

Objectives:

1. *Define personality.*
2. *Describe the major purposes of personality theories.*
3. *List the major schools of personality theory.*

I. Introduction to Personality

- A. People have something inside each of them that makes them think, feel, and act differently from one another. _____ is the consistent, enduring, and unique characteristics that make a person different from anyone else.

II. Purposes of Personality Theories

- A. Personality theories provide ways to organize the characteristics of people. Researchers develop theories about what _____ go together, why a person has _____ characteristics and not others, and why someone might show _____ characteristics in different _____. Theories vary, but all try to discover _____ in the ways people behave.
- B. A second purpose of personality theories is to explain _____ between individuals.
- C. A third purpose of personality theories is to look at how people _____ their lives. Researchers try to explain why _____ arise in people's lives and why some people can deal with the problems better than others.
- D. A fourth purpose of personality theories is to determine how people can _____ their lives. People need to _____ and _____. Yet what are the goals of growth and change? How can we cope with conflicts when we encounter them?

E. Finally, personality theories are used to guide _____. They are precise statements of possible explanations for human behavior that can be tested to see if they are right or wrong.

III. Purposes of Personality Theories

A. There are many competing and conflicting theories, or schools of thought, regarding personality.

School of Thought	Emphasis
1. _____	Stresses the importance of motives hidden in the unconscious mind.
2. _____	Study how punishments and rewards shape our actions.
3. _____	Study how parts of personality are learned due to observing others.
4. _____	Focus on how our thoughts, perceptions, and feelings shape our personalities.
5. _____	Stress one's human potential for growth.
6. _____	Try to understand basic personality characteristics such as friendliness or aggression.