



PSYCH Personality Worksheet and Study Guide

DIRECTIONS: Use your textbook, class discussion, and any other available resource(s) to complete the following questions.

1. Define **Personality**.
2. How do Personality **Traits** and Personality **States** differ?
3. What are the main ideas of the **Psychodynamic Theory** on personality and who developed them?
4. List and briefly describe Freud's **Three Levels of Consciousness**.
5. Briefly describe the **ID, EGO, and SUPEREGO**.

ID	EGO	SUPEREGO

6. What happens when the Id's desires and Superego's rules cannot be satisfied?
7. What is a Defense Mechanism?
8. In what ways to Freud believe you could explore the unconscious?

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9. What are the main ideas of the **Social Cognitive Theory** on personality?

10. What are the main ideas of the **Humanistic Theories** on personality?

11. What are the main ideas of the **Trait Theories** on personality?

12. Briefly describe the **Big Five Personality Theory**?

13. What is the point of **Personality Tests**?

14. The MMPI and Myers Briggs Test are both **PROJECTIVE** Personality tests. Briefly describe the **MMPI** and **Myers Briggs Test**.

MMPI	MYERS BRIGGS TEST

15. The Rorschach Inkblot Test and TAT are both **OBJECTIVE** Personality tests. Briefly describe the **Rorschach Inkblot** and **TAT** Test.

RORSCHACH	TAT

16. How are **Objective** and **Projective Tests** different?