

# AMELIA EARHART: DEAD OR ALIVE???

A YEAR IN  
REVIEW

# The Mindful Gazette

SPECIAL  
EDITION

# BREAKING NEWS

Hindenburg Disaster

May 6, 1937, tragedy struck the skies as the German airship LZ 129 Hindenburg met its fiery demise while attempting to dock at Naval Air Station Lakehurst in New Jersey, USA. In a catastrophic inferno witnessed by horrified onlookers, the Hindenburg disaster claimed 36 lives and brought an end to the era of commercial passenger airship travel.

EMBRACE SCIENCE

# INSIDE THE PSYCHE OF 1937

## ADVANCES IN PSYCHOLOGY AND THE WORLD



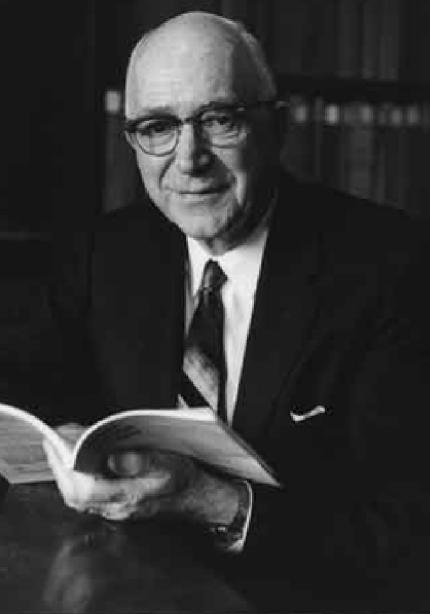
### PICASSO PAINTS THE GUERNICA!!!

Pablo Picasso's painting, "Guernica," created in response to the bombing of the Spanish town during the Spanish Civil War, is a powerful anti-war symbol, depicting the horrors and anguish of conflict through its striking imagery and symbolism. Its significance lies in its profound impact on art and its ability to evoke empathy and awareness about the devastating consequences of war.

"THE THEATER'S TOO DEEP FOR ME. I PREFER BICYCLING"

A quote from Lieutenant Maréchal in what critics are calling the movie of the year: *La Grande Illusion!* This cinematically beautiful film examines the complicated relationships between French soldiers from different social classes who are captured in a WWI German prison camp.

### THE PSYCHOLOGY OF OUR PERSONALITY



### HORNEY VS FREUD

This Year, Dr. Karen Horney released a book called *The Neurotic Personality of Our Time*. Her book is an important and influential addition to the world of psychology, as her concepts are challenging ideas from one of the most monumental figures in psychology... Sigmund Freud. Her book focused on explaining neurotic behavior and certain personality traits by looking at cultural and societal factors. While Freud leaned towards biological mechanisms to explain personality and its developments, Horney's work maintains a more holistic perspective. Horney approached her research through a combination of clinical observation, theoretical analysis, and empirical investigation. Drawing from her experience as a psychoanalyst, she conducted in-depth case studies of individuals presenting with various neurotic symptoms, and carefully analyzed their histories and behaviors. By exploring the impact of social dynamics, cultural norms, and interpersonal relationships in the development of neurotic behavior and personality traits, Horney is paving the way for a more nuanced understanding of human psychology. Her work highlighted the interconnectedness between individual experiences and broader social contexts. Considering the devastating events that occurred during this year, Horney's work surrounding the exploration of personality and how it could be influenced and shaped by external factors is very fitting. While her work focuses on personality, it also acknowledges the power of society, one's environment, and how these factors can influence people's personalities, decisions, and perspectives.



Psychological research has elevated this year with the recent publishing of Dr. Gordon Allport's book, *Personality: A Psychological Interpretation*. In this book, he begins by introducing the concept of functional autonomy. Functional autonomy is when a person's purposeful goal-oriented behaviours develop new motivational interests that emerge and become their own independent motivational factors. For example, while an individual is will make money so they can buy food, at some point they might also become motivated to simply make money. Dr. Allport's theory highlights how unique experiences and behaviours can alter an individual's motivation and personality. He further explored the connections between our behaviours, perceptions, life circumstances and how the interaction between all of them influences our personality.

Dr. Allport believed personality traits are consistent and enduring components of an individual. He asserts that while personality is determined at birth through biological processes, it can be considered shaped and influenced in different ways based on life experiences. In his book, Allport proposed a system to categorize all adult personality traits. In this system, traits are labeled as cardinal, central, and secondary. Cardinal traits develop in early adulthood and are the traits that characterize a person's life and how the world perceives them. For example, negative Nancy. Central traits are very influential but vary in degree from person to person such as, shyness and loyalty. The difference between a cardinal and central trait is that cardinal traits determine an individual's behaviour while central traits can only influence it. Secondary traits are specific to traits that occur only under specific external circumstances. For example, a confident individual experiencing fear as a result of nearly stepping on a snake. Dr. Allport is changing the way we think of personality traits and psychologists are eager to read what he publishes next.