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#### Chapter 5 Kelly: Essay Question

2.

Kelly's theory of personality expresses that individuals base their ideas on organizing their experiences which creates a foundation for our personality. Kelly found that personality is developed through out personal construction which is founded on how we understand the world and our environments. His theory emphasizes that an individual's perception, interpretation, and evaluation of events is shaped from our experiences and takes a role in forming our personality.

3.

Kelly designed an assessment technique called the Personal Construct Theory (PCT). It is designed to survey how a person establishes their reality. This process may involve inquiring how a person is able to identify and assists in expressing who is the most important people in their lives and how to categorize them appropriately in their lives for example, friendly versus hostile, cooperative versus uncooperative, etc. A person's response is used to examine how they make sense of their environment. This information is intended for the sole purpose of understanding one's personality, behavior, and unique experiences.

4.

George Kelly was an American psychologist who was born 1905. He received his PhD in psychology, and he graduated from the University of Iowa in 1931. Kelly worked in a clinical office before he became a professor of psychology at Ohio State University. His is known for his involvement in PCT and releasing his first book "the Psychology of Personal Constructs" in 1955. He then passed away in 1967. George Kelly's life helped influence his theories as a psychologist. He was a clinical psychologist, and his career sparked an interest to develop a

theory that sheds light on their views on life and how they interpret the world around them. Kelly also worked with other known psychologists that he learned from such as John Dewey, Carl Rogers, and B.F. Skinner.

5.

Kelly found that people discover their own way of going through life and how they deal with life events and personal issues. This helps individuals understand how to react when they find themselves in unique situations. For example, if a person is known for being confident or in control in social situations, it usually ends up with a positive outcome. There are times however, when a person is shy or uncomfortable in a situation that may feel as if their experience isn't as good as they'd like it to be. Kelly believed that a person may experience a person's behavior and experience that can lead into how their personality is developed. According to Kelly, people are always trying to figure out the world around them. Kelly believed that people are shaped by their environment and the people they are surrounded that influences their personality and shapes who their identity overtime. Kelly was able to identify three factors that influence personality development: Experience, cognitive organization, and interpretation. Kelly also felt that people are constantly developing their understanding on their personality as they navigate new experiences that lead to growth and new understandings that may come overtime.