

Humanistic Perspective

• Carl Rogers

- People whose self-concept matches their life experiences usually have high self-esteem and better mental health
- Rogers believed that people are motivated to achieve their full potential or self-actualize.
 - Example: Parents can help their children self-actualize by creating an atmosphere of unconditional positive regard in which a child is accepted and loved without any conditions



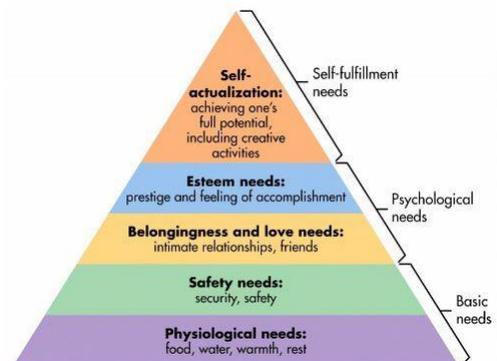
The curious paradox is that when I accept myself just as I am, then I can change.

Carl Rogers

Humanistic Perspective

• Abraham Maslow

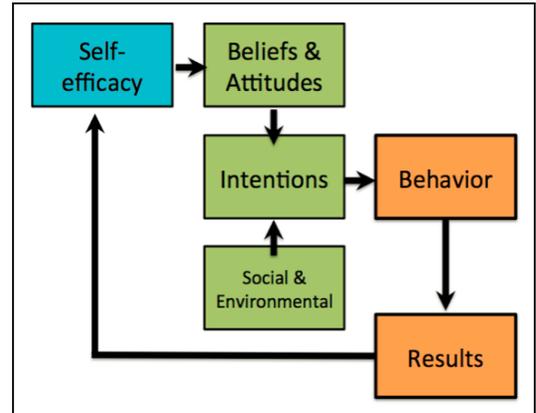
- Shared Rogers' confidence in human nature
- Also stressed that humans have a natural drive to find self-fulfillment and realize their potential



Social-Cognitive Perspective

• Albert Bandura

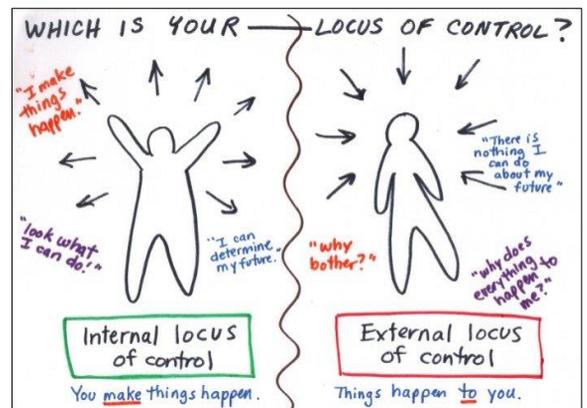
- Mostly known for his work with Social Learning Theory (The Bobo Clown Doll Experiment)
- Also known for pioneering work on the concept of "Self-Efficacy"
 - Refers to the feelings of self-confidence or self-doubt that people bring to a specific situation
- Self-Efficacy varies from situation to situation
 - Example: A student could have a high degree of self-efficacy in a computer lab, and a low degree of self-efficacy in a dance studio



Social-Cognitive Perspective

• Julian Rotter

- Argued that a person's sense of personal power or "Locus of Control" is key in shaping both personality and the manner of approaching a problem
- **Internal Locus of Control**
 - Individuals who accept personal responsibility for their life experiences
- **External Locus of Control**
 - Individuals who believe that most situations are governed by chance and lucky breaks



