**Course Description**

Studies the major personality theories and their applications. Includes psychodynamic, behavioral, cognitive, and humanistic perspectives. Lecture 3 hours per week.

**General Course Purpose**

To provide the student with a general understanding of the major personality theories and their applications.

**Course Prerequisites/Corequisites**

Prerequisites: PSY 200, PSY 201 or PSY 202 or permission of instructor

**Course Objectives**

Upon completion of the course, the student will be able to:

- Articulate the mission of personality psychology and identify the major theories and theorists in historical and contemporary personality psychology; explain the advantages and disadvantages of each theory
- Identify the types of data that are relevant to personality psychology; recognize how each type of data is limited and how researchers synthesize various data sources; differentiate between the major observational, correlational, and experimental designs used by personality psychologists; critically evaluate the reliability, validity, and generalizability of research; explain the ethical issues pertaining to research within personality psychology
- Explain the key ideas of Freudian psychoanalytic theory including the role of the unconscious in personality, psychic determinism and conflict, the structure of personality, defense mechanisms, and psychosexual development; critically evaluate the method, conclusions, and legacy of psychoanalysis
- Recognize and explain the major contributions of several neo-Freudian theorists including Erikson, Horney, Adler, and Jung; differentiate between original and modern psychoanalytic thinking
- Define behaviorism and explain how social learning theories (e.g., Bandura) apply to personality
- Explain how humanistic psychologists would define personality and identify the major humanistic theorists (such as Rogers and Maslow) and their contributions to personality psychology
- Define the trait approach to personality; identify common personality tests; describe the person-situation debate and its influence on contemporary personality psychology; explain the use of factor analysis to investigate traits and the essential traits of the Big Five
- Identify the major parts of the brain that are relevant to personality, including the methods used by researchers to study the brain; define and differentiate between neurotransmitters and hormones, and explain how neurotransmitters and hormones interact with personality
- Apply theories, concepts, and principles from personality to understanding themselves and others
- Explain how cultural, genetic, and evolutionary influences contribute to personality
Major Topics to be Included

- Major theoretical approaches to personality
- Methodological approaches to personality research
  - case study
  - experiment
  - types of data
- Psychoanalysis
  - classic theory of psychoanalysis (Freud)
  - neo-Freudianism (Adler, Erikson, Horney, Jung)
- Behavior and social learning theories (Bandura, Dollard and Miller, Rotter)
- Humanistic approach (Maslow, Rogers)
- Trait approach
  - person-situation debate (Mischler)
  - factor analysis
  - essential traits (Big Five)
- Anatomy and Genetics
  - physiology
  - brain and personality
  - heredity
- Social and cultural perspectives

Optional topics

A. Positive psychology
B. Self
C. Personality disorders