

<b>E- Notebook Assignment</b>		<b>Prompt Points</b>	<b>Your points</b>
<b>Turn in all work in 1 running document in this order to my email by</b>			
Assignment 1	Annenberg Video "Self" video #15	5	
Prompt 1	Notes 9 pts + Summary 1 pts	10	
Reading 2	Barron's reading Cornell Notes p 180-191	5	
Prompt 2	Notes 9 pts + Summary 1 pts	10	
Assignment 2	40 studies #27 about Type A and Type B "Racing against your"	10	
Reading 2	Barron's reading Cornell Notes p 191-193	5	
Assignment 3	Defense mechanisms and graded with explained fixes	10	
Assignment 4	Crash course 21	10	
Assignment 5	40 studies #25 about Locus of control	10	
Prompt 3	Notes 9 pts + Summary 1 pts	10	
Reading 3	Barron's reading Cornell Notes p 194-198	5	
Assignment 6	Big 5 Survey w/ sentence summary & applied to you	5	
Assignment 7	Crash course 22	5	
Assignment 8	16 personalities a small similar Meyer's Briggs	10	
Assignment 9	Hairstyles review related to personality theories	10	
Assignment 10	Practice test from Huffman	10	
Assignment 11	FRQ (define & APPLICATION!) Rate where you are w/ rubric	10	
<b>Total</b>		<b>140</b>	

Be sure to down load the template and save your work as you go. Send the entire document when completed to me on ?????????? by 2:30 pm in a Google Document with your period listed.

Anything I need to know?

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Annenberg Video #15

The Self

<https://www.learner.org/series/discovering-psychology/>

- 1) \_\_\_\_\_ is an individual's consciousness of his or her own identity.
  
- 2) In 1890, William James pioneered the scientific study of the self. He postulated three types of self:
  - a. \_\_\_\_\_ - awareness of the physical world, body, and people and things around us
  - b. \_\_\_\_\_ - what makes us thinkers; our inner witness to events
  - c. \_\_\_\_\_ - images of us in the minds of others
  
- 3) Identify the three parts of the mind according to Freud:
  1. \_\_\_\_\_ = the primitive, unconscious, instinctual part of the personality where drives and passions originate
  2. \_\_\_\_\_ = \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  3. \_\_\_\_\_ = \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- 4) Carl Rogers developed an \_\_\_\_\_ vision of psychological growth and health and saw the self in a more significant way.
  
- 5) How does the "self" control behavior?
  
- 6) What do we use to organize ideas about our self? List 2 of these:

- 7) Albert Bandura devised a theory of *self-efficacy*. What is this? How do those high in self-efficacy differ from those who are low?
  
- 8) How do we/can we influence one another's social status in different situations?
  
- 9) Why might depressed people be perceived by others as being inadequate?
  
- 10) Can you be a "self" by yourself? Why/why not?
  
- 11) What problems of the self come from prejudice?
  
- 12) What impact does competition have on creativity?



Questions:

Notes:

Summary:



The title's topic \_\_\_\_\_ Reading # \_\_\_\_\_

Unit #/topic it supports or fits \_\_\_\_\_ (example, "Personality, Disorders")

Name(s) of theorists include 1<sup>st</sup> two names if multiple \_\_\_\_\_

**Circle** the Type of research: **Case study**= one group or individual who are studied in depth, **Longitudinal study**= retesting the same people over a long period of time, **Naturalistic**= observing in a natural situation, **Survey**= questioning a representative sample of population to reveal their attitudes and behaviors, **Experimental**= determine relationship between 2 variables "This causes that"; It has a control group, **correlation coefficient**= statistical conclusions infer a relationship

"With the grain" What are the important points in support of the study's findings?

Overall finding or main point "with the grain" & in support of the study:

Critique = "against the grain". Point out the faults with the methods of study or its weaknesses or bias:

What did YOU learn overall regarding this study and its application to people?





