

New Bedford Public Schools
Division of Adult & Continuing Education

New Bedford High School Evening Extension

2019 – 2020 School Year
Trimester III

Learning Packet #3
for
Human Behavior

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Email Mr. Monty with questions/concerns regarding
this packet at the email address listed above.

Due date: **May 12, 2020**

Human Behavior: Learning Packet, 5/5/20 – 5/12/20

Personality Theories

Research and write, in your own words, explaining the following terms and personality theories.

- 1) How do psychologists define personality?
- 2) What are the four personality types identified by Hippocrates?
- 3) What are the five factors and their corresponding traits in the Five Factor model?
- 4) Explain the trait approach to personality.
- 5) Explain Sigmund Freud's psychoanalytical approach to personality. (id, ego, and super ego)
- 6) What is an inferiority complex as described by Alfred Adler?
- 7) What are defense mechanisms and how do people use them?
- 8) Describe the following defense mechanisms.
 - Repression, Rationalization, Regression, Projection.
- 9) Choose one defense mechanism and develop a scenario for how a person might use it.
- 10) Think about passwords you may have chosen for yourself. What do they say about your own personality?