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 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