

Humanistic and Cognitive Theories

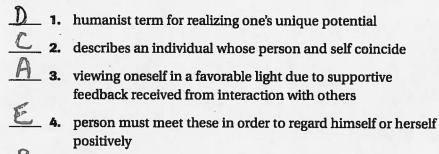
Date



Matching

Match each item in Column A with the items in Column B. Write the correct letters in the blanks. (10 points each)

Column A



5. experience or image of oneself, developed through interaction with others

Column B

Class

- A. positive regard
- B. self
- **C.** fully functioning
- D. self-actualization
- E. conditions of worth

Multiple Choice

Choose the item that best completes each statement or answers each question. Write the letter of that item in the blank to the left of the sentence. (10 points each)

- 6. Because they are secure in themselves, self-actualized individuals are more
 - A. self-centered than problem-centered.
- **C.** self-centered than others.
- **B.** problem-centered than self-centered. **D.** problem-centered than others.
- 7. Children whose parents ______ will gradually come to value themselves for what they are.
 - A. are self-actualizedB. exhibit self-centeredness
- **C.** show unconditional positive regard
 - **D.** are emotionally stable
- 8. Abraham Maslow's theories of self-actualization have been criticized for being
 - A. too subjective. C. too objective.
 - **B.** too spontaneous. **D.** too vague.
- **9.** The school of psychology that emphasizes personal growth and the achievement of maximum potential is
 - A. psychoanalytic theory.
 - **B.** humanistic psychology.

- **C.** behaviorism.
- **D.** cognitive theory.
- **10.** Which of the following describes the views of Abraham Maslow and Carl Rogers?
 - A. disgust with human natureB. rationalizing human nature
- C. optimism about human natureD. pessimism about human nature
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