

# SACE Stage 2 Personality Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## **Questions**

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- 1. During which stage do sexual urges remain repressed from 6 years to puberty?**
  - A. Phallic Stage**
  - B. Latency Stage**
  - C. Anal Stage**
  - D. Genital Stage**
- 2. What does the term "social influence" entail in personality development?**
  - A. The direct impact of conditioning on behavior**
  - B. The effect of societal norms and relationships on behavior**
  - C. An individual's internal psychological state**
  - D. Individual biological factors**
- 3. What is the main aspect of the social-cognitive theory of personality?**
  - A. The role of genetics in behavior**
  - B. The connection between behavior, environment, and personal factors**
  - C. The influence of unconscious motives on behavior**
  - D. The classification of individuals into personality types**
- 4. What personality trait is associated with enjoying solitude and being reserved?**
  - A. Extraversion**
  - B. Agreeableness**
  - C. Introversion**
  - D. Conscientiousness**
- 5. What is the name of the part of the mind that is the source of an individual's psychic energy?**
  - A. The Ego**
  - B. The Superego**
  - C. The Id**
  - D. The Self**

**6. What is the primary purpose of psychoanalysis?**

- A. To provide immediate solutions to problems**
- B. To uncover repressed emotions and experiences**
- C. To improve social interactions**
- D. To develop job skills**

**7. What is the primary focus of the biological approach to personality?**

- A. The role of cognitive development over time**
- B. The influence of genetics, neurobiology, and physiology**
- C. The impact of environmental changes**
- D. The importance of cultural context**

**8. According to research, how do core personality traits change throughout adulthood?**

- A. They remain entirely fluid and change frequently**
- B. They tend to remain stable over time**
- C. They completely develop in early childhood**
- D. They are unchangeable and fixed**

**9. What term describes the psychological construct that mediates between the desires of the Id and the morals of the Superego?**

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

**10. What does "emotional intelligence" encompass?**

- A. Ability to IQ test scores**
- B. Recognition and management of emotions**
- C. Understanding statistical data**
- D. Awareness of physical health**

## **Answers**

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

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## **Explanations**

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**1. During which stage do sexual urges remain repressed from 6 years to puberty?**

- A. Phallic Stage**
- B. Latency Stage**
- C. Anal Stage**
- D. Genital Stage**

The latency stage is characterized by a period where sexual urges and feelings are largely repressed and children focus on developing skills, social interactions, and friendships. Occurring approximately between the ages of 6 years and puberty, this stage is significant in that it emphasizes the importance of socialization and the development of communication skills rather than sexual interests. During this period, children typically engage in activities that foster relationships with peers, such as developing hobbies, participating in school activities, and forming same-sex friendships. The repression of sexual feelings allows them to concentrate on learning and personal growth, creating a foundation for healthy relationships in the future. In contrast, the phallic stage involves a heightened awareness of body differences and the development of sexual identity, while the anal stage focuses on toilet training and control over bodily functions. The genital stage marks the onset of mature sexual relationships and attraction, coming after the latency stage. Thus, the latency stage specifically highlights the role of repression of sexual urges, aligning perfectly with the characteristics defined by this developmental period.

**2. What does the term "social influence" entail in personality development?**

- A. The direct impact of conditioning on behavior**
- B. The effect of societal norms and relationships on behavior**
- C. An individual's internal psychological state**
- D. Individual biological factors**

The term "social influence" in personality development refers to the effect of societal norms and relationships on behavior. This concept highlights how interpersonal relationships, cultural expectations, and social contexts shape an individual's personality traits and behaviors. Society plays a crucial role in guiding how people behave, what is considered acceptable or desirable, and how individuals perceive themselves within their social environments. For instance, interactions with family, peers, and cultural groups can enforce certain values and behaviors, effectively molding personality over time. Understanding social influence is vital because it underscores the importance of external factors, such as group dynamics and cultural norms, in the development of personality, rather than solely focusing on individual characteristics or internal states. This makes it clear that personality is not just an isolated construct but rather something developed through a complex interplay with the societal context in which a person lives.

