

Study Guide Ch 11 nb

1. We used to believe that we could measure bumps on your skull and determine your personality. What was this pseudoscience called?
2. Freud believed in the unconscious and it was 90% of our mind. Sometimes information there leaked out when we might say something we didn't intend to say. What is the term used to describe this? F _____ S _____.
3. What part of the personality is present at birth and operates according to the pleasure principle?
4. What part of the personality is the rational part that tries to satisfy our id impulses but while taking reality into consideration?
5. What part of the personality is synonymous with conscience?
6. Which is it best to have: A very strong id, ego, or superego?
7. When the ego needs to reduce anxiety, it may turn to D _____ M _____ s
8. Refer to your handout or the text (page 376). Read each action and then indicate which defense mechanism applies.

Action	Defense Mechanism
a. Your boss pisses you off and you go home and kick the dog.	
b. Woman's husband beats her severely frequently. Friends want her to leave him but she says she is safe because he really loves her.	
c. Teen girl is watching another girl and says to her friends "She's such a slut". When in reality, SHE is the slut.	
d. You have a dental appoint but just block that out of your mind.	
e. Evangelical preacher has gay fantasies but can't admit that and so goes on a crusade to teach how sinful homosexuality is.	
f. Tina is a teen girl who has been excluded from an important party. She goes to the library to research how cliques form and how they lead to hatred of people outside the group.	
g. Mark has extreme anger issues since the divorce of his parents when he was 5. He channels that energy into being an outstanding football linebacker.	
h. Janice is freaking out over her cancer diagnosis. She curls up into a fetal position and just rocks back and forth while holding her favorite stuffed animal.	
i. You steal an item at the store and tell yourself that they expect that some people will steal from them. That is why they have insurance.	

9. What are Freud's psychosexual stages in correct order?
10. What is the erogenous zone in the oral stage? The anal stage?
11. If someone smokes, drinks, and overeats, Freud assumed they were stuck/fixated in which stage?
12. Jack is stingy, stubborn, and a neat-freak. Toilet training didn't go well for him and he now has an anal- _____ personality.
13. What is the oedipal conflict? How does the boy resolve it? What is the electra conflict?
14. How was Erikson's theory different from Freud's?

15. Freud thought that personality was pretty much formed by age 5 or 6. What would the behaviorists say about this?
16. Bandura extended behaviorists' views. He said that just because a reinforcement followed a behavior in identical ways for 2 people, that doesn't mean those 2 people will behave the same in the future. What if one person believes that he can do the behavior in order to get the reward, but the other doesn't believe he can do the behavior to get the reward. Then one will do the behavior and the other won't. This example is referring to Bandura's concept of S ____ - E _____
17. Rotter extended the behaviorist's views to include cognitive/mental stuff. Behaviorists might say I am the way I am because I was reinforced for behaving in this way. Rotter might say, we need another construct/variable to fully understand that. Imagine 2 people both get the same reinforcement but one believes that the reinforcement was a random process we might all luck. The other believes the reinforcement was a directly result of his own actions. Rotter would say they would not act similarly. The example above is referring to Rotter's construct of I _____ versus E _____ L _____ of Control.
18. Another concept that Rotter gave us was called "reinforcement value". For example, Rotter said that just because you might get paid a dollar for an A, doesn't mean everyone will respond similarly. For example, you might LOVE dollars while someone else doesn't care about dollars. What we are talking about here is differing Reinforcement Value. The book doesn't mention it so I am doing that here.
19. What was Mischel's "Marshmallow Test" and what did he find?
20. It is assumed that personality is stable and internally caused. It is assumed if I am an honest man that I'll behave honestly no matter what situations I am in. But Mischel found that wasn't always true. Your tendency to be honest actually is somewhat dependent on the situation you are in. This led to a decades long debated and this debate was called the _____-_____ debate.
21. Carl Rogers was a Humanistic theorist who have us the concept of incongruence. The text said it happens when our ideal self is discrepant from our real self. Incongruence also happens when our self concept (who we think we are) is different from reality (who we really are). How does incongruence develop? We all need love. Often times people give us conditional love: "I'll love you but you better not get angry." So in order to get their love, we deny that we get angry. But we all know that anger is a normal emotion. The reality is we all get angry. But the self-concept of some doesn't include "getting angry" because if they admitted they do get angry, then others may not love us. If people only gave us unconditional love, we wouldn't need to deny our ability to get angry. In that case, our self concept (yeh, I sometimes get angry) would be congruent with reality.
22. I'm thinking of a term that is used to explain who much of the differences there are between people are due to their genetic differences. What is this term?
23. Abe Lincoln had a cardinal trait. What was it?
24. The text says on page 394 "Catell's 16 factors may be too broad, the Eysenck's two-factor system has been criticized as being too narrow. We can phrase this into a question: What is the fewest number of factors (traits) that are needed to describe our personalities without losing too much information. In lecture we'll learn how a statistical technique called Factor Analysis provides answers. This is how Catell got 16 and how Costa and McCrea got **the big 5** (know that the big 5 refers to how many personality factors/traits are needed to describe our personalities.)
25. Your book doesn't make it explicit but it does say on page 398 under "Self Report Inventories" that they are "**objective**" tests. One of the most widely used is the _____. This test asks you to report about yourself by asking you over 500 true false questions.
26. But there are other test beside "objective" and they are "projective" because they try to assess _____ processes.
27. The test that shows inblots and asked "what might this be" is called the R _____ I _____ Test