Personality

Myers’ Psychology for AP

1.) What do we call the ability to control impulses and delay gratification?
   a. Self-actualization
   b. External locus of control
   c. Independence
   d. Self-Control
   e. Self-esteem

2.) Albert Bandura proposed that the social-cognitive perspective, which
   a. Explains the nature-nurture debate
   b. Predicts human behavior
   c. Focuses on how environment controls us
   d. Explains human motivation
   e. Emphasizes the interaction of our traits with our situation

3.) People given little control over their world in prisons, factories, schools, and
   nursing homes experience
   a. Personal control
   b. Reciprocal determinism
   c. Learned helplessness
   d. Self-actualization
   e. Projection

4.) According to Sigmund Freud, which of the following defense mechanisms
   buries threatening or upsetting events outside of consciousness?
   a. Regression
   b. Displacement
   c. Repression
   d. Projection
   e. Rationalization

5.) Athletes who often privately credit their victories to their own prowess, and
   their losses to bad breaks, lousy officiating, or the other team’s exceptional
   performance are exhibiting
   a. A low self-esteem
   b. The self-serving bias
   c. Pessimism
   d. The spotlight effect
   e. Incompetence
6.) What did Abraham Maslow call the process of fulfilling our potential?
   a. Love needs
   b. Self-esteem
   c. Self-actualization
   d. Self-transcendence
   e. Hierarchy of needs

7.) Our______ consists of all the thoughts and feelings we have in response to the question “Who am I?”
   a. Self-concept
   b. Ideal self
   c. Self-esteem
   d. Empathy
   e. Self-acceptance

8.) Sigmund Freud called his theory of personality and the associated treatment techniques
   a. Psychoanalysis
   b. The humanistic approach
   c. The self-concept
   d. The psychosexual stages
   e. Free inventories

9.) Questionnaires covering a wide range of feelings and behaviors designed to assess several traits at once are called
   a. Factor analysis studies
   b. Peer reports
   c. Achievement tests
   d. Cognition tests
   e. Personality inventories

10.) Collectivist cultures are characterized by members
    a. Developing a strong sense of self
    b. Giving priority to group goals
    c. Forming casual, often temporary relationships
    d. Achieving personal goals
    e. Discovering how they are different from the group

11.) Critics of humanistic psychology have suggested that this theory fails to appreciate the reality of our human capacity for
    a. Empathy
    b. Love
    c. Negativity
    d. Evil
    e. Laziness
12.) Our self-focused perspective many motivate us, but it can also lead us to presume too readily that others are noticing and evaluation us. This is called
a. Self-monitoring
b. Self-schemas
c. Possible selves
d. The spotlight effect
e. The social-cognitive perspective

13.) Brad Bushman and Roy Baumeister found that when criticized, people with unrealistically high self-esteem
a. Became exceptionally aggressive
b. Were more receptive to the criticism
c. Became easily depressed
d. Worked harder to do better the next time
e. Quit the task without completing it

14.) According to Carl Rogers, when we are in a good marriage, a close family, or intimate friendship, we are free to be spontaneous without fearing the loss of others’ esteem. He called the accepting attitude that enables the freedom
a. A peak experience
b. Unconditioned positive regard
c. Self-transcendence
d. Humanistic psychology
e. Our self-concept

15.) Children’s TV-viewing habits (past behavior) influence their viewing preferences (internal personal factor), which influence how television (environmental factor) affects their current behavior. This is an example of
a. Personal control
b. Learned helplessness
c. Reciprocal determination
d. The Big Five traits
e. Implicit learning

**Fast Track to a 5**

16.) Personality is defined as
a. Infrequent and often omitted behavior
b. A unique and consistent pattern of thinking, feeling, and acting
c. A universally accepted way of viewing behavior
d. A perception based on past experiences and viewpoints
e. Something that happens by chance
17.) Which of the following discovered that not all disorders could be explained through physical causes?
   a. Gordon Allport
   b. Raymond Cattell
   c. B.F. Skinner
   d. Sigmund Freud
   e. Carol Rogers

