Psychology Unit 8 Test

Choose the best answer. (2 pts each).

1. Id is to “Just do it” as superego is to
   a. “Wait till later.”
   b. “Do your own thing.”
   c. “Don’t do it.”
   d. “Oh, sit on it.”

2. The unconscious contains
   a. material that can easily be brought to awareness.
   b. everything we are aware of at a given moment.
   c. repressed memories and emotions.
   d. thoughts, perceptions, and memories.

3. The concept of traits is used to account for personal characteristics that are
   a. biologically determined.
   b. relatively permanent and enduring.
   c. situation specific.
   d. shared by a group.

4. The five-factor model of personality includes
   a. social interactionism.
   b. neuroticism.
   c. agreeableness.
   d. sense of humor.

5. A personality theory is a(n)
   a. category used to describe personality.
   b. interrelated system of concepts to explain personality.
   c. relatively permanent set of behavior patterns.
   d. subjective evaluation of a person.

6. Which of the following is an unconscious personality structure made up of biological urges seeking fulfillment?
   a. ego
   b. id
   c. superego
   d. subconscious

7. Criticisms of Freud’s developmental theory have centered on
   a. the over-emphasis on sexuality in personality development.
   b. Freud’s treatment of father-daughter relationship.
   c. the need for a stern or threatening mother in the development of conscience.
   d. the unimportance of the first years of life in the formation of personality.
8. Freud believed that personality was typified by
   a. a delicate balance of power among the three personality structures.
   b. a lack of struggle among the three personality structures in the healthy individual.
   c. a lack of struggle among the three personality structures in the unhealthy individual.
   d. a state of struggle among the three personality structures in which the id gets caught in
      the middle.

9. To understand personality, trait theorists attempt to
   a. create traits that fit people.
   b. increase the number of basic traits that have been identified.
   c. classify traits and discover how they are related to behavior.
   d. reduce the common traits to measures of temperament.

10. According to Freud, the id is governed by the
    a. pleasure principle.
    b. reality principle.
    c. ego ideal.
    d. creature comfort principle.

11. Learning theorists
    a. have removed the “person” from personality.
    b. emphasize situational determinants of behavior.
    c. stress the role of the unconscious.
    d. would view a trait as stable in all situations.

12. In the Freudian view of personality, which system is totally unconscious and dominated
    by biological instincts?
    a. id
    b. ego
    c. superego
    d. libido

13. __________ theory maximized and ________________ theory minimized the role
    of the unconscious.
    a. Trait; humanistic
    b. Psychoanalytic; behaviorist
    c. Psychoanalytic; humanist
    d. Trait; behaviorist

14. According to Freud, the ego is governed by the
    a. pleasure principle.
    b. reality principle.
    c. ego ideal.
    d. partial ego principle.

15. The five-factor model of personality includes
    a. social interactionism.
b. conscientiousness.
c. sense of humor.
d. neuroticism.

16. An adjective checklist would most likely be used by a
a. psychodynamic therapist.
b. behaviorist.
c. humanistic therapist.
d. trait theorist.

17. Psychologists who believe that people grow and develop throughout their lives and that people are inherently good are
a. psychoanalysts.
b. radical behaviorists.
c. social learning theorists.
d. humanists.

18. A psychiatrist who explains pathological behavior as a conflict between underlying psychological forces is using the ____________ model.
a. psychoanalytic
b. behavioral
c. medical
d. humanistic

19. According to behaviorists,
a. hostile, generous, or destructive impulses arise in the unconscious.
b. personality is acquired through conditioning and observational learning.
c. personality is strongly influenced by one’s self-image.
d. personality develops from initial feelings of inferiority.

20. The part of the mind that is beyond awareness is called the
a. unconscious.
b. conscious.
c. postconscious.
d. preconscious.

21. According to Freud, the key to mental health is
a. an overpowering superego.
b. an unrestrained id.
c. dominance of the pleasure principle.
d. balance among mental processes.

22. The ______ begins with puberty and ends with a mature capacity for love and the realization of full adult sexuality.
a. latency period
b. Oedipal and Electra conflicts
c. genital stage
23. A key element of Carl Rogers’ personality theory is the concept of
   a. meta-needs.
   b. the self or self-image.
   c. self-reinforcement.
   d. the pleasure principle.

24. Between the ages of 1 and 3 years, the child is said to go through the __________ stage.
   a. phallic
   b. latency
   c. anal
   d. genital

25. The position that personality is composed of learned patterns is held by
   a. neo-Freudians.
   b. humanists.
   c. behaviorists or behavioral personality theorists.
   d. psychoanalytic theorists.

26. Which theory of personality was developed by Sigmund Freud?
   a. psychoanalytic
   b. behavioristic
   c. humanistic
   d. psychosocial

27. Jung believed that there are basic universal concepts in all people regardless of culture called
   a. persona.
   b. collective consciousness.
   c. archetypes.
   d. mandalas.

