**Review of Approaches to Personality**

**Directions:** Read each of the following statements and A. determine which of the following approaches to personality is described B. determine who used the appraoch

1. **Psychodynamic Humanistic Trait Social Learning/Social Cognitive**
2. **Freud Horney Adler Jung Maslow Rogers Bandura Rotter Seligman**
3. This theory includes a move away from a belief that people are shaped solely by their environments (strict behaviorism), but rather, focuses on the interaction between one’s personality and environment. A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. According to this theory personality develops through a series of five psychosexual stages.

3.This theory addresses the idea of locus of control and that one’s belief about whether or not they can make an impact on the environment around us shapes our personalities.

4**.**  This theory believes that personality is largely shaped by one’s childhood but that social and not sexual tensions are important to personality formation.

1. This theory has posed “The Big Five” personality characteristics and claims that they universally explain a good portion of human behavior.

6. This theory addresses the issue of learned helplessness, when one does not believe that their actions impact the world around them.

1. This theory believes that if our “real self “and “ideal self” mostly overlap we will have healthy congruence which will result in a healthy personality.
2. One major theorist from this approach emphasizes the idea of the collective unconscious as

        the area where one holds common experiences and archetypes.

1. This theory address overarching personality characteristics, common descriptions of one’s personality and current preferences that makeup of one’s personality.
2. This theory believes thatall individuals are trying to reach the pinnacle of their potential.
3. This theory believes that much of our behavior is driven by efforts to conquer childhood feelings of inferiority