

***AP Psychology – Learning Goals
Myers’ Psychology for AP: Unit X
Personality***

Explain how Freud’s treatment of psychological disorders led to his view of the unconscious mind.
Describe Freud’s view of personality, including his 3-part model of the psyche and the iceberg metaphor used to represent his ideas about the structure of the mind.
Identify Freud’s (5) psychosexual developmental stages, and associated features.
Describe Freud’s views on how people defend themselves against anxiety.
Discuss how contemporary psychologists view Freud’s psychoanalytic perspective.
Identify which of Freud’s ideas were accepted or rejected his followers (a.k.a. the Neo-Freudians or psychodynamic theorists).
Describe projective tests and how they are used, and discuss some criticisms of them.
Describe the modern view of the unconscious.
Describe how humanistic psychologists viewed personality, and explain their goal in studying personality.
Explain how humanistic psychologists assessed a person’s sense of self.
Describe how humanistic theories have influenced psychology, and discuss the criticisms they have faced.
Explain how psychologists use traits to describe personality.
Describe personality inventories , and discuss their strengths and weaknesses as trait-assessment tools.
Identify the traits that seem to provide the most useful information about personality variation.
Discuss whether research supports the consistency of personality traits over time and across situations.
Identify the psychologist who first proposed the social-cognitive perspective , and describe how social-cognitive theorists view personality development.
Describe how social-cognitive researchers explore behavior, and state the criticism they have faced.
Explain why psychology has generated so much research on the self, and discuss the importance of self-esteem and self-efficacy to psychology and to human well-being.
Discuss some evidence for self-serving bias , and contrast defensive and secure self-esteem .
Discuss how individualist and collectivist cultures influence people.

Key People (be able to describe their contributions in personality):

- Sigmund Freud
- Carl Jung
- Karen Horney
- Alfred Adler
- Abraham Maslow
- Carl Rogers
- Gordon Allport
- Hans & Sybil Eysenck
- Paul Costa & Robert McCrae
- Martin Seligman
- Albert Bandura
- Walter Mischel