

personare (latin) to speak through (masks ancient actors v.s.)

**Graphic Organizer Activity**

**14**

**Theories of Personality**

**Directions:** Psychologists have developed five major theories of personality. Complete the graphic organizer by listing the five major theories in the boxes to the left. Then list in the center boxes the names of the psychologists who helped to develop the theories. Finally, list the key concepts of each theory in the boxes to the right.

Personality Theories	Psychologists Associated with Theory	Key Concepts of Theories
Psychoanalytic 14.2	Freud Jung Adler	unconscious id, ego, superego. defense mechanisms archetypes, collective unconscious inferiority complex childhood influences * see VARK-1ba
Behaviorist 14.3	Skinner	rewards and punishments shape our thinking contingency of reinforcement
Social Learning 14.3	Bandura	interaction of cognitive + personal factors, behavior + environment (reciprocal determinism) observational learning self-efficacy
Humanistic Cognitive 14.4	Maslow Rogers Kelly	self-actualization conditions of worth positive regard personal construct, schema personal growth person vs. self-fully functioning
Trait 14.5	Allport Cattell Eysenck Robust S	cardinal, central, secondary 16 source traits, factor analysis, surface traits stability? E vs I, psychotic? E, agreeable, conscientious, open to experience, emotional, stability

Personality = consistent, enduring + unique characteristics  
 Traits = behaviors that characterize individuals