioned in the text as a criticism of Freud's theory?
 - Their theory is sexist.
 - It offers few testable hypotheses.
 - There is no evidence of anything like an "unconscious."
 - The theory ignores the fact that human development is lifelong.
- Recent research has provided more support for defense mechanisms such as _____ than for defense mechanisms such as _____.
 - displacement; reaction formation
 - reaction formation; displacement
 - displacement; regression
 - displacement; projection
- According to Rogers, three conditions are necessary to promote growth in personality. These are
 - honesty, sincerity, and empathy.
 - high self-esteem, honesty, and empathy.
 - high self-esteem, genuineness, and acceptance.
 - genuineness, acceptance, and empathy.

12. Professor Minton believes that people are basically good and are endowed with self-actualizing tendencies. Evidently, Professor Minton is a proponent of

- a. trait theory.
- b. psychodynamic theory.
- c. the humanistic perspective.
- d. the social-cognitive perspective.

13. Wanda wishes to instill in her children an accepting attitude toward other people. Maslow and Rogers would probably recommend that she

- a. teach her children first to accept themselves.
- b. use discipline sparingly.
- c. be affectionate with her children only when they behave as she wishes.
- d. exhibit all of these behaviors.

14. The school psychologist believes that having a positive self-concept is necessary before students can achieve their potential. Evidently, the school psychologist is working within the _____ perspective.

- a. psychoanalytic
- b. trait
- c. humanistic
- d. social-cognitive

15. A major difference between the psychoanalytic and trait perspectives is that

- a. trait theory defines personality in terms of behavior; psychoanalytic theory, in terms of its underlying dynamics.
- b. trait theory describes behavior but does not attempt to explain it.
- c. psychoanalytic theory emphasized the origins of personality in childhood sexuality.
- d. all of these are differences.

16. Trait theory attempts to

- a. show how development of personality is a lifelong process.
- b. describe and classify people in terms of their predispositions to behave in certain ways.
- c. determine which traits are most conducive to individual self-actualization.
- d. explain how behavior is shaped by the interaction between traits, behavior, and the environment.

17. Which two dimensions of personality have the Eysencks emphasized?

- a. extraversion—introversion and emotional stability—instability
- b. internal—external locus of control and extraversion—introversion
- c. internal—external locus of control and emotional stability—instability
- d. melancholic-phlegmatic and choleric—sanguine

18. Isaiah is sober and reserved; Rashid is fun-loving and affectionate. The Eysencks would say that Isaiah _____ and Rashid _____.

- a. has an internal locus of control; has an external locus of control
- b. has an external locus of control; has an internal locus of control
- c. is an extravert; is an introvert
- d. is an introvert; is an extravert

19. In studying personality, a trait theorist would most likely

- a. use a projective test.
- b. observe a person in a variety of situations.
- c. use a personality inventory.
- d. use the method of free association.

20. The Big Five personality factors are

- a. emotional stability, openness, introversion, sociability, locus of control.
- b. neuroticism, extraversion, openness, emotional stability, sensitivity.
- c. neuroticism, gregariousness, extraversion, impulsiveness, conscientiousness.
- d. emotional stability, extraversion, openness, agreeableness, conscientiousness.

21. For his class presentation, Bruce plans to discuss the Big Five personality factors used by people throughout the world to describe others or themselves. Which of the following is NOT a factor that Bruce will discuss?

- a. extraversion
- b. openness
- c. independence
- d. conscientiousness

22. A major criticism of trait theory is that it

- a. places too great an emphasis on early childhood experiences.
- b. overestimates the consistency of behavior in different situations.
- c. underestimates the importance of heredity in personality development.
- d. places too great an emphasis on positive traits.

23. Which perspective on personality emphasized the interaction between the individual and the environment in shaping personality?

- a. psychoanalytic
- b. trait
- c. humanistic
- d. social-cognitive

24. Because Ramona identifies with her politically conservative parents, she chose to enroll in a conservative school. After four years in this environment, Ramona's politics have become even more conservative. Which perspective best accounts for the mutual influences of Ramona's upbringing, choice of school, and political viewpoint?

- a. psychoanalytic
- b. trait
- c. humanistic
- d. social-cognitive

25. Research on locus of control indicates that internals are _____ than externals.

- a. more dependent
- b. more intelligent
- c. better able to cope with stress
- d. more sociable

26. Seligman has found that humans and animals who are exposed to aversive events they cannot escape may develop

- a. an internal locus of control.
- b. a reaction formation.
- c. learned helplessness.
- d. neurotic anxiety.

27. During a class discussion, Trevor argues that positive psychology is sure to wane in popularity because it suffers from the same criticisms as humanistic psychology. You counter his argument by pointing out that, unlike humanistic psychology, positive psychology

- a. focuses on advancing human fulfillment.
- b. is rooted in science.
- c. is not based on the study of individual characteristics.
- d. has all of these characteristics.

28. Regarding self-serving bias, psychologists who study the self have found that self-affirming thinking

- a. is generally maladaptive to the individual because it distorts reality by overinflating self-esteem.
- b. is generally adaptive to the individual because it reduces shyness, anxiety, and loneliness.
- c. tends to prevent the individual from viewing others with compassion and understanding.
- d. tends not to characterize people who have experienced unconditional positive regard.

29. Which of the following statements about self-esteem is NOT correct?

- a. People with low self-esteem tend to be negative about others.
- b. People with high self-esteem are less prone to drug addiction.
- c. People with low self-esteem tend to be nonconformists.
- d. People with high self-esteem suffer less from insomnia.

30. An example of self-serving bias described in the text is the tendency of people to

- a. see themselves as average on nearly any desirable dimension.
- b. accept more responsibility for successes than failures.
- c. be overly critical of other people.
- d. exhibit heightened racial prejudice.