MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) According to the text, a key aspect of personality is its ______ quality.
   A) unique
   B) ever-changing
   C) situationally-determined
   D) continuous
   E) invariant

2) ______ is defined as the unique qualities and distinctive behavior patterns of an individual across time and situations.
   A) Genetic makeup
   B) Psychopathology
   C) Personality
   D) Social history
   E) Psychic determinism

3) Psychodynamic psychologists focus on
   A) the good in all people.
   B) the future.
   C) learning through rewards and punishments.
   D) unconscious motives.
   E) our social environment.

4) Freud first used ______ to help his patients and later developed ______ as a therapy.
   A) hypnotism; behaviorism
   B) hypnotism; psychoanalysis
   C) dream interpretation; religion
   D) psychic determinism; humanism
   E) medication; hypnotism

5) According to Freud, our unconscious holds mostly
   A) images and thoughts from the previous day.
   B) threatening and anxiety-provoking contents.
   C) ideas about what we would do in the future.
   D) information regarding rewards we have received in the past.
   E) information about our culture and religion.

6) Freud believed that Thanatos was the driving force behind
   A) sex and loving behaviors.
   B) altruistic and prosocial behaviors.
   C) destructive and aggressive behaviors.
   D) self-preservation.
   E) hunger and thirst drives.
7) The key function of the ego is to resolve conflicts between the _______ and the _______.  
   A) id; superego  
   B) id; anima  
   C) superego; animus  
   D) defense mechanisms; superego  
   E) collective unconscious; superego defense mechanisms

8) Freud’s libido, comes from the Latin word meaning  
   A) liberty.  
   B) love.  
   C) unconscious.  
   D) death.  
   E) lust.

9) Alice is on a diet and, while at an ice cream shop with some of her friends, feels conflicted about what she should order. Her _______ tells her to get a banana split, her _______ tells her to get a glass of water, and her _______ tells her to order a low fat yogurt.  
   A) superego; id; ego  
   B) id; ego; superego  
   C) id; superego; ego  
   D) ego; superego; id  
   E) superego; ego; id

10) In the different _______ stages, children are thought to associate pleasure with different bodily regions.  
    A) psychosexual  
    B) psychogenic  
    C) psychic  
    D) psychotic  
    E) psychophysiological

11) According to Freud, a male child who has successfully resolved the Oedipus complex is most likely to  
    A) try to bond with his brother.  
    B) identify with his father.  
    C) enjoy spending time with his grandmother.  
    D) feel a rivalry with other boys.  
    E) dislike his mother.

12) Freud believed that women are attracted to men as a result of  
    A) fixation.  
    B) the Oedipus complex.  
    C) Thanatos.  
    D) their superego.  
    E) penis envy.
13) _______ is the ego defense mechanism that functions to exclude unacceptable feelings from consciousness.
   A) Sublimation  
   B) Repression  
   C) Denial  
   D) Projection  
   E) Accommodation

14) After a lecture that did not go well, Dr. Hoemann thinks, "I bet the students hated class today." He tells himself this, rather than thinking, "I hated my lecture today," due to
   A) repression.  
   B) his superego.  
   C) his id.  
   D) animus.  
   E) projection.

15) Freud is to sexuality as Jung is to
   A) the ego.  
   B) the id.  
   C) spirituality.  
   D) the unconscious.  
   E) A and B are correct.

16) _______ proposed the concept of the collective unconscious.
   A) Jung  
   B) Freud  
   C) Bandura  
   D) Adler  
   E) Rotter

17) The "warrior," the "hero," and the "earth mother" are examples of the Jungian concept of
   A) ego defenses.  
   B) archetypes.  
   C) cardinal traits.  
   D) extraversion.  
   E) humors.

18) Karen Horney believed that _______ may block the normal development of a personality.
   A) fear of death  
   B) castration anxiety  
   C) the Electra complex  
   D) basic anxiety  
   E) the "shadow"

19) Karen Horney believed that normal desires taken to extremes were called
   A) defense mechanisms.  
   B) inferiority complex.  
   C) neurotic needs.  
   D) archetypes.  
   E) collective unconscious.
20) Post-Freudian theorists changed psychodynamic personality theory through their
A) extension of personality development beyond childhood.
B) emphasis of urges over social variables.
C) expansion of the role of libidinal energy.
D) de-emphasis of ego defenses.
E) creation of the Thanatos concept.