Questions:

Notes:

Summary:

Cornell Notes <b>AP</b> <b>Psychology</b>	<b>Topic/Objective:</b> Reading 2 Personality	<b>Name:</b>
	<i>Add notes Craven did not make you write from</i>	<b>Author title &amp; pg#'s</b> 191-193
	<i>the lecture or refined notes with additional info.</i>	<b>Date:</b>

**Essential Question:** Or "what is important about (unit name)"

*“What is personality?”*

Questions:	Notes:
What is the ego’s job? 191	
How are defense mechanisms used?	
What are the criticisms? 193	
What psychodynamic theories?	
193	

**Summary:**

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# Defense Mechanism Assignment #3

Directions: 1. Read each scenario below and correctly identify the defense mechanism being exhibited. 2. Go to end of template and grade and explain your corrections to show your understanding!

- Displacement
- Regression
- Reaction Formation
- Projection
- Rationalization
- Denial
- Sublimation
- Repression

1. **(MUST HAVE SOME CORRECTIONS FOR CREDIT)** Elizabeth was sexually abused by her uncle when she was three. Now, twenty years later, when Elizabeth is asked if she was abused, she answers "no", and believes her answer to be truthful.  
\_\_\_\_\_
  
2. Zach constantly feels aggressive throughout the day and struggles to keep his emotions in check. His dad suggests he joins the football team so he can tackle other players.  
\_\_\_\_\_
  
3. Halie asks Cayce for help moving into her new apartment. When Cayce refuses, Halie starts stomping her foot and screaming like a small child.  
\_\_\_\_\_
  
4. Robert has a rough day at school where he's reprimanded by his teacher for not having his homework done. When he goes home, he walks past his brother's room and yells, "turn down your stupid, annoying music!"  
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5. Whenever Chloe receives a "B" on an exam, she goes to Gold's Gym and runs on the treadmill for an hour to work off her anger.  
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6. Natasha listens to favorite childhood Disney album when her boyfriend doesn't respond to her text messages.  
\_\_\_\_\_
  
7. Martha and her friend, Diego, solve a math problem together. When she realizes their solution is wrong, Martha accuses him of coming up with the incorrect answer.  
\_\_\_\_\_

8. Even though Frances saw her husband William die from his heart attack years ago, she continues setting a place for him at the table during dinner each night.
- 
9. Tina falls down a well and loses her leg. Whenever Tina and her friends walk past the well, they often joke about what happened to her. Tina is confused because she has no memory of the accident.
- 
10. Oliver moves into a new house and starts hearing scary ghost noises at night. To help him sleep, he installs a night light in his room and digs out his childhood stuffed animal to cuddle.
- 
11. Aleva makes a lifestyle change by improving her diet and exercising more. One night she decides to cheat by eating a brownie and thinks, "I'll work it off tomorrow at the gym."
- 
12. Andre is gay but has not revealed this due to his belief that his family and friends would not accept his sexual orientation. Andre often accuses others of being gay as a way to insult them.
- 
13. While serving in Afghanistan, Raúl was ordered by his commanding officer to set torch to a small, remote village. Years later after he has retired, Raúl has no memory of this event.
- 
14. Stella has a huge psychology test tomorrow, but she decides to spend her night watching Teen Mom. She thinks to herself, "more studying isn't going to help me at this point anyway."
- 
15. Daryl is a hopeless romantic and often fantasizes about meeting the perfect girl. Anytime a relationship ends, he finds it helpful to write his feelings down in his diary.
- 
16. Ariel has an extremely strong sex drive and thinks about it all the time. She often calls other provocatively-dressed girls "hussies" or "skanks".
-