28. The main criticism of humanistic theory is that
   a. it emphasizes the negative dimensions of personality.
   b. it is research- rather than experience-oriented.
   c. its concepts are imprecise and difficult to study objectively.
   d. its approach is more empirical than philosophical.

29. If self-esteem is too high, the person may be
   a. boring.
   b. ineffective.
   c. dull.
   d. arrogant.

30. Self-actualization refers to
   a. a tendency that causes human personality problems.
   b. what it is that makes certain men and women famous.
c. anyone who is making full use of his or her potentials.
d. the requirements necessary for becoming famous, academically distinguished, or rich.

31. The term *personality* refers to
a. the hereditary aspects of one’s emotional nature.
b. unique and enduring behavior patterns.
c. favorable and unfavorable personal characteristics.
d. charisma, character, or temperament.

32. __________ theories stress private, subjective experience and personal growth.
   a. Trait
   b. Humanistic
   c. Behavioristic
   d. Psychodynamic

33. During the first year of life, the child is said to go through the ________ stage.
   a. oral
   b. anal
   c. genital
   d. phallic

34. Which of the following is POOR advice for a person who wishes to promote self-actualization?
   a. Seek peak experiences.
   b. Take responsibility.
   c. Be willing to change.
   d. Try to live up to what others think you should be.

35. If you were asked to describe the personality of your best friend, and you said she was optimistic, reserved, and friendly, you would be using the __________ approach.
   a. psychodynamic
   b. analytical
   c. humanistic
   d. trait

36. In Freudian theory, the ____________ is the “executive” structure that is directed by the reality principle.
   a. id
   b. ego
   c. superego
   d. libido

37. According to Freud, the Oedipus and Electra conflicts occur during the
   a. anal stage.
   b. oral stage.
   c. phallic stage.
   d. genital stage.
38. In Adler’s view, the main striving of personality is for
   a. dominance.
   b. sophistication.
   c. instincts.
   d. superiority.

39. An overly strict or harsh superego will cause
   a. increasing levels of primary process thinking.
   b. an antisocial personality.
   c. inhibition, rigidity, or intolerable guilt.
   d. a breakdown of the libido.

40. Concerning pure extroversion and pure introversion, it is most accurate to say
   a. a person is either one or the other.
   b. most people fall somewhere between these extremes.
   c. these terms were coined by the famous Swiss psychologist, Gordon Allport.
   d. they represent basic physical traits.

41. Classifying people as having either a Type A or Type B personality has been used to predict
   a. competency as a parent.
   b. chances of suffering from a heart attack.
   c. success in education.
   d. chances of developing a serious mental illness.

42. Which personality theories attempt to explain behavior by focusing on the inner workings of the personality including internal conflicts?
   a. trait
   b. behavioristic
   c. psychodynamic
   d. humanistic

43. The psychological situation, expectancy, and reinforcement value are important concepts in
   a. social learning theory.
   b. Gestalt theories.
   c. radical behaviorism.
   d. instrumental conditioning.

44. ________ theorists believe humans have free will.
   a. Humanistic
   b. Behavioristic
   c. Psychoanalytic
   d. Trait

45. In psychoanalytic theory, conscious control is experienced by the
   a. pleasure principle.
b. id.
c. ego.
d. libido.

46. Freud called an unresolved conflict caused by over-indulgence or frustration a(n)
   a. fixation.
b. retentiveness.
c. incongruency.
d. expressiveness.

47. ___________ traits are personality traits that comprise a person’s unique individual qualities.
   a. Central
   b. Secondary
   c. Cardinal
   d. Individual

48. Which personality theorist strongly rejected Sigmund Freud’s claim that males are dominant or superior to females?
   a. Alfred Adler
   b. Karen Horney
   c. Carl Jung
   d. Erich Fromm

49. For Freud, the time during which psychosexual development is interrupted is called the
   a. phallic stage.
b. latency period.
c. Oedipal period.
d. genital stage.

50. Suppose the ego were a hungry person in a crowded cafeteria. The ego would most likely
    a. do nothing.
b. wait in line.
c. push to the head of the line.
d. feel guilty about being so hungry.

51. Which of the following is the correct ordering of Freud’s psychosexual stages?
   a. anal, phallic, oral, genital
   b. oral, anal, phallic, genital
   c. genital, phallic, oral, anal
   d. anal, oral, phallic, genital

52. According to Jung, a mental storehouse for unconscious ideas and images shared by all humans is
   a. the persona.
b. the personal unconscious.
c. the collective unconscious.
d. the anima.

53. A defining characteristic of traits is that they are
a. fixed.
b. observed.
c. evaluative.
d. enduring.