

# Learning Goals

## Chapter 13: Self and Personality



### How Do You Know Yourself?

- 13.1** Explain how your self-concept, self-schema and working self-concept affect you.
- 13.2** Summarize the causes and consequences of how people value themselves.
- 13.3** Summarize how positive illusions, social comparisons, and the self-serving bias create your positive sense of self.
- 13.4** Explain how people from collectivists and individualist cultures differ in their sense of self.

### How Can You Understand Personality?

- 13.5** Summarize the psychodynamic theory of personality.
- 13.6** Explain how conditions of worth or unconditional positive regard may influence personality.
- 13.7** Describe how expectancy theory and reciprocal determinism can explain personality.
- 13.8** Summarize the trait approaches to personality.
- 13.9** Explain the value of having college students complete personality assessments as part of the process of assigning roommates.

### How Does Biology Affect Personality?

- 13.10** Summarize how introverts and extraverts differ in their optimal levels of arousal.
- 13.11** Explain how genes influence personality.
- 13.12** Summarize temperaments and their long-term effects.
- 13.13** Explain which aspects of personality change over time and how they change.

### How Can Personality Be Assessed?

- 13.14** Summarize the four ways that personality is assessed.
- 13.15** Explain how situations affect the experience of personality.

In addition, you should be able to give examples and elaborate on the major concepts from the chapter.