**Chapter 15: Personality**

**Study Guide**

**The Psychoanalytic Perspective**

* According to Freud what drives behavior and shapes personality?
* When Freud discovered patients with troubling symptoms that could not be explained medically, to what did he attribute their cause?
* According to Freud, how are the psychosexual stages of development involved in personality development? What happens to a person gets stuck in one of these stages?
* How do the id, ego, and superego interact to influence a person’s personality? Define them and explain how they function
* How are thoughts and actions governed by the preconscious, conscious, and unconscious? Explain each level of consciousness? What symbol did he use to represent the structure of the mind?
* What are defense mechanisms and why are they necessary? Define each of the mechanisms and create an example of your own to illustrate.
* What are some examples of things that challenge Freud’s concept of repression?
* In psychoanalysis, what was the most important technique used to access repressed conflicts?
* What did Freud call dreams and how did he use them to analyze his patients?
* Know each of the neo-freudians and be able to define the key concepts of their theories discussed in class.
  + Jung
  + Horney
  + Adler
* What are projective tests?
  + TAT
  + Rorschach

**The Humanistic Perspective**

* What does the humanistic emphasize?
* Know the key concepts of the theories of Maslow and Rogers.

**The Trait Perspective**

* What are personality traits?
* What is the Myers-Briggs and why are people so likely to accept its results?
* What is the Barnum Effect?
* What is the Big Five personality theory and what are the different dimensions?
* What are the common challenges to the trait theory? (think person-situation controversy)

**The Social-Cognitive Perspective**

* What is Bandura’s theory of reciprocal determinism? Give an example.
* What is the difference between an internal and external locus of control?
* What is learned helplessness and from what does it result?
* Explain optimism and pessimism and discuss how they affect the way we look and the world. What is unrealistic optimism
* What is positive psychology?

**Exploring The Self**

* What is the impact of our possible selves?
* What is the spotlight effect?
* How are we affected by high and low self-esteem? What is associated with each?
* What is self-serving bias?