Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_

Review Sheet 9 (Personality)

**Test Format:**

40 multiple choice

1 20-extended FRQ question

**Multiple Choice Hints:**

1. What did Freud mean by the “unconscious?” Be familiar with Freud’s use of free association, hypnotism, and dream analysis.
2. Know the difference between the conscious, preconscious, and unconscious
3. Know the difference between the id, ego, and superego.
4. What did Freud mean by “fixation” at earlier psychosexual stages? Be familiar with those stages (oral, anal, phallic, etc.) as well as the Oedipus/Electra complexes.
5. Why did Freud believe people employ “defense mechanisms?” Be able to identify examples of defense mechanisms at work.
6. What are the TAT and Rorschach inkblot tests? What are the limitations of these tests?
7. Be familiar with the work of Adler, Horney, and Jung. What concept is each most famous for?
8. What are some contemporary criticisms of Freudian concepts, as well as Freud’s overall theory of personality?
9. How is the humanistic perspective different from the psychoanalytic perspective? Be familiar with the ideas and Maslow and Rogers.
10. What are some contemporary criticisms of the humanistic perspective?
11. How does the trait perspective approach the study of personality?
12. Be familiar with the Eysencks’ basic personality dimensions. How do they attempt to classify people?
13. How do personality inventories typically gather information? Explain why it’s crucial for inventories to be empirically derived and cross validated.
14. What are lie scales?
15. Be familiar with the Big Five trait dimensions.
16. What did Walter Mischel’s studies of college students’ conscientiousness reveal?
17. Bandura’s contribution to the study of personality is the social-cognitive perspective. What did he mean by “reciprocal determinism?”
18. What is the difference between an “external locus of control” and an “internal locus of control?”
19. Explain what is meant by “learned helplessness,” “the spotlight effect,” and “self-serving bias.”
20. Be familiar with the research on self-esteem and self-perception.

**Extended Answer Question On Unit Test:**

Frank is a second-year college student who has a biting, sarcastic manner. He has a pessimistic outlook on life and feels that the world is run by a few powerful people. When he received a failing score on a recent exam, Frank blamed the professor and claimed the exam was unfair. He stopped attending lectures, gave up studying for the class, and will probably drop it. He is experiencing difficulties in his other class.

Frank always dreamed of doing well in college. Now he is despondent over his failure and believes his professors hate him. Most of all, he is concerned that if he fails in school, his parents will no longer love him.

1. How might Frank’s problem be explained from the psychoanalytic perspective?
2. How might Frank’s problems be explained by a humanistic theorist or a personality researcher who focuses on the self?
3. How might Frank’s problems be explained by a trait theorist?
4. How might Frank’s problems be explained by a social-cognitive theorist?
5. Which perspective most closely represents your own belief about Frank’s problems? Why?

**Study Q’s for Chapter 12 Stress and Health Section (a few hints, but does not substitute for doing the required Study Guide**

1. Define “stress” and describe the body’s response to stress.
2. Discuss research findings on the health consequences of stressful life events, as well as the impact of perceived control and pessimism on health and our vulnerability to stress.
3. Describe Hans Selye’s “general adaptation syndrome.”
4. Discuss the role of stress in coronary heart disease, and contrast Type A and Type B personalities. In Friedman and Rosenman’s study, what differences emerged between Type A’s and Type B’s?
5. How does the immune system defend the body? How does stress affect the immune system?
6. Characterize the link between stress and cancer.
7. Identify and discuss different strategies for coping with stress. What is biofeedback?
8. Describe the relationship between health and social support, and discuss whether there is a “faith factor” in health and longevity.