**Introduction:** You’ve spent this unit learning about major personality theories. Now you will apply these personality theories to yourself in order to help you reflect on your own life and choices.

**Task:** Explain your own personality by applying concepts from each of the five personality theories discussed in class—psychoanalytic, humanistic, birth order, trait, and social-cognitive. **Cite examples from your life of why you believe the personality concepts apply.**

**Options:** You can accomplish this task in any format that best fits your style, creativity, and personality. Most students simply write an essay or create a PowerPoint, but other imaginative projects are encouraged as well. I care about content, not the format, so use whatever margins, spacing, design, etc., you prefer.

**Theories/Concepts:** You must indicate how each of these concepts from the theories applies to your personality.

- **Psychoanalytic Theory**
  - Id, ego, and superego
  - Psychosexual stages of development
  - Defense mechanisms
- **Psychodynamic Theory**
  - Inferiority Complex (if applicable)
  - Childhood Anxiety (if applicable)
- **Humanistic Theory**
  - Ideal self vs. Actual self / Self-concept
  - Have you been treated with genuineness, acceptance, and empathy by others?
  - Maslow’s Hierarchy of Needs
- **Trait Theory**
  - Conscientiousness
  - Agreeableness
  - Neuroticism
  - Openness to Experience
  - Extraversion
- **Social-Cognitive Theory**
  - Reciprocal Determinism
  - Self-Efficacy
  - Learned Helplessness (if applicable)
  - Collectivism vs. Individualism
  - Locus of Control
  - Optimist or Pessimist
  - Delayed or Instant Gratifier

**Rubric**

_____ / 2 points: All five theories’ concepts applied appropriately in-depth with examples

Total: _____ / 2 extra credit points