

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY

PSY 225 - THEORIES OF PERSONALITY (3 CR.)

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

This course presents an overview of the major personality theories, their applications, and their implications for human behavior.

Course Prerequisites/Corequisites

Prerequisites: PSY 200 or permission of instructor.

Course Objectives

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

Critical Thinking

- Identify strengths and limitations of the major theories of personality
- Analyze and apply theories to situations and individuals

What is personality?

- Define personality.
- Describe what personality psychologists do.

Evaluation of personality theory – How is personality studied and assessed?

- List the basic assumptions concerning human nature as they relate to the study of personality and research in the area.
- Recognize and evaluate how research methodology is used and helps us understand personality.

The Theories: Psychoanalytic, Neo-Psychoanalytic, More recent trends in Psychoanalytic Theory (the Ego and object relations), Behavior and Learning Theories, Trait Theories, Biological Basis of Personality, Humanistic, Existential, Cognitive and Cognitive Behavioral

- Identify the strengths and limitations of the major theories.
- Explain the basic concepts and processes of the various personality theories.
- Differentiate between the major personality theories.
- Identify and discuss and apply various personality concepts, terms and theories to different environments, situations, understanding of people and themselves.
- Apply theories and acquired insight to describe and explain personality theory in action in various situations and cases.

Major Topics to be Included

- What is personality?
- Evaluation of personality theory – How is personality studied and assessed?
- The Theories