**Year 11 ATAR Psychology**

**Personality Project – VALIDATION**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Task:**

You will be provided with three (3) questions where you will be required to demonstrate your understanding of the personality theories studied throughout the unit. **You must answer two (2) questions**.

Please indicated by ticking the boxes below which questions you have attempted.

**Question 1**

**Question 2**

**Question 3**

Please record your response on the lined paper provided, clearly labelling which question you are addressing at the top of the page.

**You have 30 minutes to complete this task.**

**Question 1**

Kate is a 20-year-old woman. Her friends describe her as kind, caring, loyal and very generous. Kate’s hobbies are reading and watching movies. She would prefer to go out for dinner with her friends than to a big party. For as long as she can remember, Kate has wanted to be a psychologist and to help people with disabilities. Kate is studying psychology at university. She works very hard at her studies, attends all of her classes, and submits all of her assignments on time because she wants to make a good impression on her teachers and achieve high results. Kate has a part- time job as a sales assistant in a department store and does volunteer work to help families of children with autism. Kate has a very close, loving relationship with her parents and younger sisters. Kate lives at home with her family and is not expected to contribute money to the household expenses, but does so any way.

**Using your understanding of Trait theory to explain Kate’s personality and behaviour. In your response:**

* **describe/define Trait theory of personality and name the theorist associated with the theory you are discussing**
* **apply/relate the theory to Kate’s behaviour/ personality**
* **discuss two limitations of the theory**

(15 marks)

**Question 2**

Joe is a 27-year-old man who works as a successful lawyer for a prominent law firm. He comes from a wealthy family and has a close relationship with his parents. Joe can be described as career-focussed, responsible and kind. He shares an apartment with his girlfriend Cindy and they have a steady relationship. Joe is working on a big case in the hope that he will be promoted to a senior position within the company and to earn a pay rise so he can buy a ring and propose to Cindy. Recently, a new partner has joined the firm who is also competing for a senior position within the company. This has meant the Joe is working even longer hours than usual as he is worried that he may lose the position to this new colleague. He has continued to attend weekly dinners with his parents, who have commented on his recent weight gain, long work hours and the tension rising between himself and Cindy.

**Using your understanding of Humanistic theory to explain Joe’s personality and behaviour. In your response:**

* **describe/define Humanistic theory of personality and name the theorist associated with the theory you are discussing**
* **apply/relate the theory to Joe’s behaviour/ personality**
* **discuss two limitations of the theory**

(15 marks)

**Question 3**

Tom is a chef in a busy restaurant, he loves his work, enjoys sharing his cooking with others and seeing them appreciate his food. However, he is often late to his shift and turns up without his chef uniform and apron. His co-worker also notices that when Tom cooks he tends to leave behind a messy kitchen, leaving his pots and pans out everywhere, getting in the way of the rest of the kitchen. Tom’s co-worker tries to politely mention to Tom that it is expected that they clean as they go. Tom quickly feels anger rise, he snaps back and shouts “I hate working here anyway, let’s go outside and sort this!”. His co-worker calms him down and after a while he feels guilty for snapping and apologises. He then blames another co-worker for the mess by saying “It’s not me that causes all the mess it’s Dave, he never cleans up after himself. I’ll have a word with him.”

**Using your understanding of Psychodynamic theory to explain Joe’s personality and behaviour. In your response:**

* **describe/define Psychodynamic theory of personality and name the theorist associated with the theory you are discussing**
* **apply/relate the theory to Joe’s behaviour/ personality**
* **discuss two limitations of the theory**

(15 marks)

Marking Key

Question 1

**Using your understanding of Trait theory to explain Kate’s personality and behaviour. In your response:**

* **describe/define Trait theory of personality and name the theorist associated with the theory you are discussing - 6**
* **apply/relate the theory to Kate’s behaviour/ personality**
* **discuss two limitations of the theory**

(15 marks)

