

## Approaches and Personality Project

Your mission: Your task is to assess the strengths and weakness of each personality approach we discussed in class. This assignment is worth \_\_\_\_\_ points. There are three parts to this assignment:

**Part 1:** Your task is to analyze the personality and/or behavior of yourself from each of the perspectives discussed in class.

- A. In ONE paragraph, you will do a write up like you did for homework, but now your analysis must be about yourself. You must have an accurate analysis of the
- 1) Psychodynamic approach (Freud),
  - 2) Behaviorism (Classical OR Operant Conditioning)
  - 3) Humanism (Maslow's Hierarchy of Needs or Rogers)
  - 4) Trait Perspective Theory (Big Five Analysis)
  - 5) Social Cognitive Theory (Bandura/Bobo the Clown)
- B. Within each paragraph, you must also include commentary describing the strengths and limitations of each perspective.

**Part 2:** Create a cartoon that displays ONE of the above mentioned perspectives of personality. Your cartoons must thoroughly explain each perspective and include a caption describing your cartoons. Your cartoon can be a visual illustration of one your character analysis paragraphs. Your paragraphs must include:

- A visual depiction of the approach
- Embedded description explaining cartoon. These can include thought bubbles or captions underneath each panel
- Must incorporate a minimum of TWO terms
- Must use 4-7 panels
- Go to <http://www.toondoo.com/>, create an account, and under "toons" click to create a cartoon. Make your cartoon. To save, click "start here" in the upper left, click "save as", uncheck the two boxes and click to "keep it private", then publish. Click the option to print and save it as a pdf for printing or sharing.

**Part 3:** In a 1-2 paragraphs, you must describe your own personality and the ONE approach that is the BEST, in your opinion, for describing your personality/behaviors. You must explain your personality using the personality tests we took in class. This includes either the <https://sapa-project.org/> test or Big Five Trait Inventory test.

### Outline of Project:

- Paragraph assessing your personality through each perspective
  - These must include a section evaluating the strengths and weaknesses of each perspective
- Cartoon depicting one of your examples from Part 1A.
- 1-2 paragraph explaining your own personality and the best approach to analyze it.