

## Psych Exam 1 Study Guide- chapters 1-4, 6

### Chapter 1- Introduction to Personality Theory

- Personality vs persona
  - Personality- a pattern of relatively permanent traits and unique characteristics that give both consistency and individuality to a person's behavior.
  - Persona- Latin word for mask, personality stems from persona
- Theory, philosophy, speculation, hypotheses, and taxonomy
  - Theory- a set of related assumptions that allows scientists to use logical deductive reasoning to formulate testable hypotheses.
  - Philosophy- broader than theory, love of wisdom, used by scientists in search of knowledge
  - Speculation- forming a theory or belief without firm evidence
  - Hypothesis- educated guess test tested through the scientific method
  - Taxonomy- classification of things according to their natural relationships.
- Understand the importance of a theorist's life story and how they relate to their theory.
  - Freud, Adler, Jung, Homey
- Explain why we need more than one theory to explain personality
  - Different personal backgrounds.
    - Childhood experiences.
    - interpersonal relationships.
  - Different philosophical orientations.
  - Unique ways of looking at the world.
  - The data chosen to observe are different.
- six criteria are used to determine the usefulness of a scientific theory:
  - generating research- The useful theory should be logical and testable. It should be able to stimulate and guide further research. generate two different kinds of research: Descriptive research and Hypothesis testing.
  - Falsifiability- doesn't mean that theory should be disapproveable, but that it should be designed in a way so that it can be proved or disapproved at any time.
  - Organizing data- be able to organize data that are not incompatible with each other. A useful theory organizes data in some meaningful way.
  - Guides Action- ability to guide the practitioner over the rough courses of day-to-day problems.
  - Internal Consistency- Components are logically compatible. A good theory will use concepts and terms that have been clearly and operationally defined.
  - Parsimony- should be simple, clear, and straightforward. Theories should explain the facts with only a few core ideas.

# Psych Intro Text Study Guide

**Wolfgang Guggemos**



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