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Ch. 15 Personality: **The Self**

Name _____

Hour: ___ DL Site _____

Dr. Zimbardo introduces you to three of the personality theories in the chapter: psychodynamic, humanistic, and social learning.

Answer the following questions as you watch:

1. The self is:

- a. your consciousness of your own identity
- b. how others see you
- c. the interaction of others and your environment

Part I. Psychodynamic Theory: Sigmund Freud

2. Lou is a toddler who is going through the gradual process of individuation.

This means that he is:

- a. separating himself from his mother
- b. learning to express himself through language
- c. taking control of his bodily functions

3. In Freudian theory, the part of the person that acts as a police officer restraining drives and passions is called the:

- a. superego b. ego c. libido d. id

4. In Freudian theory, the primitive, unconscious part of the personality where drives and passions originate is called the:

- a. ego b. superego c. id d. self-concept

5. True or False: Freud was more interested in the unconscious aspects of the self.

Part II. Humanistic Theory: Carl Rogers

6. In Carl Rogers' humanistic theory, what is the dynamic of the self?

- a. we are constantly compensating for feeling inadequate
- b. our inner impulses drive us in one direction
- c. an inner force moves us forward to personal fulfillment

7. True or False: According to Rogers' personality theory, we have the capacity for self-understanding and self-direction.

8. The individual's awareness of his or her continuing identity as a person is called the

- a. superego b. schematic c. self concept d. self image

Part III. Social Learning Theory: Albert Bandura

Self-efficacy concerned with people's beliefs in their capability to exercise control over their lives.

9. What measure of *self-efficacy* was used in Bandura's research involving improving performance in a model furniture factory?

- a. the subject's success in the task
- b. the researcher's rating of the subject
- c. the subject's reported level of confidence

10. After testing several subjects with similar results, Dr. Bandura's research concluded that the effectiveness of our abilities and skills depends largely on:

- a. how others view us
- b. how we change the environment
- c. how we view ourselves and the abilities we have.

Part IV. The social self: how are we coming across to others?

Patricia Ryan teaches drama at Stanford University. She looks at status and body movement as she studies status transactions.

11. True or False: High status people are calm, breathe deeply and move smoothly.

12. We have the capacity for *strategic self-presentation*. According to the principles of *behavioral confirmation*, what reaction do people generally have to a person who is depressed?

- a. they offer help out of sympathy
- b. they regard the person as inadequate
- c. they act falsely cheerful to make the person happy

Culture and the Self

13. Cultural psychologist Hazel Markus talks about *culture and possible selves*. Which of the following is a statement she did not make:

- a. To become a self you have to take on the cultural meanings surrounding you.
- b. You can't be a self by yourself.
- c. If you put someone in a cultural context, they will become a person of that culture
- d. America is a culture of the group

The Creative Self

14. In Teresa Amabile's work on creativity, how did being in a competitive situation affect creativity?

- a. it increased creativity
- b. there was no relationship
- c. it reduced creativity