

Personality Study Guide

Using your worksheets, notes, surveys, and book to complete the study guide.

- What is Personality? What is it influenced by?
- Nature Vs. Nurture-
- Freud's Theory on personality-
- Erickson's Theory on Personality (8 stages)-
- Adler's Theory-
- Compensation-
- Defense Mechanism's-
- Internal Vs. External-
- What is a stressor?
- Different Types of stress,
- How to handle stress-

- **Characteristics of effective Goals-**
- **What are emotions and how can you effectively express them?**
- **Negative Reinforcement-**
- **Positive Reinforcement-**
- **Operant Conditioning-**
- **Classical Conditioning-**
- **Pessimism vs. optimism-**