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| Descriptors | Marks |
| describe/define Trait theory of personality and name the theorist associated with the theory you are discussing  ***example***  Trait theory is a theory to help explain human personality and behaviour. Trait theorists such as Eysenck and Allport believed that our personality can be broken down into smaller units(1) that can predict our behaviour (1), these are called traits. Eysenck’s trait theory of personality proposed that personality is consistent over time (1), largely inherited from our genes(1) and all human personalities fall on a spectrum of 3 super trait continuums: extroversion – introversion, neuroticism to emotional stability and psychoticism – normality(1). Eysenck believed all personalities can be described in terms of the unique combination and levels of each of these traits (1). Not all trait theories agree on the number of underlying traits that we all share (1) | 5 in total |
| apply/relate the theory to Kate’s behaviour/ personality  1 mark for identifying a trait  1 mark for defining the trait  1 mark for applying the trait  ***At least 2 applications, example:***  Identifies: Conscientiousness (1),  Defines: conscientiousness is quality of wishing to do one's work or duty well and thoroughly(1).  Apply: This can be seen in the scenario where by Kate “works very hard at her studies, attends all of her classes, and submits all of her assignments” (1) | 6 |
| discuss two limitations of the theory  2 marks per limitation  ***Example***  Trait theories have been questioning by other perspectives for a number of reasons. One limitation of the theory is that it does not account for or explain how personality changes (1), the theory proposes that personality is fairly consistent across different situations and over time (1) | 4 |

Question 2

**Using your understanding of Humanistic theory to explain Joe’s personality and behaviour. In your response:**

* **describe/define Humanistic theory of personality and name the theorist associated with the theory you are discussing**
* **apply/relate the theory to Joe’s behaviour/ personality**
* **discuss two limitations of the theory**

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| Descriptors | Marks |
| describe/define Humanistic theory of personality and name the theorist associated  ***example***  Humanistic approach to personality was first proposed by Abraham Maslow(1). From this perspective there are universal needs that drive all human behaviour. These needs can be categorised into 5 levels from the more basic needs such as physiological needs, safety, love and belonging (1) to the more psychologically advanced needs such as the need for self-esteem and self-actualisation(1). Maslow proposed that all people are born inherently good, with the drive for self-improvement (1), proposing that individuals have a lot of free-will and choice is deciding who they become and how they shape their personality (1). Maslow and other humanistic psychologists rejected more scientific or objective views of personality, stating that people are unique and can only be understood in a holistic way (1) and not reduced down to a number. | 5 in total |
| apply/relate the theory to Kate’s behaviour/ personality  1 mark for identifying an aspect of the theory e.g a level on the hierarchy  1 mark for defining the concept  1 mark for applying to the scenario  ***At least 2 applications, example:***  Identifies: that Joe has met several needs inc. safety needs  Describes: All humans universally desire to feel safe, both with a roof over their head and with some means for providing for themselves  Applies: “works as a successful lawyer for a prominent law firm” | 6 |
| discuss two limitations of the theory  2 marks per limitation  ***Example***  The theory has come across criticism from other perspectives. One limitation being that it cannot be generalised cross-culturally, the hierarchy is bias towards an individualistic culture (1) other more collectivist cultures would not place self-actualisation and the self before the group, therefore love and belonging would be the highest need (1). | 4 |

**Using your understanding of Psychodynamic theory to explain Joe’s personality and behaviour. In your response:**

* **describe/define Psychodynamic theory of personality and name the theorist associated with the theory you are discussing**
* **apply/relate the theory to Joe’s behaviour/ personality**
* **discuss two limitations of the theory**

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| Descriptors | Marks |
| describe/define Pyschodynamic theory of personality and name the theorist associated  ***example***  The psychodynamic theory of personality first proposed by Sigmund Freud (1) theorises that personality is fixed from early childhood experiences and largely driven unconscious desires (1). From the psychodynamic perspective our personality is governed by three universal features of our minds; the Id our unconscious, primal instincts, the Superego that is our moral reasoning and our Ego which tries to balance the two opposing forces(1). Early childhood helps shape our personality as we develop through the psychosexual stages where our libidinal energy is focused on various erogenous zones (1), if our needs at these stages are not met or overindulged this can lead to lasting personality characteristics in adulthood.(1) | 5 in total |
| apply/relate the theory to Tom’s behaviour/ personality  1 mark for identifying an aspect of the theory e.g. defence mechanisms or anal expulsive personality or Id dominant personality  1 mark for defining the concept  1 mark for applying to the scenario  ***At least 2 applications, example:***  Identifies: Tom is using the defence mechanism projection  Describes: Defence mechanisms are where the ego is protecting itself from negative feelings such as anxiety or shame. Projection is where an individual places their emotions or behaviours on to someone else.  Applies: “then blames another co-worker for the mess by saying “It’s not me that causes all the mess it’s Dave, he never cleans up after himself. I’ll have a word with him.” | 6 |
| discuss two limitations of the theory  2 marks per limitation  ***Example***  There are only a few aspects of the theory that have lasted the test of time. One limitation of the study is how unscientific the theory is(1), the concepts such as the Id, Ego and Superego are not measurable or testable (1). | 4 |