### 3. What is the main aspect of the social-cognitive theory of personality?

- A. The role of genetics in behavior**
- B. The connection between behavior, environment, and personal factors**
- C. The influence of unconscious motives on behavior**
- D. The classification of individuals into personality types**

The main aspect of the social-cognitive theory of personality is the connection between behavior, environment, and personal factors. This theory, developed by Albert Bandura, emphasizes that personality is shaped by the interplay of cognitive processes and social experiences. It highlights how individuals can learn behaviors through observation and interaction within their environment, which is influenced by their thoughts, beliefs, and feelings. This triadic reciprocal model posits that personal characteristics, behavioral patterns, and environmental influences all affect one another. For example, a person's expectations about the outcomes of their actions (a personal factor) can influence how they behave in certain situations and can also be influenced by the social context they are in. Understanding this interplay is crucial in social-cognitive theory, which sees personality as dynamic and adaptable rather than fixed. Other options, while relevant to personality psychology, do not capture the essence of social-cognitive theory. For instance, the role of genetics in behavior pertains more to biological theories of personality, unconscious motives relate to psychodynamic perspectives, and classifying individuals into types is more associated with trait theories. Therefore, the correct answer reflects the core understanding of how thoughts, behaviors, and social contexts converge in shaping personality.

### 4. What personality trait is associated with enjoying solitude and being reserved?

- A. Extraversion**
- B. Agreeableness**
- C. Introversion**
- D. Conscientiousness**

The personality trait that is associated with enjoying solitude and being reserved is introversion. Introverts typically find energy and replenishment in solitary activities or small-group interactions, as opposed to being energized by socializing in larger groups. They often prefer reflective thinking and may take time to process their thoughts internally, which can lead to enjoying time spent alone rather than in more stimulating social environments. Introversion is characterized by a preference for quiet, less stimulating environments. Individuals with this trait are often seen as more reserved or thoughtful, enjoying deep conversations and personal reflection rather than the fast-paced nature of extraverted social interactions. This tendency towards solitude can manifest as a preference for independent work or activities that allow for introspection and personal growth. Understanding this trait helps in recognizing the diverse ways individuals engage with their social environment, allowing for a better appreciation of different personality types.

**5. What is the name of the part of the mind that is the source of an individual's psychic energy?**

- A. The Ego**
- B. The Superego**
- C. The Id**
- D. The Self**

The Id represents the part of the mind that is the source of an individual's psychic energy, according to Freudian psychoanalytic theory. It operates on the pleasure principle, seeking immediate satisfaction of desires, needs, and urges without considering the consequences. This innate aspect of the personality is present from birth and encompasses our primal instincts and basic drives, such as hunger, thirst, and sexual desire. In contrast, the Ego is the part of the mind that mediates between the desires of the Id and the rules of the external world, functioning primarily on the reality principle. The Superego embodies the moral standards and ideals acquired from society and parents, striving to control the impulses of the Id and facilitating a sense of right and wrong. The Self is a more contemporary and less commonly defined term in traditional psychoanalytic theorizing, often referring to an individual's conscious identity or sense of self. Thus, the Id is fundamentally linked to the source of psychic energy, differentiating it from the other components of the mind that serve more regulatory and moral functions.

**6. What is the primary purpose of psychoanalysis?**

- A. To provide immediate solutions to problems**
- B. To uncover repressed emotions and experiences**
- C. To improve social interactions**
- D. To develop job skills**

The primary purpose of psychoanalysis is to uncover repressed emotions and experiences. This therapeutic approach, founded by Sigmund Freud, focuses on exploring the unconscious mind to bring repressed thoughts and feelings to the forefront. By doing so, individuals can understand the roots of their psychological distress, which may stem from unresolved conflicts or traumatic experiences. Psychoanalysis involves techniques such as free association and dream analysis, which help patients articulate thoughts and feelings they may not consciously recognize. The ultimate goal is to promote self-awareness and insight, allowing individuals to process these repressed emotions and experiences, which can lead to healing and personal growth. In contrast, the other options focus on more immediate or practical outcomes. While improving social interactions and developing job skills may be beneficial in their own right, they do not align with the foundational goals of psychoanalysis. Likewise, providing immediate solutions to problems is more characteristic of other therapeutic approaches that focus on symptom relief rather than the exploration of deep-seated issues.

