Personality
Study Guide

Test date:
Format: 25 multiple choice questions and a five paragraph personality analysis. Select one character from What’s Eating Gilbert Grape and analyze his or her personality using the ideas of three personality theorists.

The Psychoanalytic Perspective:
Freud: The founder of the psychoanalytic perspective ("first" personality theorist)

Free association: method of psychoanalysis: person speaks freely without censorship in an accepting environment ("anything goes"). It is used to explore/get in touch with one’s unconscious (i.e. to explore the unconscious)

psychoanalysis: Freud’s theory of personality that attribute our actions to unconscious forces created in childhood

unconscious: thoughts or memories that one is not aware of

Personality structure:
   id - unconscious, governed by the pleasure principle; “I WANT”

      ego - exercises the reality principle; comes up with a plan to balance ego and superego, essentially a mediator between the two

      superego - morals; balances the id with “I SHOULD”

Personality development:
Psychosexual stages: freud was an “old and pale little guy” (nemonic device for stages)
   oral - 0-2 years: biting chewing, sucking, eating; -> weaning -> too early: mistrustful, too late: gullible
   anal - 2-3 years: anal-> potty training -> if too harsh: anal retentive, if too lax: anal expulsive
   phallic - 3-5 years: resolve oedipal complex -> repress feelings for mother, identify with dad
   latency
   genital

Oedipus Complex- the love of one’s mother and rivalry with one’s father. based on the story of oedipus rex
identification: happens in phallic stage, identification with the father

fixate: regressing to an earlier stage of psychological development

Defense mechanisms - used by ego to manage anxieties
  Repression - banishing the uncomfortable thoughts or memories
  Regression - retreat to earlier stage
  Reaction Formation - acting the opposite of how you truly feel
  Projection - someone disguises their own impulses by attributing them to others
  Rationalization - making excuses; unconscious creates many justifications
  Displacement - redirecting anger to safe outlet

Assessing the Unconscious
  Projective tests - hold up seemingly random picture to have patient interpret, allowing for the interpretation to be interpreted in terms of the patient’s unconscious

  Rorschach inkblot test - projective test example

Neo-Freudians:
  Alfred Adler
  Individual Psychology - Adler’s name for his theory (based, somewhat on Freud’s)

    Striving for superiority - driving force behind personality development; a drive for perfection; feelings of inferiority are healthy for achievement.

    Inferiority Complex - unhealthy; a person is stuck in their feelings of inadequacy, inferiority and can not move on

    aggression drive

  Birth Order (oldest, middle, youngest)

Carl Jung
  ego - conscious perceptions of self, the “self concept”

  personal unconscious - like Freud’s
collective unconscious - common reservoir of images derived from our species universal experiences

archetypes:
shadow- dark, unacceptable, selfish side of personality (seed of creativity), id like persona - the side we show people, the socially acceptable side; essentially a “mask” and superego like anima, animus, hero, magician

Describe three criticisms of Freud’s theories.
too sexually focused (did not believe children had that many sexual impulses)
too oriented on early development (Jung believed in development throughout life)
too male oriented

Describe one way that Freud’s legacy lives on in popular culture.

The Humanistic Perspective
Abraham Maslow:
Hierarchy of needs

Self-actualization:

Carl Rogers:
genuineness, acceptance, and empathy
-the needs of people to grow to their fullest potential
- real, authentic people
- no judgement, accepting of who they are
- putting yourself in someone’s shoes
unconditional positive regard
  - unconditional love, in spite of actions; necessary for healthy, positive self concept

self-concept
  - all the thoughts and feelings associated with the question “who am I?” (conscious, as we are clearly aware of these thoughts and feelings)

ideal self vs actual self
  - actual self is who we actually are in reality
  - ideal self is how one sees themselves, based on how one is treated

  a healthy personality, in Rogers’ theory, is to have congruence; no gap betwixt ideal self and actual self

What fields have humanists influenced?

The Trait Perspective: Allport, Eysencks
personality traits

How are people like apples according to David Myers?

factor analysis

unstable/stable

introverted/extraverted
personality inventories (MMPI)

empirically derived

The Big Five

Evaluating the trait perspective:
  Person-Situation controversy
The Social-Cognitive Perspective
Albert Bandura’s reciprocal determinism
- cycle how personality and environment interact

Name three ways in which environment and individuals interact
- personal, cognitive factors - how we interpret
- behavior - how we act
- situation - how the environment responds

Locus of control: internal vs. external
internal - they are responsible for their own fate, they assume control (healthier)
external - believe that external factors (luck, fate) determine what happens

Learned Helplessness
-extreme locus of external control, and extremely unhealthy belief they are helpless and external forces control the outcome

Optimism
-expecting positive outcomes, seeing good in all situations
attributional style
-how you “explain” things (external locus, thus external attributional style)

How do social-cognitive researchers assess behavior and beliefs?

Describe one strength and one weakness of the social-cognitive perspective.
- uses research on learning and cognition, by building on psych research
- however, focuses on situations and overlooks personality traits

behavioral confirmation
- social expectations causing people to act in certain ways which confirm the expectations
Group projects are due **Friday Oct 16th**. This is a group effort worth one test grade. Over the weekend you should research your assigned task, most definitions can be found in the text. Questions 3 and 5 should have at least 2 people to cover, and everyone should be thinking about examples from the movie. The terms you need to define and apply are in your study guide. Next week, you will have two class days to pull together and fine tune your project. This is an opportunity to think creatively and analytically.

Characters:
Gilbert Grape
Arnie
Amy (oldest sister)
Ellen (15 year old sister)
Mama
Becky
Becky’s grandmother
Mrs. Betty Carver