

SACE Stage 2 Personality Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

SAMPLE

- 1. According to Freud, which part of the personality is responsible for moral standards?**
 - A. Ego**
 - B. Superego**
 - C. Id**
 - D. Conscious**
- 2. What defense mechanism involves pushing unacceptable impulses back into the unconscious?**
 - A. Repression**
 - B. Denial**
 - C. Projection**
 - D. Sublimation**
- 3. What is a key factor in emotional intelligence?**
 - A. The ability to analyze statistical data**
 - B. Awareness of one's own emotions**
 - C. Memory retention of past experiences**
 - D. Ability to generate creative ideas**
- 4. Which psychological strategy involves burying distressing thoughts and feelings?**
 - A. Displacement**
 - B. Repression**
 - C. Denial**
 - D. Regression**
- 5. What role do genetics play in personality development?**
 - A. Genetics do not influence personality at all**
 - B. Genetic predispositions can influence temperament and personality traits**
 - C. Only environmental factors shape personality**
 - D. Genetics eliminate the necessity for environmental interactions**

- 6. How do introverts generally recharge their energy?**
- A. By engaging in social gatherings**
 - B. By spending time alone**
 - C. By attending community events**
 - D. By participating in group activities**
- 7. Who developed the concept of the hierarchy of needs?**
- A. Sigmund Freud**
 - B. Abraham Maslow**
 - C. Carl Rogers**
 - D. Erik Erikson**
- 8. How can personality traits influence career choices?**
- A. They help individuals choose careers that fit their interests**
 - B. They have no impact on career choices**
 - C. They only matter for leadership roles**
 - D. They solely depend on educational background**
- 9. What can enhanced empathy from understanding personality traits lead to?**
- A. Increased judgmental attitudes**
 - B. Reduced communication barriers**
 - C. More unhealthy competition**
 - D. Heightened isolation**
- 10. Which component of personality operates based on the reality principle?**
- A. Superego**
 - B. Id**
 - C. Ego**
 - D. Conscious mind**

Answers

SAMPLE

1. B
2. A
3. B
4. B
5. B
6. B
7. B
8. A
9. B
10. C

SAMPLE

Explanations

SAMPLE

1. According to Freud, which part of the personality is responsible for moral standards?

A. Ego

B. Superego

C. Id

D. Conscious

The correct response is based on Freud's model of the psyche, which consists of three key components: the id, ego, and superego. The superego plays a crucial role in an individual's personality by embodying moral standards and ideals, often derived from parental and societal expectations. The superego acts as a moral compass, providing guidelines for making judgments and influencing our behavior in accordance with ethical considerations. It strives to impose rules and norms, creating a sense of guilt when we stray from those moral standards, thereby encouraging individuals to behave in socially acceptable ways. This aspect of personality is vital for maintaining ethical conduct and cultivating a sense of conscience, distinguishing right from wrong. Hence, it is the superego that takes center stage in relation to moral guidance within Freud's psychological framework.

2. What defense mechanism involves pushing unacceptable impulses back into the unconscious?

A. Repression

B. Denial

C. Projection

D. Sublimation

Repression is a defense mechanism that plays a crucial role in the psychological process of managing anxiety and distress. When an individual experiences thoughts, feelings, or impulses that are deemed too threatening or unacceptable, repression serves as a way to push these unwanted aspects back into the unconscious mind. This mechanism helps individuals avoid confronting difficult emotions or memories, thereby providing a sense of temporary relief from psychological discomfort. For example, a person who has experienced a traumatic event may not remember the specifics of that event because their mind has repressed those memories to protect them from the associated pain. This allows individuals to function in their daily lives without being overwhelmed by anxiety or distressing thoughts. Repression differs from other defense mechanisms. Denial involves refusing to accept reality or the existence of certain facts, while projection involves attributing one's own unacceptable feelings or thoughts onto someone else. Sublimation, on the other hand, channels unacceptable impulses into socially acceptable behaviors. Understanding repression is fundamental in psychology, as it highlights how the unconscious mind can influence behavior and emotional health without a person even realizing it.

