

Section
Quiz

14-4

Humanistic and Cognitive Theories

SCORE

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

- D 1. humanist term for realizing one's unique potential
- C 2. describes an individual whose person and self coincide
- A 3. viewing oneself in a favorable light due to supportive feedback received from interaction with others
- E 4. person must meet these in order to regard himself or herself positively
- B 5. experience or image of oneself, developed through interaction with others

Column B

- 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)

- B 6. Because they are secure in themselves, self-actualized individuals are more
 - A. self-centered than problem-centered.
 - B. problem-centered than self-centered.
 - C. self-centered than others.
 - D. problem-centered than others.
- C 7. Children whose parents _____ will gradually come to value themselves for what they are.
 - A. are self-actualized
 - B. exhibit self-centeredness
 - C. show unconditional positive regard
 - D. are emotionally stable
- A 8. Abraham Maslow's theories of self-actualization have been criticized for being
 - A. too subjective.
 - B. too spontaneous.
 - C. too objective.
 - D. too vague.
- B 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.
- C 10. Which of the following describes the views of Abraham Maslow and Carl Rogers?
 - A. disgust with human nature
 - B. rationalizing human nature
 - C. optimism about human nature
 - D. pessimism about human nature