

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

### Quiz: Psychological Perspective of the Self (15 Points)

**Instructions:** Answer the following questions based on your understanding of the psychological perspective of the self.

1. **(1 point)** What is the "I-self" according to William James?
  - A. The self as knower
  - B. The self as known
  - C. The social self
  - D. The material self
2. **(1 point)** Which of the following is NOT one of William James' sub-categories of the self?
  - A. Material self
  - B. Social self
  - C. Spiritual self
  - D. Rational self
3. **(1 point)** Carl Rogers' concept of self includes which three aspects?
  - A. Perceived Self, Real Self, Ideal Self
  - B. Material Self, Social Self, Spiritual Self
  - C. Conscious Self, Unconscious Self, Rational Self
  - D. Id, Ego, Superego
4. **(1 point)** According to Freud, which part of the mind follows the pleasure principle?
  - A. Id
  - B. Ego
  - C. Superego
  - D. Conscious
5. **(1 point)** What is the main principle that the Ego follows according to Freud?
  - A. Pleasure principle
  - B. Morality principle
  - C. Reality principle
  - D. Ethical principle
6. **(1 point)** Which of the following describes the "True Self"?
  - A. The self based on spontaneous authentic experience
  - B. The self as a defense facade
  - C. The self as perceived by others
  - D. The idealized version of oneself
7. **(1 point)** Kenneth Gergen's concept of multiple selves suggests that:
  - A. Having a single self-concept is healthy
  - B. It is unhealthy to have many masks
  - C. Flexible sense of self allows for multiple "selves"
  - D. The self should be static and unchanging
8. **(1 point)** What does Carl Rogers' Person-centered therapy emphasize?
  - A. Directive intervention
  - B. The potential for individuals to solve their own problems
  - C. The importance of unconscious thoughts

- D. The division of the mind into three parts
- 9. **(1 point)** Freud's concept of the unconscious mind includes:
  - A. Thoughts we are aware of
  - B. Thoughts we are not aware of
  - C. Rational thoughts
  - D. Ethical thoughts
- 10. **(1 point)** Which self is based on interactions with society and how others perceive us?
  - A. Material Self
  - B. Social Self
  - C. Spiritual Self
  - D. Ideal Self
- 11. **(1 point)** What is the main focus of the material self according to William James?
  - A. Immediate family and home
  - B. Interactions with society
  - C. Moral sensibility
  - D. Rational thoughts
- 12. **(1 point)** Which of the following best describes the "Fake Self"?
  - A. The self based on spontaneous authentic experience
  - B. A facade contradicting the original sense of self
  - C. The self as known
  - D. The self as knower
- 13. **(1 point)** According to Freud, which part of the mind is responsible for ethical imperatives?
  - A. Id
  - B. Ego
  - C. Superego
  - D. Conscious
- 14. **(1 point)** What does the Ideal Self represent in Carl Rogers' theory?
  - A. How others perceive us
  - B. How we see ourselves
  - C. How we would like to be
  - D. Our moral sensibility
- 15. **(1 point)** Which psychologist introduced the concepts of the "me-self" and the "I-self"?
  - A. Carl Rogers
  - B. Sigmund Freud
  - C. Kenneth Gergen
  - D. William James

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