**Just a few perspectives on personality**

Below is a list of perspectives on personality. Some covered in class and some not.

* **Trait Perspective**
  + Importance of recognizable and measurable personality traits. A psychologist looking through the trait perspective might try to explain an individuals personality by assessing which constellation of personality traits a person has and how that can help them predict the individuals behavior.
* **The Biological Perspective:** 
  + Importance of individual’s biological processes and genetics. A psychologist looking through the biological perspective might explain an individual’s extroverted personality as a result of their genetic makeup from their parents, and the subsequent effect of those genes on certain neurotransmitters in their brain.
* **Psychodynamic Perspective (Freud):**
  + Importance of the unconscious mind, aspects of the psyche, and early life experiences. A psychologist looking through the Freudian psychodynamic perspective might try to explain an individual’s anxious personality by looking at their stressful early childhood experiences and parental care. And how these interact with a person’s id, ego, superego to create behavior patterns.
* **Psychoanalytic Perspective (Jung):** 
  + Importance of the collective unconscious, Archetypes, Ego and Complexes. The Jungian perspective emphasizes human connection as well as deeply personal processes in order to say something about personality.
* **Existential Perspective:** 
  + Importance of achieving authentic sense of being. Assumes humans are neither bad nor good and continuously create/recreate themselves. No set personality types, categories, or characteristics.
* **Humanistic Perspective:** 
  + Importance of free will, human values, and self-actualization. Believe that humans are inherently good, and that we all strive to be our best selves. The humanistic perspective also defines a hierarchy of needs as well as certain characteristics associated with self-actualization.
* **Social-Cognitive Perspective:** 
  + Importance of Behavior, Environment, AND Cognition. Believe that personality is developed through attention, repetition, learning and modeling. Looks at factors of behavior cognition and the environment in order to draw conclusions about personality.
* **Cognitive Focused Perspective:** 
  + Importance of cognition and its resulting behavior. Believe a person’s ability to think and patterns with in this are what determine human behavior and thus personality. Contains models that emphasize how people think, what they do, as well as what they have the potential to do.
* **Behavioral Perspective:** 
  + Importance of conditioning. Believe that personality is directly tied to behavior and that behavior changes through conditioning. People are either rewarded or punished for their behaviors and learn to behave based on these experiences.
* **Sociocultural Perspective:** 
  + Importance of culture. Believe that personality is created largely by the culture surrounding a person. Pays attention social, political, and cultural norms and traditions in order to make claims about personality.
* **Evolutionary Perspective:**
  + Importance of human evolution and survival. Believes that personality is based on natural selection. A person’s behavior is the way it is because these traits have given them a greater chance of survival.
* **Biopsychosocial Perspective:** 
  + Importance of Biology, Psychology, and Culture: A combination of the biological, psychodynamic, and sociocultural perspectives. Believes that personality is determined by a biological processes, past/unconscious experiences, culture OR a combination of them.
* **Triguna Perspective:** 
  + Importance of a person’s spiritual qualities, active qualities, and material qualities. Believes that as people are reincarnated based on their life they are born with particular personality types. These personality types are the 16 Triguna personalities. Rooted in India and particularly Hinduism.
* **Astrological Perspective:** 
  + Importance of astrological alignment and birthchart. Believe that personality stems from position of the stars and planets at the moment we are born. Emphasizes the effect of astrological bodies on human behavior and happenings. Has many roots in various places.
* **“Worldview” Perspective:** 
  + Importance of humans as created by one another. Believe that a person’s “self” is not singular but rather exists within the connection between the person and the natural world, spiritual world, ancestral understandings, and other living people. Rooted in Sub-Saharan African.