17. Everywhere he goes, John tells everyone his life motto is "hustle, loyalty, respect". In reality, though, he is lazy, often betrays his friends, and treats other rudely.
- 
18. Because Reese's uncle snorted cocaine constantly and never had any health problems, she feels confident that trying the drug for the first time at a party won't be dangerous for her.
- 
19. Sometimes when Tyree strikes out in his baseball game, he will smash the bat over his knee in frustration.
- 
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- 
21. Aiden often is bullied at school. His method of coping is to divert all his energy into practicing the French horn.
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22. Ashley graduates from college but becomes anxiety-ridden at the thought of embracing adulthood. She decides to move back in with her parents and even stays in the same room she lived in as a child.
- 
23. Sheldon is often beaten by his wife. Even though evidence is apparent on his body, he says she is not abusive.
- 
24. Jennifer is worried about her boyfriend Tim's drinking. He says he only does it to be sociable.
- 
25. Sid has three teenagers (two boys & 1 girl) in reality he does not like his daughter, but he is constantly saying to her she is his favorite little princess and buys her tons of gifts to show his love for her.
-

**Assignment #4**

- 1. Explain how Rorschach's test believed to work.**
  
- 2. (We will cover Freud's psychosexual stages in Developmental so just listen through things like penis envy etc.) What did Karen Horney believe?**
  
- 3. What is the collective unconscious?**
  
- 4. How was Alfred Adler different than Freud?**
  
- 5. How was Freud and neo-psychoanalytical theories similar?**
  
- 6. Explain Humanistic theory?**
  
- 7. What did Rogers believe?**

**40 studies Analysis/Critique form**

Name \_\_\_\_\_ **Assig. #5**

The title's topic \_\_\_\_\_ Reading # 25

Unit #/topic it supports or fits \_\_\_\_\_ (example, "Personality, Disorders")

Name(s) of theorists include 1<sup>st</sup> two names if multiple \_\_\_\_\_

**Circle** the Type of research: **Case study**= one group or individual who are studied in depth, **Longitudinal study**= retesting the same people over a long period of time, **Naturalistic**= observing in an natural situation, **Survey**= questioning a representative sample of population to reveal their attitudes and behaviors, **Experimental**= determine relationship between 2 variables "This causes that"; It has a control group, **correlation coefficient**= statistical conclusions infer a relationship

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What did YOU learn overall regarding this study and its application to people?

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**Essential Question:** Or what is important about (unit name)

*"What is personality?"*

<b>Questions:</b>	<b>Notes:</b>











Assignment #6 No right or wrong, just be honest rating yourself. Then total each sub category and divide by 4 to see how you rate on the "OCEAN" traits. At the bottom write a summary or

urvey  
Costa (1987)

Rate yourself on the following dimensions by circling the appropriate number on the five-point scale.

1. Down to Earth	1	2	3	4	5	Imaginative
2. Lazy	1	2	3	4	5	Hard Working
3. Secure	1	2	3	4	5	Insecure
4. Reserved	1	2	3	4	5	Affectionate
5. Callous	1	2	3	4	5	Sympathetic
6. Comfortable	1	2	3	4	5	Self-conscious
7. Uncooperative	1	2	3	4	5	Helpful
8. Narrow Interests	1	2	3	4	5	Broad Interests
9. Quiet	1	2	3	4	5	Talkative
10. Negligent	1	2	3	4	5	Conscientious
11. Calm	1	2	3	4	5	Worrying
12. Aloof	1	2	3	4	5	Friendly
13. Conventional	1	2	3	4	5	Original
14. Aimless	1	2	3	4	5	Ambitious
15. Vengeful	1	2	3	4	5	Forgiving
16. Even-tempered	1	2	3	4	5	Temperamental
17. Retiring	1	2	3	4	5	Sociable
18. Quitting	1	2	3	4	5	Persevering
19. Undventurous	1	2	3	4	5	Daring
20. Irritable	1	2	3	4	5	Good-natured

Total your scores for each of the Big Five dimensions and divide each by 4. Then on the back write 3 to 4 sentences discussing these implications. Knowing this, what will come easy in society or what situations will you have to work harder in?

