



## Chapter 11 Exercises

### Review Questions

1. Personality is thought to be \_\_\_\_\_.
  - a. short term and easily changed
  - b. a pattern of short-term characteristics
  - c. unstable and short term
  - d. long term, stable, and not easily changed
2. The long-standing traits and patterns that propel individuals to consistently think, feel, and behave in specific ways are known as \_\_\_\_\_.
  - a. psychodynamic
  - b. temperament
  - c. humors
  - d. personality
3. \_\_\_\_\_ is credited with the first comprehensive theory of personality.
  - a. Hippocrates
  - b. Gall
  - c. Wundt
  - d. Freud
4. An early science that tried to correlate personality with measurements of parts of a person's skull is known as \_\_\_\_\_.
  - a. phrenology
  - b. psychology
  - c. physiology
  - d. personality psychology
5. The id operates on the \_\_\_\_\_ principle.
  - a. reality
  - b. pleasure
  - c. instant gratification
  - d. guilt
6. The ego defense mechanism in which a person who is confronted with anxiety returns to a more immature behavioral stage is called \_\_\_\_\_.
  - a. repression
  - b. regression
  - c. reaction formation
  - d. rationalization
7. The Oedipus complex occurs in the \_\_\_\_\_ stage of psychosexual development.
  - a. oral
  - b. anal
  - c. phallic
  - d. latency
8. The universal bank of ideas, images, and concepts that have been passed down through the generations from our ancestors refers to \_\_\_\_\_.
  - a. archetypes
  - b. intuition
  - c. collective unconscious
  - d. personality types
9. Self-regulation is also known as \_\_\_\_\_.
  - a. self-efficacy
  - b. will power
  - c. internal locus of control
  - d. external locus of control
10. Your level of confidence in your own abilities is known as \_\_\_\_\_.
  - a. self-efficacy
  - b. self-concept
  - c. self-control
  - d. self-esteem

11. Jane believes that she got a bad grade on her psychology paper because her professor doesn't like her. Jane most likely has an \_\_\_\_\_ locus of control.
- internal
  - external
  - intrinsic
  - extrinsic
12. Self-concept refers to \_\_\_\_\_.
- our level of confidence in our own abilities
  - all of our thoughts and feelings about ourselves
  - the belief that we control our own outcomes
  - the belief that our outcomes are outside of our control
13. The idea that people's ideas about themselves should match their actions is called \_\_\_\_\_.
- confluence
  - conscious
  - conscientiousness
  - congruence
14. The way a person reacts to the world, starting when they are very young, including the person's activity level is known as \_\_\_\_\_.
- traits
  - temperament
  - heritability
  - personality
15. Brianna is 18 months old. She cries frequently, is hard to soothe, and wakes frequently during the night. According to Thomas and Chess, she would be considered \_\_\_\_\_.
- an easy baby
  - a difficult baby
  - a slow to warm up baby
  - a colicky baby
16. According to the findings of the Minnesota Study of Twins Reared Apart, identical twins, whether raised together or apart have \_\_\_\_\_ personalities.
- slightly different
  - very different
  - slightly similar
  - very similar
17. Temperament refers to \_\_\_\_\_.
- inborn, genetically based personality differences
  - characteristic ways of behaving
  - conscientiousness, agreeableness, neuroticism, openness, and extroversion
  - degree of introversion-extroversion
18. According to the Eysencks' theory, people who score high on neuroticism tend to be \_\_\_\_\_.
- calm
  - stable
  - outgoing
  - anxious
19. The United States is considered a(n) \_\_\_\_\_ culture.
- collectivistic
  - individualist
  - traditional
  - nontraditional
20. The concept that people choose to move to places that are compatible with their personalities and needs is known as \_\_\_\_\_.
- selective migration
  - personally oriented personality
  - socially oriented personality
  - individualism

21. Which of the following is *not* a projective test?
  - a. Minnesota Multiphasic Personality Inventory (MMPI)
  - b. Rorschach Inkblot Test
  - c. Thematic Apperception Test (TAT)
  - d. Rotter Incomplete Sentence Blank (RISB)
22. A personality assessment in which a person responds to ambiguous stimuli, revealing unconscious feelings, impulses, and desires is a \_\_\_\_\_.
  - a. self-report inventory
  - b. projective test
  - c. Minnesota Multiphasic Personality Inventory (MMPI)
  - d. Myers-Briggs Type Indicator (MBTI)
23. Which personality assessment employs a series of true/false questions?
  - a. Minnesota Multiphasic Personality Inventory (MMPI)
  - b. Thematic Apperception Test (TAT)
  - c. Rotter Incomplete Sentence Blank (RISB)
  - d. Myers-Briggs Type Indicator (MBTI)

### Critical Thinking Questions

24. What makes a personal quality part of someone's personality?
25. Describe the personality of someone who is fixated at the anal stage.
26. Describe the difference between extroverts and introverts in terms of what is energizing to each.
27. Discuss Horney's perspective on Freud's concept of penis envy.
28. Compare the personalities of someone who has high self-efficacy to someone who has low self-efficacy.
29. Compare and contrast Skinner's perspective on personality development to Freud's.
30. How might a temperament mix between parent and child affect family life?
31. How stable are the Big Five traits over one's lifespan?
32. Compare the personality of someone who scores high on agreeableness to someone who scores low on agreeableness.
33. Why might it be important to consider cultural influences on personality?
34. Why might a prospective employer screen applicants using personality assessments?
35. Why would a clinician give someone a projective test?