

## What makes me, me

Write the sentence about yourself and then sign your name under the sentence.

Where does our identity come from?

Does our identity change or stay consistent?

Thoughtful Hardworking  
Genuine Tactful Sarcastic Trustworthy  
Nervous Optimistic Moody Warm  
Spoiled Pessimistic Caring  
Reserved Confident Curious Realistic  
Independent Outgoing Shy Creative Boring  
Jealous Stubborn Funny Bold  
Impatient Lazy Rude Friendly Charming  
Vain Brave Generous Loyal Polite  
Sensitive Honest Kind Reliable Cynical  
Selfish Arrogant Ambitious Energetic  
Impulsive Quiet  
Compassionate  
Respectful

## What makes me, me

<p>Why do we need to know?</p>	<p>Why are psychologists interested in personality?</p>
<p>In each of the boxes below write one of the personality traits you circled earlier. Be reflective as you think about and write how that trait affects you and how you could use this self awareness to make better choices, improve relationships/ situations or life satisfaction.</p>	

What is your best personality trait?	What are some characteristics of your personality?	What is your best personality trait?
If you could change any aspect of your personality, what would it be?	In what way has your personality changed? Why has it changed?	Are male and female personalities different?
What kind of people do you get along well with?	What personality types are you attracted to?	Is your personality more similar to your mother's or father's?
Do you think birth order makes a difference in your personality?	Do you think we are born with our personalities, or do we develop them because of what happens to us?	What personality traits do you consider important in a good friend / a boss / a partner?

# What makes me, me? Theories of Personality

Predict what behaviours may be associated with the traits



## Criminality



# What makes me, me? Theories of Personality



## Eysenck's theory of criminality

Trait:

Trait:

Biological Basis:

Biological Basis:

Offender behaviour:

Offender behaviour:

Who is this Psychologist?

When were his theories developed?

What did he say personality is shaped by?



Explain the 3 part of the psyche



# What makes me, me? Theories of Personality

Complete the cloze paragraph

Personality is shaped by unconscious c\_\_\_\_\_ and early c\_\_\_\_\_ experiences. Freud believed that individuals pass through different s\_\_\_\_\_ during their development, and their experiences during these stages determine their adult p\_\_\_\_\_ traits.

For example,

Oral f\_\_\_\_\_ might also occur if the infant is:

- neglected and u\_\_\_\_\_ (l\_\_\_\_\_ of oral stimulation)
- o\_\_\_\_\_ and overfed (e\_\_\_\_\_ oral stimulation)

Oral dependence - An intense need for oral stimulation lead excessive t\_\_\_\_\_.

Write down what you see in the ink blot below

Identify two examples of psychanalysis



3

2

1

# What makes me, me?

**Week 3**

*Nature V Nurture*

Think about two people you know

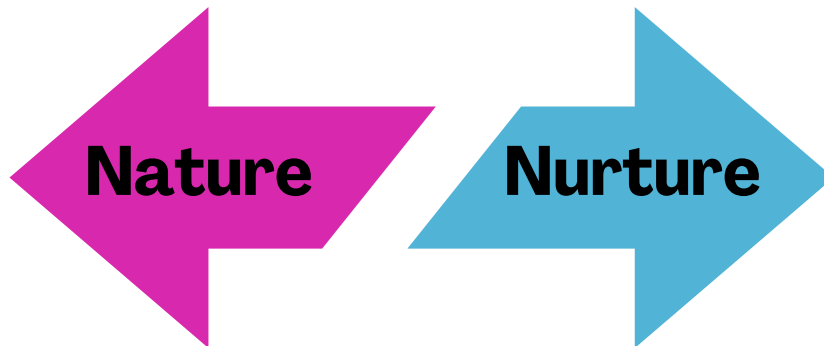
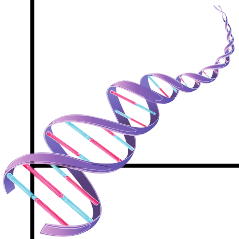
**What makes them different? WHY?**

What is meant by **nature**?

What is meant by **nurture**?

**Nativist theory**

**Empiricist theory**



What is the **interactionist approach**?

# What makes me, me?

## THE QUIZ

<p>What is the person who is being observed called?</p> <p>a) the model</p> <p>b) the reinforcer</p> <p>c) the observer</p>	<p>Who is the researcher we have been learning about today?</p> <p>a) Sutherland</p> <p>b) Bowlby</p> <p>c) Bandura</p>
<p>Which Philosopher said we are born hard wired at birth?</p> <p>a) John Lock</p> <p>b) Freud</p> <p>c) Rene Descartes</p> <p>d) Bowlby</p>	<p>What does the Latin phrase Taula Rasa mean?</p> <p>a) hardwired</p> <p>b) blank slate</p> <p>c) born this way</p> <p>d) made this way</p>
<p>Which of the following is a problem with the belief that abilities and behaviour is a result of an extreme nurture viewpoint?</p> <p>a) people may think they cannot improve or change their abilities/behaviour</p> <p>b) it creates a dilemma for the justice system, maybe criminals shouldn't be punished?</p> <p>c) It cannot explain individual differences of people been raised by the same parents.</p>	<p><b><u>TRUE OR FALSE</u></b></p> <ol style="list-style-type: none"> <li>1. Monozygotic twins are non identical</li> <li>2. Dizygotic twins share 50% of their DNA</li> <li>3. Mental illness can be inherited</li> <li>4. Both nature and nurture are important when understanding who we are and human behaviour</li> <li>5. Research has suggested that depression can be a result of low levels of serotonin</li> <li>6. Research has shown that criminals may learn their pro criminal attitudes</li> </ol>
<p>Extend your thinking</p> <p>1) If a child is afraid of dogs and so was their mother. Did the child's fear of dogs come as a result of nature or nurture?</p> <p>2) Why might it be difficult to separate nature and nurture when studying families/twins?</p> <p>3) Free will is the idea that humans are free to choose who we are and our behaviour. Does this fit into the nature nurture debate</p>	

# What makes me, me?

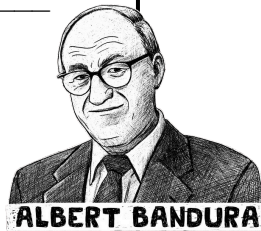
Week 4

## Observational Learning

What types of things might children learn by watching other people?

