Psychology of Human Relations – Chapter 2 Concept Notes Outline

1. How does your reading define personality and personality traits? Please provide some examples.

Personality is defined as a consistent tendency to behave in certain ways and how those behaviors can be distinctly identified when compared to people reacting to the same situation.

Personality traits are durable dispositions to behave in a particular way.

Examples of Pesonality include a consistent tendency to be cheerful, hopeful, or enthusiastic in a unique constellation of consistent traits, whereas a personality trait example would be an adjective such as honest or cheerful that describe a particular disposition.

1. What is the difference between introverted and extroverted personality types?

Introverts are inner-directed. They derive their energy from solitude. Extroverts are outer-directed and derive their energy from social situations

1. How can classical conditioning, operant conditioning, and observational learning shape our personality?

By providing external stimuli that condition, reinforce/punish, and model behaviors that can alter our current habitual behaviors

1. What is self-actualization, and how does it fit into Maslow’s theory of a hierarch of needs?

Extremely healthy personalities. It is at the apex of Maslow’s hierarchy of needs, only attainable when all of the lower needs have been met

1. Please discuss the Big Five personality traits.

These are 5 traits that exist in all humans, regardless of culture that may have arisen due to the adaptive success they provided. They are described as higher order traits and include; extraversion, neuroticism, openness to experience, agreeableness, conscientiousness.