3. What is a key factor in emotional intelligence?

- A. The ability to analyze statistical data
- B. Awareness of one's own emotions**
- C. Memory retention of past experiences
- D. Ability to generate creative ideas

Awareness of one's own emotions is a core component of emotional intelligence. This concept emphasizes the capacity to recognize and understand personal feelings and emotions, which is crucial for managing them effectively. It allows individuals to respond to their emotions constructively, fostering better interpersonal relationships and decision-making. By being aware of one's own emotional state, an individual can take steps to regulate their response to different situations, communicate effectively with others, and empathize with the emotions of those around them. In contrast, while skills like analyzing statistical data, memory retention, or generating creative ideas are important in various domains, they do not directly pertain to the framework of emotional intelligence. These skills may contribute to overall intelligence or specific talents but do not encapsulate the essence of understanding and managing emotions. Emotional intelligence fundamentally revolves around emotional awareness, making it vital for personal development and effective interactions with others.

4. Which psychological strategy involves burying distressing thoughts and feelings?

- A. Displacement
- B. Repression**
- C. Denial
- D. Regression

Repression is a psychological strategy that involves unconsciously pushing distressing thoughts, memories, and feelings out of awareness. This mechanism serves as a defense to protect an individual from experiencing anxiety and emotional pain associated with those distressing thoughts. By burying these feelings deep in the subconscious, a person might not be aware of the thoughts influencing their behavior or emotional state, even though they can manifest in other ways. In the context of the choices provided, repression stands out for its specific nature of dealing with past experiences or trauma that are too difficult to process consciously. It enables people to continue functioning daily despite unresolved issues that could disrupt their emotional balance. The other strategies described, while also being defense mechanisms, operate differently. Displacement involves projecting feelings toward a less threatening object or individual, denial involves refusing to accept reality or facts, and regression refers to reverting to earlier stages of development in response to stress. Understanding these differences highlights why repression is the choice that best fits the description of burying distressing thoughts and feelings.

5. What role do genetics play in personality development?

- A. Genetics do not influence personality at all
- B. Genetic predispositions can influence temperament and personality traits**
- C. Only environmental factors shape personality
- D. Genetics eliminate the necessity for environmental interactions

Genetics significantly contribute to personality development by establishing a foundation of predispositions that can influence both temperament and personality traits. Research indicates that genetic factors can affect how individuals respond to their environment, thereby shaping their personality over time. Certain personality traits, such as openness, conscientiousness, extraversion, agreeableness, and neuroticism, have been found to have a heritable component. This means that they can run in families, suggesting a genetic influence on these traits. The interplay between genetics and the environment is critical—genetic predispositions might predispose an individual to develop certain traits, but environmental experiences also play a vital role in determining how these traits manifest. For instance, a child may inherit a tendency towards extraversion, but their social environment, parental influences, and life experiences will help shape how that trait develops into their adult personality. The other options do not adequately reflect the complexities of personality development. The view that genetics do not influence personality at all overlooks extensive evidence from behavioral genetics. Saying that only environmental factors shape personality dismisses the significant role that biological factors play. Finally, the notion that genetics eliminate the necessity for environmental interactions misrepresents the synergy between genetic and environmental influences, which is crucial for a comprehensive understanding of personality.

6. How do introverts generally recharge their energy?

- A. By engaging in social gatherings
- B. By spending time alone**
- C. By attending community events
- D. By participating in group activities

Introverts typically recharge their energy by spending time alone. This characteristic stems from their preference for solitary activities or smaller, more intimate social settings where they feel less overstimulated. When introverts find themselves in social situations or large gatherings, they may feel drained or exhausted, as such environments can be overwhelming. By contrast, when introverts spend time alone, they often engage in introspection, reading, or other solitary hobbies that allow them to reflect and regroup. This alone time helps them restore their energy levels and feel more grounded, preparing them for future interactions in a way that aligns with their personal energy needs.