## 7. What is the primary focus of the biological approach to personality?

- A. The role of cognitive development over time
- B. The influence of genetics, neurobiology, and physiology**
- C. The impact of environmental changes
- D. The importance of cultural context

The primary focus of the biological approach to personality is on the influence of genetics, neurobiology, and physiology. This approach emphasizes that an individual's personality traits and behaviors are significantly shaped by their biological makeup, including inherited traits from their parents and the functioning of various systems in the body, such as the brain and hormones. Research in this area often includes the study of twin and family analyses to understand the heritability of personality traits, as well as brain imaging techniques that reveal how different areas of the brain are related to personality characteristics. The biological perspective considers factors like neurotransmitter levels, hormonal influences, and brain structure and function, suggesting that these physiological aspects are critical in shaping who we are as individuals. In contrast, other approaches that focus on cognitive development, environmental changes, or cultural context look at different dimensions that influence personality, rather than the inherent biological factors that underpin it. By concentrating on genetic and physiological variables, the biological approach provides valuable insights into the innate aspects of personality development.

## 8. According to research, how do core personality traits change throughout adulthood?

- A. They remain entirely fluid and change frequently
- B. They tend to remain stable over time**
- C. They completely develop in early childhood
- D. They are unchangeable and fixed

Core personality traits are generally understood to remain stable over the course of adulthood, according to extensive psychological research. This stability is evident in traits such as extraversion, agreeableness, conscientiousness, neuroticism, and openness. While individuals can experience fluctuations in certain behaviors or situational responses, the fundamental traits themselves tend to show consistency as people navigate different life stages, such as entering the workforce, forming relationships, or facing significant life events. This stability may be influenced by a variety of factors, including biological predispositions and life experiences, which can modify how traits are expressed rather than change the underlying traits themselves. For instance, a person may become more conscientious as they take on greater responsibilities, but their core conscientiousness trait remains intact. The other choices suggest either a misconception of personality development or overly rigid interpretations of how traits function over a lifetime. Understanding that while personality traits can be shaped and influenced by experiences, their core essence tends to remain stable is crucial for comprehending human behavior and personality psychology.

**9. What term describes the psychological construct that mediates between the desires of the Id and the morals of the Superego?**

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

The psychological construct that mediates between the desires of the Id and the morals of the Superego is known as the Ego. The Id is the primal part of our personality, driven by basic instinctual desires and pleasures, seeking immediate gratification. In contrast, the Superego embodies our moral standards and societal rules, often imposing restrictions and ideals that represent what we ought to do. The Ego operates in the reality principle, balancing the unrealistic demands of the Id and the moralistic constraints of the Superego. It functions as a decision-maker and a mediator, helping to navigate between these opposing forces. Essentially, the Ego helps to satisfy the Id's desires in a socially acceptable way, while also adhering to the moral compass provided by the Superego. This makes the Ego crucial for functioning effectively in daily life, as it allows individuals to experience their desires while also considering ethical and social norms. In this way, it plays a vital role in personality and behavior.

**10. What does "emotional intelligence" encompass?**

- A. Ability to IQ test scores**
- B. Recognition and management of emotions**
- C. Understanding statistical data**
- D. Awareness of physical health**

Emotional intelligence encompasses the recognition and management of emotions in both oneself and others. This concept involves being aware of emotional states, understanding how these emotions influence behavior and decision-making, and utilizing this understanding to guide thoughts and actions effectively. It is essential for effective communication, relationship-building, and conflict resolution. Emotional intelligence allows individuals to navigate social complexities, demonstrate empathy, and regulate their responses in various situations. This holistic approach emphasizes the importance of emotional awareness, which is critical for personal and professional development, making it vital to many areas of life, including leadership and teamwork. In contrast, other options refer to distinct competencies or areas of knowledge unrelated to the core concept of emotional intelligence. For instance, IQ test scores focus on cognitive abilities rather than emotional skills; understanding statistical data pertains to analytical thinking, and awareness of physical health addresses another aspect of overall well-being.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://sacestage2personality.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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