Personality

13.1 How Have Psychologist Studied Personality?
- Psychodynamic Theories Emphasize Unconscious and Dynamic Processes
- Humanistic Approaches Emphasize Integrated Personal Experiences
- Personality Reflects Learning and Cognition
- Trait Approaches Describe Behavioral Dispositions

13.2 How is Personality Assessed?
- Personality Refers to Both Unique and Common Characteristics
- Researchers Use Projective and Objective Methods to Assess Personality
- Observers Show Accuracy in Trait Judgments
- People Sometimes are Inconsistent
- Behavior is Influences by the Interaction of Personality and Situations
- There are Cultural and Sex Differences in Personality

13.3 What Are the Biological Bases of Personality?
- Animals have Personalities
- Personality is Rooted in Genetics
- Temperaments Are Evident in Infancy
- Personality Is Linked to Specific Neurophysiological Mechanisms
- Personality is Adaptive
- Critical Thinking Skill: Avoiding Single-Cause Explanations
- Personality Traits Are Stable Over Time

13.4 How Do We Know Our Own Personality?
- Our Self-Concepts Consist of Self-knowledge
- Perceived Social Regard Influences Self-Esteem
- Critical Thinking: Resisting Appeals to Snobbery
- We Use Mental Strategies to Maintain Our Views of Self
- There are Cultural Differences in the Self
- Psychology: Knowledge You Can Use: Do Personalities Matter in Roommate Relationships?