7. Who developed the concept of the hierarchy of needs?

- A. Sigmund Freud
- B. Abraham Maslow**
- C. Carl Rogers
- D. Erik Erikson

The concept of the hierarchy of needs was developed by Abraham Maslow, a prominent psychologist in the field of humanistic psychology. Maslow's hierarchy is presented as a five-tier model, which suggests that human needs are arranged in a pyramid structure, beginning with basic physiological needs at the base, and moving up through safety, love and belonging, esteem, and ultimately self-actualization at the top. Maslow proposed that individuals must satisfy lower-level needs before they can address higher-level psychological and self-fulfillment needs. This framework has had a significant impact on psychology, education, and organizational behavior, as it helps explain motivation and personal development. The other figures mentioned, while influential in psychology, developed different theories. Sigmund Freud is known for his work on psychoanalysis and the unconscious mind, Carl Rogers is recognized for his contributions to client-centered therapy, and Erik Erikson is noted for his theory of psychosocial development across the lifespan. Each of these theorists focused on different aspects of psychological development and human behavior, making Maslow's hierarchy uniquely significant in understanding human motivation.

8. How can personality traits influence career choices?

- A. They help individuals choose careers that fit their interests**
- B. They have no impact on career choices
- C. They only matter for leadership roles
- D. They solely depend on educational background

Personality traits play a significant role in shaping career choices because they help individuals identify and pursue careers that align with their interests and inherent characteristics. For example, someone who scores high on traits such as openness to experience may be drawn to creative fields, while someone with high conscientiousness might prefer jobs that require attention to detail and responsibility. Each personality trait can influence motivation, work style, and interpersonal interactions in the workplace. For instance, extroverted individuals are often attracted to careers that involve social interaction and teamwork, while introverted individuals might favor roles that allow for focus and independent work. By understanding their own personality traits, individuals can make more informed decisions about which careers will be most satisfying and suited to their strengths, leading to greater job satisfaction and success. In contrast to the correct statement, the idea that personality traits have no impact or that they are only relevant for specific roles minimizes the complexity of human behavior and career development. Furthermore, suggesting that career choices depend solely on educational background overlooks the multifaceted nature of career decision-making, which encompasses personal interests, values, and character traits.

9. What can enhanced empathy from understanding personality traits lead to?

- A. Increased judgmental attitudes**
- B. Reduced communication barriers**
- C. More unhealthy competition**
- D. Heightened isolation**

Enhanced empathy, which arises from a deep understanding of personality traits, can significantly reduce communication barriers. When individuals are able to comprehend the differing motivations, perceptions, and emotional responses of others due to their unique personality characteristics, they become more adept at relating to one another. This understanding fosters a more open and effective exchange of ideas and feelings, as individuals are less likely to misinterpret or overlook the needs and viewpoints of others. Improved empathy leads to better listening and a greater willingness to engage in dialogue, which can help in resolving conflicts and reducing misunderstandings. In contrast, the other options tend to represent outcomes that might occur when empathy is lacking or when personality differences are not acknowledged, such as judgmental attitudes, unhealthy competition, or heightened isolation. Thus, enhanced empathy nurtures a more collaborative and connected atmosphere, facilitating more effective communication among individuals.

10. Which component of personality operates based on the reality principle?

- A. Superego**
- B. Id**
- C. Ego**
- D. Conscious mind**

The component of personality that operates based on the reality principle is the ego. The ego serves as a mediator between the id, which is driven by basic instincts and desires, and the superego, which represents internalized moral standards and ideals. The reality principle allows the ego to make decisions that take into account the constraints of the real world, seeking a balance between fulfilling immediate desires (as driven by the id) and adhering to social norms and ethics (as dictated by the superego). The ego functions in a practical, rational manner, often postponing instant gratification and considering the consequences of actions in order to achieve long-term satisfaction. This ability to navigate the complexities of real life is crucial in personality development and functioning.