

- c. Stability vs. Change –
6. For each stage of Maslow's Hierarchy (the new version) list 4-5 things that a person might need to be secure at that level.
- a. Physiological Needs –
 - b. Safety Needs –
 - c. Belongingness and Love Needs –
 - d. Esteem Needs –
 - e. Self-Actualization –
7. What types of things physically and cognitively can an individual do at each stage of Piaget's model?
- a. Sensorimotor –
 - b. Preoperational –
 - c. Concrete Operational –
 - d. Formal Operational –
8. Explain what Schemas are and how they can be accommodated or assimilated.
9. Explain the changes that take place at each stage of Erikson's model?
- a. Trust vs. Mistrust –
 - b. Autonomy vs. Shame –
 - c. Initiative vs. Guilt –
 - d. Industry vs. Inferiority –
 - e. Ego Identity vs. Role Confusion –
 - f. Intimacy vs. Isolation –
 - g. Generativity vs. Stagnation –
 - h. Ego Integrity vs. Despair –

Section 2: Identity and Formation of Self

1. Define Ethics:

2. Define Morality:

3. How do each of the following factors help in the development of our ethics and morality?
 - a. Parents –
 - b. Religion –
 - c. Peers –
 - d. Technology –
4. Define Emotions:
5. How do each of the following theories view the development of emotions and the role they play in the development of self?
 - a. Evolutionary –
 - b. James-Lange –
 - c. Cannon-Bard –
 - d. Schachter-Singer –
6. What is facial feedback and how does it help with the detection of emotion?
7. Define personality and its separate levels of consciousness.
8. Describe the Trait theory of personality
9. Describe the Nomothetic Theory of personality
10. Describe the Idiographic Theory of personality
11. Describe the Biological Theory of personality
12. Describe the behaviorists Theory of personality
13. Describe the Humanist Theory of personality
14. Describe the Socio-Cultural Theory of personality
15. Explain the ways personality is assessed and the views of the validity of the tests.

Section 3: Levels of Consciousness

1. What is Freud perception of our personalities? Describe it in terms of Id, Ego, and Super Ego.

2. What is a conscience and how is it connected to personalities and conscience?

3. Explain each of the defense mechanisms we use to protect ourselves with examples to support your answer
 - a. Repression –
 - b. Denial –
 - c. Displacement –
 - d. Projection –
 - e. Reaction Formation –
 - f. Regression –
 - g. Rationalization –
 - h. Intellectualization –
 - i. Sublimation –