	Self-Rating	
Openness to experience: 1, 8, 13, 19	_____	_____
Conscientiousness: 2, 10, 14, 18	_____	_____
Extraversion: 4, 9, 12, 17	_____	_____
Agreeableness: 5, 7, 15, 20	_____	_____
Neuroticism: 3, 6, 11, 16	_____	_____

**Write here. Analyze yourself regarding the big 5 above**

Crash course episode 22 Measuring Personality <https://www.youtube.com/watch?v=sUrV6oZ3zsk>

Assig. 7

1. What does trait theory look at?
2. What is Allport's definition of personality?
3. "OCEAN & CANOE" are mnemonic devices for remembering what?
4. Pick one of these big 5 traits and explain how it matches you.
5. What is the Social Cognitive Theory?
6. Explain reciprocal determinism?
7. What is the difference between internal and external locus of control?
8. Describe how the TAT test works, and what personality theory it supports.
9. Myer's Briggs fit under what type of personality theory.
10. What is the most widely used test?
11. How does Humanistic theory measure?

**Assignment #8** The aim of Isabel **Briggs Myers**, and her mother, Katharine Briggs, was to make the insights of type theory accessible to individuals so they can benefit from knowing their own learning preference, motivations, relationship perspective and work place preferences. (this is NOT the REAL Myers Briggs test)

- They hope you identification of basic preferences of each of the four dichotomies specified or implicit in Jung's theory.
- Favorite world: Do you prefer to focus on the outer world or on your own inner world? This is called [Extraversion \(E\)](#) or [Introversion \(I\)](#).
- Information: Do you prefer to focus on the basic information you take in or do you prefer to interpret and add meaning? This is called [Sensing \(S\)](#) or [Intuition \(N\)](#).
- When making decisions, do you prefer to first look at logic and consistency or first look at the people and special circumstances? This is called [Thinking \(T\)](#) or [Feeling \(F\)](#).

<b>Go to <a href="https://www.16personalities.com/free-personality-test">https://www.16personalities.com/free-personality-test</a></b> & take the survey
What is your personality type? _____ What is your 4 or 4+ letter combination ____ _ Write you % of individual traits
What is your Role _____ Strategy _____ Start your reading and record 5 main points per section
Results (5 main points)
Strengths & Weakness
Romantic
Friendship

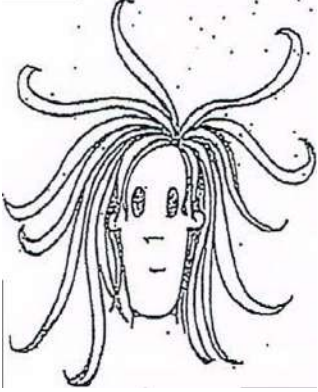
Parenthood
Career Path
Workplace habits
Conclusion

Explain how having a spouse EXACTLY like you (same Meyers Briggs personality inventory results) would be **good and bad**.

**Assignment #9** Two things. 1<sup>st</sup> Match the theory description to the theory. 2<sup>nd</sup> Look at the 5 haircuts and determine which personality perspective best matches it label and explain why in the space to the right of each picture. You get points for a logic explanation describing why it fits that hairstyle not just picking the right hairstyle. Have fun with this but do not stress or spend much time on it. Only a good review and application. After you completed part 1 check the answers near the end of this entire document.

- A) scientific study of mental processes such as "attention, language use, memory, perception, problem solving, creativity, and thinking" Challenge irrational thoughts to change behavior
- B) Uses unconditional acceptance to allow individuals to reach their unique potential
- C) We are a product of rewards & punishments. Study the actions of people not internal thought
- D) We function because of how our brain is working & fix with neural chemical balances
- E) Attributes our complex behavior to multiple causes and combines many approaches
- F) Past family traits enhanced your ancestor's survival but these traits maybe outdated in today's world.
- G) Most of your personality is based on unconscious repressed conflicts
- H) You do not act in Isolation, but are influenced by the complex group of people & culture

Biologic     Behavioral     Cognitive     Humanistic     Freudian or  
 psychodynamic     Social     Evolutionary     Biopsychosocial

	Long Wave Curl Hair _____ Theory, why...
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Punk Rock Hair \_\_\_\_\_ theory, why....