18.) Sigmund Freud believed that a person’s thoughts, feelings, and behaviors are determined by
   a. Various unconscious influences
   b. The interaction of thoughts, feelings, and behaviors
   c. Central secondary traits
   d. Self-actualization
   e. Secondary traits

19.) A baby cries in the middle of the night and demands immediate gratification from his or her care giver. Freud would suggest that this child’s immediate gratification is based on the
   a. Reality principle
   b. Pleasure principle
   c. Actualizing tendency
   d. Moral principle
   e. Inferiority complex

20.) Suzy was tempted to cheat on her exam, but quickly remembered that cheating is wrong and immoral. Freud would say that the thought that cheating was wrong come from the
   a. Ego
   b. Id
   c. Superego
   d. Collective unconscious
   e. Unconditional positive regard she received as a child

21.) Will received an “F” on his exam. He quickly pointed out to fellow classmates that the exam questions were not covered on the review and that the teacher had not indicated that they would be included in the exam. Will is exhibiting which type of defense mechanism?
   a. Compensation
   b. Displacement
   c. Sublimation
   d. Rationalization
   e. Regression
22.) During which psychosexual stage does a boy develop strong sexual stages for his mother?
   a. Anal stage  
   b. Oral stage  
   c. Genital stage  
   d. Phallic stage  
   e. Latency stage

23.) Stan is the youngest in a very competitive family. As a result, Stan often does not get attention or succeed in family activities. Stan’s classmates have noticed that he strives to win at all classroom activities. Which neo-Freudian would state that Stan’s competitiveness is in response to his childhood experience?
   a. Carl Jung  
   b. Karen Horney  
   c. Alfred Adler  
   d. Erik Erikson  
   e. Carol Rogers

24.) Everyone who knows him describes Tom as a caring person. No matter what the situation, he is always there to offer support to those who need it. According to Gordon Allport, Tom’s display of caring would be an example of what trait?
   a. Stable  
   b. Central  
   c. Secondary  
   d. Aggressive  
   e. Loving

25.) A mathematical formula that is used to describe the relationships among traits is called
   a. Factor analysis  
   b. Case study  
   c. Naturalistic observation  
   d. Correlation study  
   e. Survey

26.) The Big-five traits are conscientiousness, extraversion, agreeableness, neuroticism, and
   a. Optimism  
   b. Pessimism  
   c. Openness to experience  
   d. Happiness  
   e. Self-actualization
27.) According to Albert Bandura, reciprocal determinism is the combination of thinking, behavior, and
   a. Environment  
   b. Verbal skills  
   c. Stability  
   d. Optimism  
   e. Conditions

28.) Carl Rogers said that the ______ is (are) an innate drive that motivates all human behavior toward growth
   a. Unconscious  
   b. Central traits  
   c. Actualizing tendency  
   d. Wish fulfillment  
   e. Ego

29.) Jane was asked to look at a series of ambiguous pictures and describe what they saw. This would be an example of which type of personality test?
   a. Case study  
   b. Naturalistic observation  
   c. Surveys  
   d. Projective  
   e. Factored

30.) The MMPI is classified as a (an)
   a. Objective test  
   b. Projective test  
   c. Descriptive study  
   d. Interview  
   e. Experiment

McGraw Hill

31.) Adam loved the girlfriend who dropped him, but acts as if he’s glad to be rid of her. His behavior most clearly illustrates which of the following Freudian defense mechanisms?
   a. repression  
   b. projection  
   c. reaction formation  
   d. sublimation  
   e. regression
32.) Which Freudian personality system is guided by the reality principle?
   a. id
   b. libido
   c. ego
   d. unconscious
   e. superego

33.) In contrast to the blank slate view of human nature held by the behaviorists, humanists believe humans are born?
   a. evil and instinctively selfish
   b. good and with an inner drive to reach full potential
   c. neutral and that personality is based on perceptions of reality
   d. neither good nor evil, but personality is a product of their environment
   e. weak and needing others to find a meaning and purpose in life

34.) Which of the following is a good example of a Jungian archetype?
   a. John, whose domineering mother’s voice is always in the back of his head
   b. Patty, who is haunted by her memories of child abuse
   c. Yan, who always roots for the underdog
   d. Tariq, who consciously strives to be the best tennis player he can be
   e. Kendra, whose power motive influences everything she does

