

Fairfield Ludlowe High School
AP Psychology Students
2016-17

The study of psychology is really the study of behavior and mental processes. The field raises questions and explores the possible reasons for why people think and behave the way they do. In an effort to get you to thinking like a psychologist, you are going to take a test and attempt to define your personality. In this process, you will also learn about the varying psychological approaches that are believed to influence human behavior, and apply them to your personality type.

During the initial days of school, we will hold your first debate/discussion in which you will discuss your applications and answers. In order to prepare for this discussion, you are expected to complete the following:

Tasks:

1. Complete the Jungian Typology Personality Test (link is provided below). At the end of the test you will be assigned one of the assigned sixteen possible personality types. Be sure to take the time and learn about your type in detail.

Note: Keep in mind that this and other personality tests can't tell you exactly what you are like as no survey can predict personality types with 100% accuracy. Experts say we should use personality type descriptions to better understand ourselves and others, but shouldn't feel restricted by our results...

2. Create a collage that depicts your findings. Your collage must include: your name, your personality type, and *at least* 15 images/words/drawings that depict your personality.
3. You will also be expected to reflect on your findings and answer the following debate questions. You must locate and reference at least **THREE valid and reliable scholarly articles** that support your positions. Be sure you are thorough and answer all parts of the questions. Type and attach a Reference page in APA format.
 - a. How might you define personality?
 - b. Do you believe your results accurately depict your personality? Is there a more effective method to label and define personalities?
 - c. In the context of Nature vs. Nurture, to what extent do genes predispose our person-to-person differences in personality? To what extent do home and community environments shape us?
 - d. Which 3 perspectives do you believe best explain your current personality (a synopsis of the perspectives can be located on attached handout)?
 - e. Have you ever worried about how to act among people of a different culture, race, gender, or sexual orientation? In what ways are we alike as members of the human family, with similar personality traits? How do we differ? Which perspectives best apply?
 - f. How does technology impact our behavior? Does this 21st century world, and the many technological advancements we can't seem to live without, play a role in our personalities? Which perspective(s) best relate to the relationship between technology and our behavior?
 - g. Do you believe we have control of our personalities, or do our personalities control us?
 - h. What other topics within psychology are you most interested about? (At least one of your articles must relate to this question).
4. Arrive on the first day of class with all parts of the assignment completed and with *written parts typed and printed out*. Your grade will be determined by the contributions you make in our first discussion.

To access the Personality test click on the link below:

<http://www.humanmetrics.com/cgi-win/JTypes3.asp>

If you have questions please email Mrs. LeFebvre at klefebvre@fairfieldschools.org

Table 2.1 Psychology's Approaches

Perspective	Focus	Sample Questions
<i>Behavioral</i>	How we learn observable responses	How do we learn to fear particular objects or situations? What is the most effective way to alter our behavior, say, to lose weight?
<i>Biological</i>	How the body and brain enable emotions, memories, and sensory experiences; how genes combine with environment to influence individual differences	How do pain messages travel from the hand to the brain? How is blood chemistry linked with moods and motives? To what extent are traits such as intelligence, personality, sexual orientation, and depression attributable to our genes? To our environment?
<i>Cognitive</i>	How we encode, process, store, and retrieve information	How do we use information in remembering? Reasoning? Solving problems?
<i>Evolutionary</i>	How the natural selection of traits has promoted the survival of genes	How does evolution influence behavior tendencies?
<i>Humanistic</i>	How we meet our needs for love and acceptance and achieve self-fulfillment	How can we work toward fulfilling our potential? How can we overcome barriers to our personal growth?
<i>Psychodynamic</i>	How behavior springs from unconscious drives and conflicts	How can someone's personality traits and disorders be explained by unfulfilled wishes and childhood traumas?
<i>Social-cultural</i>	How behavior and thinking vary across situations and cultures	How are we alike as members of one human family? How do we differ as products of our environment?

AP® Exam Tip

These perspectives will come up again and again throughout your AP® Psychology course, and they will be on the exam. You need to become very comfortable with the meaning of terms like cognitive, behavioral, and psychodynamic. Ask your teacher for clarification if you are the least bit unclear about what the perspectives mean.

behavioral psychology the scientific study of observable behavior, and its explanation by principles of learning.

biological psychology the scientific study of the links between biological (genetic, neural, hormonal) and psychological processes. (Some biological psychologists call themselves *behavioral neuroscientists*, *neuropsychologists*, *behavior geneticists*, *physiological psychologists*, or *biopsychologists*.)

- Someone working from the **behavioral** perspective might attempt to determine which external stimuli trigger angry responses or aggressive acts.
- Someone working from a **biological** perspective might study brain circuits that cause us to be “red in the face” and “hot under the collar,” or how heredity and experience influence our individual differences in temperament.
- Someone working from the **cognitive** perspective might study how our interpretation of a situation affects our anger and how our anger affects our thinking.
- Someone working from the **evolutionary** perspective might analyze how anger facilitated the survival of our ancestors’ genes.
- Someone working from the **humanistic** perspective (a historically important approach) might have been interested in understanding how angry feelings affect a person’s potential for growth. As we will see, modern-day *positive psychology* incorporates humanistic psychology’s emphasis on human flourishing.
- Someone working from the **psychodynamic** perspective (which evolved from Freud’s psychoanalysis) might view an outburst as an outlet for unconscious hostility.
- Someone working from the **social-cultural** perspective might explore how expressions of anger vary across cultural contexts.

The point to remember: Like two-dimensional views of a three-dimensional object, each of psychology’s perspectives is helpful. But each by itself fails to reveal the whole picture.