Layer Hair \_\_\_\_\_ theory, why...



Kinky Hair \_\_\_\_\_ theory, why...



Crew cut Hair \_\_\_\_\_ theory, why...

**Assignment #10 Huffman Practice test.** This is an easy review test but not similar to AP test questions. It is just pointing out the basics. You will get full points by... Go to this unit's (Unit 1 resources) resource page and find the Huffman practice test (PDF). Write your answers on this page below. Then grade it and include any page numbers of the questions you got wrong or at least the 5 hardest ones that you may have guessed on. Then go back to the resources page and look at the Huffman reading and correct page. Read and find the answer in context and then correct or clarify your answer. Then you will get full credit. You must have at least 5 questions amended or strengthened to get any points!

Matching

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

Multiple choice

Page found in Huffman

Correction or clarification

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 13. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 20. \_\_\_\_\_

**Assig. 11 FRQ Prep...** These are mini FRQ's and only for this unit. On the real AP test you would have 50 min. to do two of these and each would have around 9 to 11 vocabulary words. We will start out much more simply. I and the College Board presenters recommend defining the term (which will help the grader know if you ARE on the right track) and then APPLY the term to the in context to the scenario. \*I suggest you go to my Canvas Unit 1 "Video Resources" and watch the 1<sup>st</sup> few minutes of the Intro, to Psych. To see how they use SODAS to write FRQ's. These are from the Meyer's book but if you have read and studied with fidelity you should be able to handle this. Look over all of these and ask yourself could you handle all or most of these? Look at number one and think to yourself how you would right it up. You are expected (College Board in this course) to write in full sentences and preferably in paragraphs. You do not HAVE to write a topic sentence but it is a good habit. They overlook misspelling as well. On the next page I have a sample of how it should look. It is okay to underline the key words so the grader CAN'T miss it and then lower your score.

After you feel comfortable, get ready to (with fidelity = no cheating) attempt one. Get a coin and flip it. If it is heads write an FRQ on number 2. If it tails write an FRQ on number 3. Make sure you only allow yourself 20 min. Then grade yourself with a rubric and put the score on yourself grade for assig. 11 on the 1<sup>st</sup> page of this entire document We are learning here. Don't stress.

FRQ pp. 605 Meyer's Unit 1

**1. One important difference** between psychological perspectives on personality involves how each perspective tries to measure personality. Briefly explain how each of the following perspectives views personality measurement, using appropriate psychological terminology. (Answers given in book)(4pts)

\*Psychodynamic perspective    \*Humanistic perspective    \*Trait theorists

**2. Alejandro has joined** an online dating service in an attempt to meet some new people. He met a girl named Sakura through the website and agreed to go out on a date with her because they have many things in common. (Explain how the following concepts could relate to Alejandro and Sakura's date:

\*Self-concept    \*Self-efficacy    \*Extraversion/introversion    \*Spotlight effect    (4pts)

**3. Maylin has a negative attitude** and is disrespectful to her peers. She is unhappy at work and has not been performing at her job as well as in the past. Unfortunately, Maylin blames her co-workers for mistakes that have been made and feels as if the world is against her. (5 pts)

A. Explain how each of the following psychological concepts might explain Maylin's negative or unpleasant behavior:    \* Self-serving bias    \*Displacement

B. Explain how each of the following psychological concepts might help Maylin become more positive in her daily life. \*Self-actualization \*Sublimation \*Unconditional positive regard

Sample 1 FRQ

Psychologists struggle on agreeing about what makes up a person's personality or how it develops; also there is disagreement on how personality is measured. (Topic sentence nice but gives no extra points)

