

Unit 9: Personality

Big Question: Which theory of personality best describes who we are?

Key Terms

Using your own words, write a brief definition or explanation of each of the following. Feel free to be as succinct as possible as long as the definition makes sense to you. Do this after or while reading the assigned pages for class.

1. Psychoanalytic Theory –
 - a. Sigmund Freud -
 - b. free association -
 - c. unconscious –
 - i. projective tests -
 1. Thematic Apperception Test -
 2. Rorschach Inkblot Test -
 - d. id -
 - e. ego -
 - f. superego -
 - g. Psychosexual Stages of Development -
 - h. defense mechanisms -
 - i. repression -
 - ii. projection -
 - iii. rationalization -
 - iv. sublimation –
 - v. regression -
 - vi. reaction formation -
 - vii. displacement -
 - viii. denial -
 - i. Neofreudians -
 - i. Carl Jung -
 - ii. Alfred Adler -
 - iii. Karen Horney -
2. birth order theory -
 - a. first born -

b. middle born -

c. last born -

3. Humanistic Theory -

a. self-concept -

i. ideal self -

ii. actual self -

b. Maslow's Hierarchy of Needs -

i. physiological -

ii. safety -

iii. love and belonging -

iv. esteem -

v. self-actualization -

vi. self-transcendence? -

c. Carl Rogers -

d. unconditional positive regard -

e. self-serving bias -

f. criticisms of Humanistic Theory -

4. Social-Cognitive Theory -

a. Albert Bandura -

b. reciprocal determinism -

c. self-efficacy -

d. locus of control -

e. learned helplessness -

f. optimism vs. pessimism -

5. Trait Theory -

a. personality inventories -

i. Minnesota Multiphasic Inventory -

b. conscientiousness -

c. agreeableness -

d. neuroticism -

e. openness to experience -

f. extraversion -