4.5 / Social-Cognitive and Trait Theories of Personality



Name _____ Date _____

1 Make the connection.

Explain each concept in your own words. Add a brief example that shows why it fits.

Reciprocal determinism

Self-concept

Self-efficacy

Self-esteem

2 Build the explanation.

A three-way loop. Build the reciprocal-determinism model for a fictional practice club.

Choose from the pieces below. Some do not belong. Write a letter in each position and explain the connection.

A. The learner asks for feedback and practices.

B. A single score permanently determines every action.

C. A learner expects that practice can help.

D. The club provides feedback that changes later expectations.

Personal factor - Piece: _____

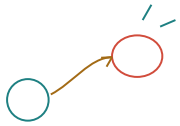
Behavior - Piece: _____

Environment - Piece: _____

Show the connection.

Sketch a diagram or example that connects two ideas. Label the parts.

Use the idea. Explain the connection.



3 Choose, then explain.

1. A quiet response occurs during a difficult group task. What may be concluded from this alone?

A. The person has low self-esteem.

B. The person was quiet in that situation.

C. The person is permanently low in extraversion.

My choice: _____ Why it fits:

2. Which statement best captures a trait approach?

A. Broad dimensions summarize relatively stable tendencies.

B. Every person belongs to one rigid personality type.

C. Situations can never influence behavior.

My choice: _____ Why it fits:

4 Bring it together.

Use a new example to show all three reciprocal influences.

One idea I corrected: _____

One question I still have: _____