

4 Personality: four ways of explaining a person – Part 2

Name: _____ Class: _____ Date: _____

Vocabulary 词汇

Write each word three times. 把每个单词抄写三遍。

English	中文	Write it 3 times (English)
trait approach	特质取向	_____
Big Five	大五人格	_____
psychodynamic	精神动力学	_____
humanistic	人本主义	_____

Recall

- You have described a friend as "outgoing" or "anxious".
- You know people behave differently at home and at work.
- You have taken an online personality quiz and doubted the result.

New ideas

Read these first. Each idea has a short worked example. Then do the Practice below.

■ 1 Traits

The **trait approach** 特质取向 describes personality as stable dimensions. The **Big Five** 大五人格 - openness, conscientiousness, extraversion, agreeableness, neuroticism - is the standard set because these five keep reappearing when large samples are analysed.

Worked example. Two people who both score high on conscientiousness are likely to be organised in situations neither has met before.



Traits predict behaviour **on average across many situations**, not on any single occasion. A quiet extravert at a funeral is not a contradiction of the trait.

Worked example. Someone high in extraversion still sits silently in a library - the trait predicts their behaviour across a year, not in one hour.

■ 3 Other explanations

The **psychodynamic** 精神动力学 approach explains behaviour by processes the person is unaware of; the **humanistic** 人本主义 approach by the person's own drive toward growth and their self-concept. Each asks a different question, so they can all be partly right.

Worked example. The same shy behaviour might be described as a trait, as an unresolved conflict, or as a gap between the actual and ideal self.

Watch out: A trait is a description of a pattern, not a cause of it. Saying someone is late because they are disorganised explains nothing until something outside the behaviour is named.

Practice

2.1 Name the five dimensions of the Big Five. [2]

2.2 State what a trait predicts and what it does not. [2]

2.3 An extravert sits silently in a library. Explain why this is not evidence against the trait. [2]

2.4 State what the psychodynamic approach explains behaviour by. [1]

2.5 State what the humanistic approach explains behaviour by. [1]

2.6 Explain why calling someone disorganised does not explain their lateness. [2]