35.) Which is an example of a projective test, consisting of a set of ambiguous pictures about which people are asked to tell a story?
   a. TAT
   b. MMPI-2
   c. 16 PF
   d. NEO-PI
   e. Rorschach

36.) In order to determine a client’s personality, Carl Rogers used a Q-sort to measure the difference between
   a. self-esteem and self-efficacy
   b. ideal self and real self
   c. locus of control and self-actualization
   d. conditions of worth and locus of control
   e. ego strength and need for approval

37.) Nomothetic studies cannot provide information about
   a. unique personality characteristics of an individual
   b. common traits that characterize most people
   c. personality dimensions that differentiate normal people from people with psychological disorders
   d. traits more common in older people compared with children
   e. personality characteristics of a typical teenager
38.) Bertha is tall, thin, and frail. She enjoys studying and reading science fiction novels. She prefers to be alone rather than in a large group. According to Sheldon’s somatotype theory of personality, she is
a. an endomorph
b. an ectomorph
c. a mesomorph
d. an extrovert
e. an introvert

39.) The most commonly used personality assessments are
a. projective tests
b. naturalistic observations
c. structured interviews
d. self-report inventories
e. behavior assessments

40.) Self-efficacy, according to Bandura, is
a. how you view your worth as a person
b. how you think your self-image
c. all you know about your deficiencies and weaknesses as a person
d. what others have conditioned you to see in yourself
e. how contempt you feel to accomplish tasks and goals

41.) Mother Theresa’s altruism showed in everything she did. According to Alport’s trait theory, Mother Theresa’s altruism was
a. a common trait she shared with most other religious people
b. a cardinal trait
c. one of several central traits that characterized her exceptional life
d. basically inherited from her father
e. a surface trait that was visible to others

42.) Adler would not have agreed with the importance of which of the following ideas?
a. birth order
b. styles of life
c. striving for superiority
d. fictional finalism
ej. womb envy

43.) Roberto believes that he is the master of his ship and in charge of his destiny. According to Rotter’s theory of personality, Roberto has
a. an external orientation to the world about him
b. an internal locus of control
c. an extraverted personality
d. a low sense of self-efficacy
e. a positive self-image, but is not self-actualized
44.) Collective-efficacy would probably be more beneficial than self-efficacy for achieving group goals in
a. Canada  
b. England  
c. Puerto Rico  
d. South Korea  
e. Monaco  

Kaplan  

45.) A relatively permanent characteristic of personality that can be used to predict behavior is
a. the id  
b. the ego  
c. the superego  
d. a defense mechanism  
e. a trait  

46.) Which of the following statements best captures Freud’s point of view about personality?
   a. Personality is the result of our reinforcement history  
   b. Personality is learned from our parents by being around them  
   c. Personality is result of a group of clustered traits  
   d. Personality is the result of our shared evolutionary history with all those that came before us  
   e. Personality is the result of unconscious drives or conflicts that we need to resolve  

47.) “Our personality is nothing more than acquired habits that we learned through our experience.” What theory would support this statement?
   a. Trait  
   b. Psychodynamic  
   c. Learning  
   d. Cognitive  
   e. Humanistic  

48.) The approach of personality championed by Carl Rogers is called
   a. learning  
   b. trait  
   c. psychodynamic  
   d. humanistic  
   e. Neo-Freudian
49.) Carl Rogers is often classified as a __________ theorist.
   a. learning  
   b. trait  
   c. psychodynamic  
   d. humanistic  
   e. Neo-Freudian

50.) During the __________ stage of Freud’s theory, the focus is on controlling one’s environment.
   a. Oral  
   b. Anal  
   c. Phallic  
   d. Latency  
   e. Genital

51.) You have three friends: the first is bossy and always tells you what to do, the second is always telling you what is right or wrong, and the third tries to help mediate between the two. If you were giving Freudian nicknames to your friends, they would be, in order,
   a. Id, superego, ego  
   b. Id, ego, superego  
   c. Ego, superego, id  
   d. Superego, id, ego  
   e. Superego, ego, id

