AP Psychology
Chapter 12 Test Review: Personality

1. What are the basic elements of personality?
   Thoughts, feelings, and behaviors

2. What is personality?
   The manner in which a person acts across a variety of situations

3. Who was the first individual to present a comprehensive theory of personality?
   Sigmund Freud

4. Who influenced Freud, and what did he do?
   Martin Charcot; he demonstrated that hysteria could be relieved by hypnosis

5. What is Freud's theory of personality commonly called?
   Psychodynamics

6. According to Freud's theory of personality, what determines behavior?
   The conflict between conscious and unconscious forces

7. On what is Freud's theory of personality based?
   Case studies

8. What are some criticisms of Freud's method for developing his models of psychodynamics?
   The data from his research cannot be easily observed by other scientists, are filtered through the biases of the investigator, and do not easily permit generalizations from one subject to another

9. What was Freud’s topographic model proposed to explain?
   The mind

10. What three mental processes are thought to affect one's personality?
    Conscious, preconscious, unconscious

11. What is the preconscious?
    The mental processes that is not conscious, but can become conscious at any point

12. What is the unconscious, according to Freud?
    The mental processes that are irrational and are organized along associative lines rather than logic
13. According to Freud, how can unconscious processes become evident?
   Through slips of the tongue (“The nipple thing!” -- James Fox ’14)

14. How did Freud define psychodynamic conflict?
   As the tension between opposing motives

15. Give an example of a Freudian conflict.
   Someone who is in a relationship and wants to stay in that relationship, yet they want to have sex with lots of people

16. According to Freud, what are compromise formations?
   The solutions that people develop to maximize fulfillment of conflicting motives simultaneously

17. Why did Freud propose the instinct model?
   To understand what drives or motivates people

18. To what does libido refer?
   Sexual intercourse, sensuality, and love

19. What holiday recognizes Freud’s notion of libido?
   Valentine's Day

20. According to Freud, what is the libido focused on at each of the psychosexual stages?
   A particular bodily region, or erogenous zone

21. During which stage do children develop the wishes and expectations about dependence?
   The oral phase

22. What is the correct order of Freud's psychosexual stages?
   Oral > anal > phallic > latent > genital

23. From a psychodynamic perspective, what is a fixation?
   A conflict or concern that persists beyond the developmental period in which they arise

24. What are some examples of oral fixations?
   Smoking, pen/pencil chewing, and overeating

25. What would a fixation during the oral stage likely lead to?
   Dependence and need for approval

26. What happens during conflicts during the anal stage?
   The conflicts are with parents about compliance and defiance
27. A fixation during the anal stage will likely lead to what?
   - Issues with order, such as overly tidy and punctual behavior or messy noncompliance

28. How do anal fixations manifest themselves in terms of behavior?
   - It tends to exist at one extreme or the other. People are either overly orderly, neat, and punctual, or extremely messy, stubborn, and late.

29. How would a child exhibit regression?
   - A five-year-old starts sucking her thumb again after her baby brother is born

30. What would Freud say about a young boy pushing a toy lawn mower while his dad cut the grass?
   - The child is identifying with the same-sex parent

31. What is the primary issue during the phallic stage?
   - Identification and desire to take place of same-sex parent

32. What would Freud interpret as evidence for the Oedipus complex?
   - The tendency for people to marry individuals who resemble their opposite sex parent

33. At what age does the Oedipus complex occur?
   - 4-6 years old

34. From where does castration anxiety originate?
   - From the desire of a young boy to have a love relationship with his mother

35. What is Title IX, and how is it a reflection of a Freudian concept?
   - It essentially says that equal amounts of money should be spent on men's and women's sports, and it reflects the Freudian concept of penis envy

36. What happens during the latency stage of psychosexual development?
   - Sex and aggression are converted into socially acceptable activities.

37. What might someone be like who is fixated in the latent stage?
   - Someone who is uninterested in sex

38. With 50% of marriages ending in divorce, Freud would argue that these people are fixated at which psychosexual stage?
   - The genital stage

39. According to the textbook, what empirical (experimental) support is there for the existence of the Oedipus complex?
   - Children are more affectionate toward the opposite sex parent and more aggressive to the same-sex parent
40. What composes the structural model proposed by Freud?
   **Id, ego, superego**

41. From where does the conflict arise in Freud’s structural model?
   **Between the id and superego**

42. What is the id?
   **It is the sexual energy we have that drives our impulses**

43. In Freud's structural model, what does the superego do?
   **It acts as a conscience and source of ideals**

44. What is the job of the ego?
   **It is the mediator between the id and the superego, and it tries to satisfy them both**

45. Which structure involves primary process thinking, and which involves secondary process thinking?
   **The id involves primary process thinking, while the ego involves secondary**

46. What are defense mechanisms?
   **They are unconscious mental processes aimed at protecting a person from experiencing unpleasant emotions, especially anxiety**

47. What is reaction formation?
   **It is a defense mechanism in which a person turns unacceptable feelings into their opposites**

48. What is an example of how someone can display repression?
   **If I totally forget about a meeting that I was supposed to have with my boss**

49. How can someone exhibit denial?
   **If I know my relationship is in trouble, but I answer “Nothing is wrong” when my partner asks what is wrong**

50. Why do people use defense mechanisms?
   **Because recognizing the underlying motive for behavior would cause anxiety**

51. What is an example of projection?
   **There is a person that I really do not like. While talking to a friend about her, I say, “She doesn't like me.”**

52. Why do cheating people end up telling their partner?
   **It is believed that cheaters confess because of the overwhelming guilt they feel, but they rationalize it by saying they feel their partner should know**
53. What is an example of sublimation?
   If a friend plays a very aggressive style of soccer and basketball because of his highly competitive relationship with his father