Trait Theories

• Early Trait Theories

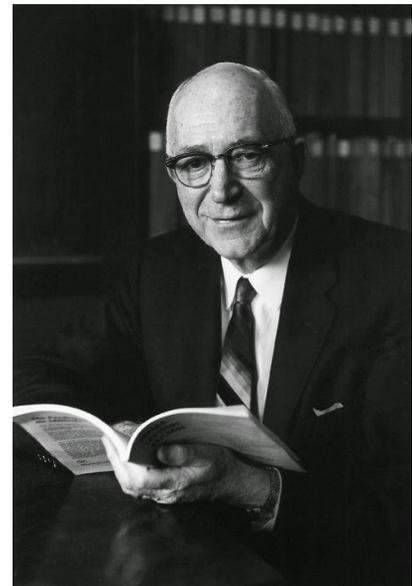
- A trait is a relatively stable personal characteristic that can be used to describe how an individual consistently behaves
- Gordon Allport (1897-1967) used a comprehensive dictionary to develop a list of over 4,500 adjectives that could be used to describe specific personality traits



Trait Theories

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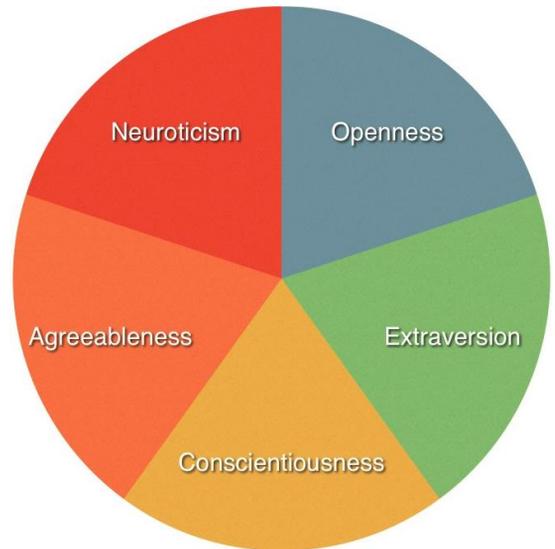
- Allport arranged the adjectives into the following levels:
 - **Cardinal Traits**
 - Traits that dominate and shape a person's outlook
 - **Central Traits**
 - Traits that influence most of our behavior
 - **Secondary Traits**
 - Traits that are only seen in certain situations
- This proved to be confusing and overlapping



Trait Theories

• The Five-Factor Model

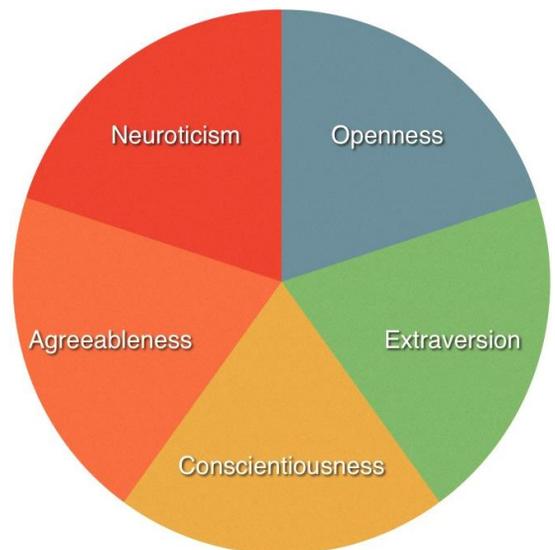
- Sometimes called the "Big Five Model"
- Traits: Openness, Conscientiousness, Extroversion, Agreeableness, Neuroticism
- Easy Acronyms: OCEAN or CANOE



Trait Theories

• The Five-Factor Model

- Openness
 - High Scores: Intellectually curious, open to experience, interested in cultural pursuits, and sensitive to beauty
 - Low Scores: Conventional thinkers who prefer straightforward answers and regard the arts and sciences with suspicion
- Conscientiousness
 - High Scores: Self-disciplined, well-organized, and motivated to achieve personal goals
 - Low Scores: Careless, impulsive, and undependable



Trait Theories

• The Five-Factor Model

- Extroversion
 - High Scores: Sociable, talkative, and enthusiastic
 - Low Scores: Reserved, quiet, and prefer time alone
- Agreeableness
 - High Scores: Trusting, cooperative, and helpful
 - Low Scores: Suspicious, argumentative, and uncooperative
- Neuroticism
 - High Scores: Insecure, easily upset, anxious, and moody
 - Low Scores: Calm, easygoing, and emotionally stable