**The psychodynamic perspective views the goal of personality measurement as revealing the unconscious conflicts and impulses that drive and create our personality. Projective tests such as the TAT or Rorschach test are used to allow individuals to “project” their unconscious desires and impulses on to the test so that they are revealed to the therapist and client.**

**The Humanistic theorists are skeptical about attempts to measure personality so they do not use a standard test. They view personality tests and other attempts at measuring and quantifying personality as potentially depersonalizing, reducing the complexity of a person to one of a few generalized categories.**

**Trait theorists are interested in knowing where a person fits on each of the Big Five personality factors such as Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Trait theorists attempt to measure personality through objective personality inventories such as the MMPI and Meyer's Briggs test. The MMPI has shown to be very accurate but it necessitates the honesty of the test taker.**

Circle which one you did... #1 about Alejandro or #2 about Maylin Assignment #11

A large, empty rectangular box with a thin black border, occupying most of the page below the instruction. It is intended for the student to write their answer to the question.

**Defense mechanisms... Must have corrections for full credit... I have never had anyone ever get all correct without help**

## **Answer Key**

1. Elizabeth was sexually abused by her uncle when she was three. Now, twenty years later, when Elizabeth is asked if she was abused, she answers "no", and believes her answer to be truthful. **REPRESSION**
2. Zach constantly feels aggressive throughout the day and struggles to keep his emotions in check. His dad suggests he joins the football team so he can tackle other players. **SUBLIMATION**
3. Halie asks Cayce for help moving into her new apartment. When Cayce refuses, Halie starts stomping her foot and screaming like a small child. **REGRESSION**
4. Robert has a rough day at school where he's reprimanded by his teacher for not having his homework done. When he goes home, he walks past his brother's room and yells, "turn down your stupid, annoying music!" **DISPLACEMENT**
5. Whenever Chloe receives a "B" on an exam, she goes to Gold's Gym and runs on the treadmill for an hour to work off her anger. **SUBLIMATION**
6. Natasha listens to favorite childhood Disney album when her boyfriend doesn't respond to her text messages. **REGRESSION**
7. Martha and her friend, Diego, solve a math problem together. When she realizes their solution is wrong, Martha accuses him of coming up with the incorrect answer. **PROJECTION**
8. Even though Frances saw her husband William die from his heart attack years ago, she continues setting a place for him at the table during dinner each night. **DENIAL**
9. Tina falls down a well and loses her leg. Whenever Tina and her friends walk past the well, they often joke about what happened to her. Tina is confused because she has no memory of the accident. **REPRESSION**
10. Oliver moves into a new house and starts hearing scary ghost noises at night. To help him sleep, he installs a night light in his room and digs out his childhood stuffed animal to cuddle. **REGRESSION**
11. Aleva makes a lifestyle change by improving her diet and exercising more. One night she decides to cheat by eating a brownie and thinks, "I'll work it off tomorrow at the gym." **RATIONALIZATION**

12. Andre is gay but has not revealed this due to his belief that his family and friends would not accept his sexual orientation. Andre often accuses others of being gay as a way to insult them. **PROJECTION**
13. While serving in Afghanistan, Raúl was ordered by his commanding officer to set torch to a small, remote village. Years later after he has retired, Raúl has no memory of this event. **REPRESSION**
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15. Daryl is a hopeless romantic and often fantasizes about meeting the perfect girl. Anytime a relationship ends, he finds it helpful to write his feelings down in his diary. **SUBLIMATION**
16. Ariel has an extremely strong sex drive and thinks about it all the time. She often calls other provocatively-dressed girls "hussies" or "skanks". **PROJECTION**
17. Wherever he goes, John tells everyone his life motto is "hustle, loyalty, respect". In reality, though, he is lazy, often betrays his friends, and treats other rudely. **REACTION FORMATION**
18. Because Reese's uncle snorted cocaine constantly and never had any health problems, she feels confident that trying the drug for the first time at a party won't be dangerous for her. **RATIONALIZATION**
19. Sometimes when Tyree strikes out in his baseball game, he will smash the bat over his knee in frustration. **Regression or DISPLACEMENT**
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21. Aiden often is bullied at school. His method of coping is to divert all his energy into practicing the French horn. **SUBLIMATION**
22. Ashley graduates from college but becomes anxiety-ridden at the thought of embracing adulthood. She decides to move back in with her parents and even stays in the same room she lived in as a child.  
**REGRESSION**
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25. Sid has three teenagers (two boys & 1 girl) in reality he does not like his daughter, but he is constantly saying to her she is his favorite little princess and buys her tons of gifts to show his love for her.  
**Reaction Formation**