54. According to object relations theorists, why do people have difficulty maintaining relationships?
   Because of negative or fluctuating representations of self, significant others, and relationships

55. What are some of the beliefs of relational theories?
   The need for relatedness is a central motive in humans; people will distort their personalities to maintain ties to important people in their lives; and ways in which adults interact with one another often reflect patterns of relatedness learned in childhood

56. Generally speaking, what do projective tests involve?
   The presentation of an ambiguous stimulus to a subject and asking the subject to give it meaning or to define it

57. What are examples of projective tests?
   The Rorschach and the Thematic Apperception Test (TAT)

58. Which test is comparable to looking at the clouds and trying to recognize objects?
   The Rorschach inkblot test

59. What is an important contribution of projective testing?
   Projective tests are useful to test implicit processes, especially those with strong emotional elements

60. What are some criticisms of projective testing?
   They are often less useful in predicting behavior than simple demographic data, such as the subject's age, sex, and social status; They are frequently used idiosyncratically by clinicians, who may then offer different interpretations of the same response; They have sometimes been misused to make predictions about behaviors for which the tests are not valid, such as potential job performance.

61. What is the major criticism of the psychodynamic approach?
   That it lacks an adequate scientific basis

62. Who is one of the leading proponents of the cognitive-social theory of personality?
   Albert Bandura

63. According to the cognitive-social theory of personality, what is the basis of personality?
   Learning
64. What are personal constructs?
   Mental representations of the people, places, things, and events that are significant in a person’s life

65. According to your text, what is personal value?
   The importance individuals attach to various outcomes or potential outcomes

66. What is self-efficacy expectancy?
   A person's conviction that she can perform the actions necessary to produce the desired outcome

67. What is involved in self-regulation?
   Setting goals, evaluating one’s performance, and realizing one’s potential

68. Which are criticisms of the cognitive-social approach?
   There is an emphasis on the rational side of life; the emotional, motivational, and irrational side of life is underemphasized; it assumes that people are consciously aware of their thoughts and feelings

69. What happens in the section of your textbook entitled, “Driving Mr. Albert”?
   A cross country trip across America; two men having a conversation while riding in a car with Einstein's brain; the notion that brain structure and function, on the one hand, and cognitive activity, on the other hand, influence each other

70. According to trait theorists, what is personality?
   Emotional, cognitive, and behavioral tendencies that constitute underlying dimensions of personality

71. Who founded the trait approach to personality?
   Gordon Allport

72. According to the textbook, how are traits measured?
   Through the use of questionnaires

73. What did Raymond Cattell do for trait theory?
   He used factor analysis to reduce the 18,000 words used to describe people to a mere 16

74. According to Raymond Cattell, to what are personality traits due?
   They are primarily due to environment

75. According to Hans Eysenck, what do types and traits represent?
   Types represent a higher order organization of personality while a trait is a group of correlated habits.
76. What is meant by extraversion?
   People who tend to be sociable, active, and willing to take risks

77. According to Hans Eysenck, what is neuroticism?
   A continuum from emotional stability to instability and is closely related to the construct of negative affect

78. What is psychoticism?
   People who are aggressive, egocentric, impulsive, and antisocial

79. Which personality traits make up The Five Factor Model?
   Openness to experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism (OCEAN)

80. How is the Five Factor model composed?
   Each trait is made up of more specific traits called facets

81. According to Walter Mischel, what does people's behavior largely reflect?
   Situational variables

82. According to Walter Mischel, what is a major problem with the trait approach to personality?
   It is very difficult to predict a single person’s behavior in a particular setting

83. What is the principle of aggregation?
   The notion that a trait does not refer to a specific behavior in a specific situation but to a class of behaviors over a range of situations

84. What is temperament?
   Consistency in personality over long periods of time

85. What are some advantages of trait theories?
   The trait approach is very testable; trait theories are not committed to universal personality assumptions; trait approaches reenergized the field of personality

86. On what does the humanistic approach focus?
   Aspects of personality that are distinctly human, not shared by other animals

87. Whose humanistic approach is the most widely utilized?
   Carl Rogers's person-centered approach

88. What does Rogers believe about people?
   That they are born basically good

89. What did Rogers's theory use to attempt to understand people?
   Empathy
90. How does someone present a false self?
   **When we distort who we are in order to gain the positive regard of others**

91. What are you doing if you tell your child that you are proud of him and love him only when he earns an “A” on a test?
   **You are establishing conditions of worth**

92. According to Rogers, what is one of the primary motivations in humans?
   **Actualizing tendency**

93. What was proposed by Existentialism, according to Jean-Paul Sartre?
   **That because we are ever-changing, the idea of personality is nonsense; personality exists only if we have no choice; people must create themselves**

94. What would be a belief that accompanies existential dread?
   **The idea that there are no constants in life but death and taxes**

95. According to existential theory, why would people try to commit themselves to cultural or religious beliefs?
   **They want to escape from facing the reality of their mortality**

96. According to the authors of your textbook, what are some limitations of the humanistic approach?
   **It does not offer a comprehensive theory of personality; It has not produced a substantial body of testable hypotheses and research**

97. Who was the Greek physician that argued that personality is primarily inherited?
   **Galen**

98. What did the Minnesota study of twins reared together and apart find?
   **It indicated a heritability index of about .51 for most personality traits for monozygotic twins**

99. How are the Cheyenne of North America and Freud similar in their ideas on personality?
   **Both believe childhood experience is an extremely important period of life**

100. What does the interactionist approach believe?
    **Culture and the individuals shape each other**