

# Humanistic and Cognitive Theories

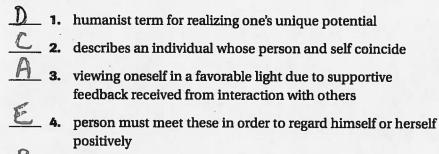
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### Matching

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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