## 5 Hairstyles

\_D\_ Biologic

\_C\_ Behavioral

\_A\_ Cognitive

\_B\_ Humanistic

\_G\_ Freud or psychodynamic

\_H\_ Sociocultural

\_F\_ Evolutionary

\_E\_ Biopsychosocial

I will spot check and grade your picture

### FRQ answers #2

**Alejandro's date with Sakura may go well or poorly based on concepts each hold of themselves or traits they have within their personality. (1pt) Self-concept is our thoughts and feelings about who we are. If Alejandro and Skura each have a positive self-concept, then they will view the world, & potentially their date, in a positive manner. This might cause them to overlook their own minor flaws because of the confidence they have in themselves.**

**(1pt) Self-efficacy is our sense of competence and effectiveness. If Alejandro and Sakura approach the date with the expectation that each of them has the ability to make the date go well, then it is more likely that this will happen.**



**(1 pt) An introvert is an enduring temperament in which a person is reserved and tends to withdraw from social engagements. They tend to get their energy from alone time. If either Alejandro or Sakura is introverted, then he or she may be more reserved and not as sociable on the date. One of them may want to end the date early because he or she is worn out by the social activity, making the other person upset. They tend to get their energy from alone time. (NOTE: if extroverted opposite statement receives full credit)**

**(1pt) The spotlight effect occurs when we overestimate how much others notice things about us. If Alejandro or Sakura is self-conscious about something, such as a shirt stain, then he or she may think that the other is focused on that and not on what else happens on the date. This could cause each of them to not enjoy the date as much as possible because he or she is so concerned about what the other is thinking about the flaw, a flaw the other person probably does not even notice.**

**4pt = +10    3pt = +9    2pt = +8    +7 for good effort**

**(Outlines cannot be graded. Students must write in complete sentences and in paragraph form. If not -1)**

### FRQ #3 Answer

Maylin's negative work environment can be explained by concepts in psychology and by applying Humanistic, and psychoanalytic approaches she can improve her daily life.

**(1pt) Carl Roger's humanism believes people block their own progress because of having too much pride. Self serving bias causes us to perceive ourselves too favorably blocking our ability to grow. Maylin views herself favorably and does not identify the flaws that she may be accountable for because of her-self serving bias and that angers her coworkers.**

**(1pt) She may be using displacement (according to Freudian theory) directing her aggression or unhappiness on less threatening people. Maylin is taking her anger out on her co-workers because of displacement. She is disrespectful toward them, instead of toward the person she may truly be angry with, such as her boss**

**(1pt) According to Carl Rogers, unconditional positive regard is an attitude of total acceptance toward others. Maylin could start to accept her co-workers for their**

flaws and mistakes. This attitude might help her become more positive and more pleasant toward other her personal life.

(1pt) Sublimation is a defense mechanism by which people re-channel their unacceptable impulses into socially approved activities. Maylin could sublimate her unpleasant or negative feelings and so something positive, such as to go running, or start gardening. These new activities might help her become more positive in her life.

(1pt) According to Abraham Maslow, self actualization means reaching one's highest potential. Maylin could aspire to reach self-actualization, focusing on being the best person she can be. This may help her become more positive in her life.

5pts = +10    4pts= +9    3pts= +8    +7 For good effort

No outlines +0 if not written in sentence form

