

Personality Unit Test

Human Behavior

25 point

1. Personality is defined as:
 - a. The combination of characteristics or qualities that form an individuals' distinctive character
 - b. Our behavioral ideals regarding right and wrong
 - c. What you consider most important in life
 - d. A conflict between two competing values that encourages opposing actions

2. In the discussion of nature vs. nurture, nurture refers to:
 - a. All which is inherited/genetic
 - b. All environment influence and experiences

3. Freud's theory states that a person's personality is made up of three distinct but interrelated parts; these three parts are:
 - a. The private self, the public self, the self-image
 - b. The id, the ego, the superego
 - c. The hunger drive, the thirst drive, and sexual impulses
 - d. None of the above

4. Sigmund Freud thought the _____ holds the key to understanding people.
 - a. Unconscious mind
 - b. Conscious mind

5. All of the following are stages of Erikson's psychosocial development except:
 - a. Sensing versus Intuition
 - b. Trust versus Mistrust
 - c. Initiative versus Guilt
 - d. Industry versus Inferiority

6. The Myers Briggs Type Indicator and Carl Jung theory are used to determine:
 - a. Psychological profiling
 - b. Personality type
 - c. Cognitive functioning
 - d. Inferiority complexes

7. According to Adler, personality arises from our attempts to overcome or compensate for fundamental feelings of:
 - a. Fear
 - b. Disappointment
 - c. Despair
 - d. Inadequacy

8. A defense mechanism is:
 - a. A way for the super ego to protect itself from the ego
 - b. A way for the ego to protect itself/method of dealing with conflict
 - c. A part of Erikson's theory
 - d. A way for the id to protect itself from the ego.

9. Compensation is:
 - a. Not trying very hard.
 - b. Making up for areas of weakness by excelling in others.
 - c. An Individual's experience with reinforcements and punishments.
 - d. Hurting someone.

10. The stage of Erikson's Theory that most adolescents (age 12-20) are in:
 - a. Trust versus Mistrust
 - b. Integrity versus Despair
 - c. Identity versus Role Confusion
 - d. Intimacy versus Isolation

11. What does failure look like in **Stage 1: Trust vs. Mistrust** of Erikson's development theory?
 - a. Having a strong sense of self
 - b. Becoming fully able to "fuse" with another person in an intimate relationship
 - c. Feeling fear and mistrusting others
 - d. Feeling secure in the world and trusting others

12. Erik Erikson believed that a strong sense of personal identity was important to developing intimate relationships later in life.
 - a. True
 - b. False

13. Overall, personality is influenced by:
 - a. Society
 - b. Family
 - c. Self-Concept/Self-Esteem
 - d. All of the Above

14. Self-control is considered the opposite of:
 - a. External control
 - b. Internal control
 - c. Modeling
 - d. Punishment

15. An event that causes stress is called a:
- Stressor
 - Focal point stressor
 - Roadblock
 - Irritator
16. Positive/healthy/good stress is called:
- Eustress
 - Pessimism
 - Distress
 - Stressor
17. Deep breathing and progressive muscle relaxation are examples of:
- Passivity
 - Negative coping
 - Withdrawal
 - Stress management techniques
18. All of the following are suggestions for effective goal setting except:
- Goals must not be in conflict with one's personal value system
 - Goals need to be specific and written down
 - Goals should be approved by others in advance
 - Start with short-range goals
19. Emotions can be best described as:
- Learned behaviors
 - Characteristics of a person
 - Feelings that are experienced
 - None of the above
20. Which of the following shows effective emotional expression:
- Minimizing the feelings of others
 - Consider the feelings of others
 - Say everything that's on your mind
 - Keep important issues to yourself
21. _____ is based on the premise that we are controlled by the consequences of our behavior:
- Negative reinforcement
 - Positive reinforcement
 - Operant conditioning
 - Classical conditioning

22. Which of the following is not a reinforcer?
- When you turn your alarm clock off, it stops beeping
 - You exercise to get in shape
 - You finish your homework so you can spend time with friends
 - All of the above are reinforcers
23. Which statement is true regarding negative reinforcement:
- Anything that decreases a behavior by virtue of its presentation
 - Anything that increases a behavior by virtue of its termination or avoidance
 - Anything that increase a behavior by virtue or its presentation
 - All of the above are true
24. A generalized tendency to expect positive outcomes is defined as:
- Internal locus of control
 - Reinforcement
 - Optimism
 - Pessimism
25. People who primarily have an external locus of control when faced with a challenge (like struggling in a class) are most likely to:
- give less effort to a task
 - give more effort to a task
 - give the same effort to a task
 - seeks help from others