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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