21) Humanistic theories are ________ about the nature of human personality.
A) skeptical
B) optimistic
C) deterministic
D) pessimistic
E) unconcerned

22) ________ refers to the lifelong process of striving to realize one's full potential.
A) The self-fulfilling prophecy
B) Wish fulfillment
C) Sublimation
D) Self-actualization
E) Projection

23) Carl Rogers would say that a student who views herself as brilliant, but earns Cs in all her classes
A) is self-actualized
B) has a dark shadow
C) has a strong superego
D) has low need for achievement
E) is experiencing incongruence

24) Humanist theorists like Rogers and Maslow viewed motivation as
A) negative and potentially destructive.
B) a test of an individual’s self-knowledge.
C) fundamentally positive and striving for positive growth.
D) a measure of normal and abnormal functioning.
E) determined by deep-seated unconscious issues.

25) A key criticism of the humanistic approach is that it
A) was too specific to apply to all people.
B) overemphasized society’s influence on a person.
C) relied too much on theories of the unconscious.
D) could reflect an Eastern bias by being too “group-focused.”
E) cannot be tested objectively.

26) A key concept of Bandura’s personality theory is the fact that
A) social learning affects our behavior, but not our personalities.
B) people learn new behaviors through observation of others.
C) learning can occur without awareness.
D) the unconscious mind largely determines our behavior.
E) self-actualization is a more important for most people than are biological needs.
27) Distinct clusters of personality traits are called
   A) personality types.
   B) psychic determinism.
   C) psychodynamic mechanisms.
   D) ego defenses.
   E) humors.

28) The factor of _______ is NOT one of the "Big Five" dimensions underlying personality.
   A) agreeableness
   B) conscientiousness
   C) openness to experience
   D) extraversion
   E) persistence

29) Which of the following Big Five personality characteristics is often associated with negative emotions?
   A) conscientiousness
   B) extraversion
   C) openness to experience
   D) neuroticism
   E) agreeableness

30) Jim loves being around people, he is outgoing, has many friends, and loves to be social regardless of his situation. Jim probably would score high on which of the Big Five personality characteristics?
   A) extraversion
   B) openness to experience
   C) agreeableness
   D) neuroticism
   E) conscientiousness

31) Which of the following is the correct acronym for the Big Five personality factors?
   A) L-A-K-E-S
   B) O-C-E-A-N
   C) P-O-N-D-S
   D) T-R-A-I-T
   E) T-Y-P-E-S

32) The Myers-Briggs Type Indicator (MBTI) is
   A) given to nearly 100,000 people each year.
   B) based on the work of Alfred Adler.
   C) able to assign people to one of ten personality types.
   D) a widely used projective test.
   E) often used for career counseling.
33) The Myers-Briggs Type Indicator does NOT measure
   A) dominance and subordination.
   B) sensing and intuiting.
   C) introversion and extraversion.
   D) thinking and feeling.
   E) judgment and perception.

34) A serious criticism of the Myers-Briggs test is that
   A) it does measure intuition.
   B) scores on the test are inconsistent when taken by the same person on two occasions.
   C) there is little evidence that the test predicts occupational success.
   D) it has strong validity.
   E) B and C are correct.

35) Cognitive personality theories are based on
   A) case studies.
   B) experimental research.
   C) subjective concepts.
   D) unconscious motives.
   E) untestable hypotheses.

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

36) Personality consists of the psychological qualities that make an individual's thoughts and actions continuous at different times or in different situations.

37) Freud asserted that the superego stores repressed and primitive impulses.

38) Rogers believed that a healthy person demonstrated a large degree of congruence between the person they wanted to be and the person they actually were.

39) According to Freud, the Oedipus complex occurs in the anal stage.

40) Modern-day positive psychology is much like humanistic psychology.

41) According to Freud, ego defense mechanisms operate at an unconscious level.

42) Carl Jung expanded on Freud's unconscious by adding the concept of the collective unconscious.

43) Humanistic personality theories emphasize individuals' potential for good.

44) Americans tend to prefer competition to cooperation.

45) Maslow focused on healthy, productive people as the basis of his theory of personality.

46) Bandura's theory states that people regulate behavior by monitoring its impact on other people, on the environment, and on themselves.
47) The Myers-Briggs Type Indicator (MBTI) is based on the ideas of Carl Jung.

48) The acronym for the Big Five personality factors is LAKES.

49) An athlete who believes that if she trains hard she will be successful is likely to have an internal locus of control.

50) Students with an external locus of control tend to earn higher grades.