Individuals learn by watching \_\_\_\_\_  
\_\_\_\_\_ and encoding (storing)  
their behaviour.

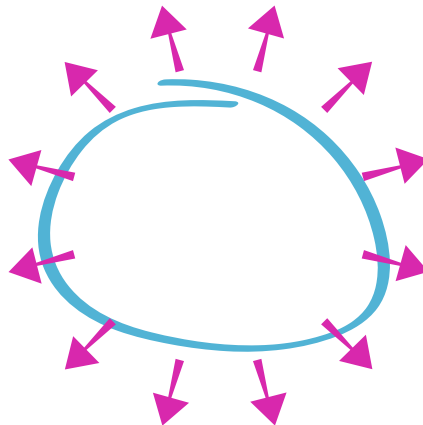
At a later time, they may \_\_\_\_\_  
(copying) the actions they have  
observed.



ALBERT BANDURA

Why do you think we imitate people?

"Who's Influencing Me?"





# What makes me, me?

## THE QUIZ

### Observational Learning

<p><b>What is the person who is being observed called?</b></p> <ul style="list-style-type: none"> <li>a) the model</li> <li>b) the reinforcer</li> <li>c) the observer</li> <li>d) the imitator</li> </ul>	<p><b>Who is the researcher we have been learning about today?</b></p> <ul style="list-style-type: none"> <li>a) Sutherland</li> <li>b) Bowlby</li> <li>c) Bandura</li> <li>d) Freud</li> </ul>
<p><b>What is the first step in the process of Social Learning, according to Bandura?</b></p> <ul style="list-style-type: none"> <li>a) Motivation</li> <li>b) Reproduction</li> <li>c) Retention</li> <li>d) Attention</li> </ul>	<p><b>In the Bobo doll experiment, what did children do after watching an adult act aggressively toward the doll?</b></p> <ul style="list-style-type: none"> <li>a) They ignored the doll</li> <li>b) They played peacefully with the doll</li> <li>c) They imitated the aggressive behaviour</li> <li>d) They were afraid of the doll</li> </ul>
<p><b>What factor influences whether a person imitates a behaviour?</b></p> <ul style="list-style-type: none"> <li>a) How much the person likes the behaviour</li> <li>b) How much the person is motivated by rewards or punishment</li> <li>c) The type of the behaviour</li> </ul>	<p><b>Which of the following is NOT a key process in Social Learning Theory?</b></p> <ul style="list-style-type: none"> <li>a) Attention</li> <li>b) Retention</li> <li>c) Perception</li> <li>d) Reproduction</li> </ul>
<p><b>What role do rewards and punishments play in Social Learning Theory?</b></p> <ul style="list-style-type: none"> <li>a) They have no effect on learning</li> <li>b) They determine if the behaviour will be repeated</li> <li>c) They are only important for adults, not children</li> <li>d) They help people forget learned behaviors</li> </ul>	<p><b>What does <i>modelling</i> refer to?</b></p> <ul style="list-style-type: none"> <li>a) Creating new behaviors from scratch</li> <li>b) The process of observing and imitating others' behavior</li> <li>c) Learning behaviors through direct experience</li> <li>d) Forgetting behaviors learned from others</li> </ul>

# What makes me, me?

## Week 5

interests and identity

What's the difference between an interest and a passion?

Three things I love doing the most are....

1.

2.

3.

Why do I love these activities?

What do they make me feel?

What I am most passionate about is.....

This shows my values of.....

responsibility wealth learning  
determination commitment status problem  
generosity bravery optimism  
solving adventure justice empathy openness  
communication love integrity loyalty stability  
connection kindness faith compassion safety  
wisdom patience partnership freedom  
balance hope honesty self initiative  
collaboration support trust respect fun friendship  
expression authenticity dignity leadership challenge

# What makes me, me?

## Week 5

### interests and identity

<p>Who is the psychologist that talks about the self concept?</p> <p>a) Maslow</p> <p>b) Rogers</p> <p>c) Freud</p> <p>d) Bowlby</p>	<p>If the ideal self and ones self image are not in line, a person is said to be what?</p> <p>a) congruent</p> <p>b) incongruent</p>
<p>According to Maslow, humans have an innate desire to....?</p> <p>a) feel safe</p> <p>b) self actualise</p> <p>c) feel connected</p> <p>d) be confident</p>	<p>What is the correct order of Maslow's hierarchy of needs?</p> <p>a) Safety, love and belonging, physiological , esteem, self actualisation.</p> <p>b) Physiological, safety, love and belonging, esteem, self actualisation.</p> <p>c) ) Physiological, esteem, love and belonging, self actualisation, safety.</p>
<p>Pick one of your interests and think of one way to nurture it.</p> <p>It could be practicing more, learning something new, or even sharing it with someone else.</p> <p>Write down a simple plan on how to keep growing in that activity.</p>	