52.) According to Freud, your memory of your own birth would be at what level of consciousness?
   a. Unconscious  
   b. Subconscious  
   c. Conscious  
   d. Preconscious  
   e. REM

53.) You have to decide what you are going to do with your life. To do this, you decide to flip a coin. Based on the results of the flip, you decide to go to college. Such a behavior could be explained by looking at your past behaviors and seeing if you have been rewarded for such behavior before. What perspective of personality does this example illustrate?
   a. Psychodynamic  
   b. Humanistic  
   c. Learning  
   d. Trait  
   e. Phenomenological
54.) The humanistic approach to personality makes which of the following claims?
   a. We are all inherently good
   b. We are all inherently bad
   c. We are born a blank slate
   d. We are born with genes that determine who we become
   e. We are born with genes that gives us potential, but our experience really determines who we become

55.) Phil has anxiety because he has very strong anger toward his parents. He knows this isn’t right, so he decides to work hard to do all his chores and homework. According to the psychodynamic approach, Phil is engaging in which defense mechanism?
   a. Projection
   b. Sublimation
   c. Reaction formation
   d. Transference
   e. Denial

56.) The part of the collective unconscious that represents who we really are is the
   a. Mask
   b. Ideal
   c. Anima
   d. Animus
   e. Self

57.) Information that is not available to conscious awareness because it would be too damaging is in the ________ level of consciousness.
   a. Subconscious
   b. Unconscious
   c. Conscious
   d. Presubconscious
   e. Preconscious

58.) Information that is not immediately available but could be if we wanted to call it to mind is in the ________ level of consciousness
   a. Subconscious
   b. Unconscious
   c. Conscious
   d. Presubconscious
   e. Preconscious
59.) In Freud’s theory of personality, the _______ is the seat of impulses.
   a. Ego
   b. Superego
   c. Mask
   d. Anima
   e. Id

60.) Humanistic psychologist see people as inherently good. They believe that people are trying to reach their potential at all times. This process is called
   a. Perfecting
   b. Self-actualization
   c. Performance enhancement
   d. Levels of processing

61.) According to a learning perspective, the most important determinant of how we behave in any given situation is our
   a. Previous learning history
   b. Unconscious
   c. The traits we have
   d. Need for achievement
   e. Socialization needs

62.) A proponent of learning theory might be
   a. Freud
   b. Jung
   c. Rogers
   d. Maslow
   e. Skinner

63.) Which of the following defense mechanisms involves pushing painful information deep into our memory so that we don’t have access to it?
   a. Regression
   b. Reaction formation
   c. Sublimation
   d. Denial
   e. Repression

64.) Who would be considered a proponent of the humanistic view of personality?
   a. Rogers
   b. Kelley
   c. Wundt
   d. Skinner
   e. Freud
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   d. Skinner  
   e. Freud

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66.) According to Freudian theory, which part of the mind operates according to the reality principle?
   a. The superego  
   b. The ego  
   c. The id  
   d. The archetype  
   e. The shadow

67.) The defense mechanism of reaction formation is defined as
   a. Directing angry feelings away from the source of the anger to a less threatening object  
   b. Reverting to behaviors more characteristic of childhood  
   c. Attempting to make up for failures in certain areas by overcompensating efforts in other areas  
   d. Creating excuses for irrational feelings of behaviors that sound logical  
   e. Reversing the direction of a disturbing feeling or desire to make it safer or more socially acceptable

68.) All of the following personality theorists can be considered psychodynamic in approach EXCEPT
   a. Karen Horney  
   b. Carl Jung  
   c. Alfred Adler  
   d. Albert Bandura  
   e. Erik Erikson

69.) In Rogerian theory, the process by which human beings attain their full creativity and potential is termed
   a. Self-esteem  
   b. Self-amplification  
   c. Self-efficacy  
   d. Self-actualization  
   e. Self-reflection
70.) A psychologist interested in demarcating and measuring traits would most likely use which of the following?
   a. The 16 PF questionnaire
   b. The WAIS
   c. The DSM-IV
   d. The ANOVA
   e. The WISC
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