



# Soochow University

## PSYC 2035 Personality Psychology

### Course Outline

Fall, 2020

This course discusses the world of psychology with an emphasis on personality.

The major topics will cover the foundations of personality theories, relevant research and their findings, including personality traits, personality assessment, the neuroscience of personality, self-determination theory, and sexual orientation.

### **Course Information**

Contact Hours: 75 hours

Credits: 3 credits

Instructor: TBA

### **Course Objectives**

Upon successfully completing the course, students will be able to:

1. describe psychological concepts and theories on personality
2. use techniques in personality assessment to interpret personality traits and styles
3. explain how personality can affect individual behaviors
4. apply psychological theories in real life and solve some problems

## **Textbooks/Materials**

Marianne Miserandino. 2012. *Personality Psychology*, Pearson Education, Inc. Press.

## **Attendance Requirements and Academic Integrity**

Students are required to attend online or in-person classes on the scheduled time.

Missing classes without permission will lead to decrease in overall grade.

- Missing less than two classes: no penalty.
- Missing more than two classes: 7% will be taken off from the overall grade.

Exams must be taken on the scheduled day. There will be no makeup exam for summer sessions.

Soochow University values academic integrity, respect, fairness, honesty and responsibility. Students must be aware of and comply with Soochow University's Academic Integrity policies. Any cheating, falsification, plagiarism, impersonation or any attempting to commit the above will be reported to the university's administration office. Any academic dishonesty behaviors will be kept on record and students will be punished according to the rules.

## **Evaluation and Grading**

Class Participation	10%
2 Essays	15% for each
Midterm Test	25%
Final Exam	35%

**Total: 100%**

Tutorials are mandatory. Students will read and discuss academic articles provided.

Each Tutorial will be 1 hour.

All exams will be held in class and the time of each exam will be limited to 2 hours.

Exams must also be taken at the scheduled time. There will be no make-up exams.

Soochow University's grading scale is shown as the following:

<b>Letter Grade</b>	<b>Score Grade</b>	<b>Grade Point Average</b>
A+	95-100	4.0
A	90-94	4.0
A-	85-89	3.7
B+	80-84	3.3
B	75-79	3.0
B-	72-74	2.7
C+	68-71	2.3
C	65-67	2.0
C-	60-64	1.7
D+	55-59	1.3
D	50-54	1.0
F	< 50	0.0

### **Course Topics**

Week	Lecture	Topics	Dues	%
1	1	Course Introduction and Overview		
	2	Who Am I? Understanding the Building Blocks of Personality		

		What is Personality Psychology?		
	3	Tutorial 1		
2	4	A Brief Introduction to Current Research Findings in Personality Psychology		
	5	Personality Traits: A Good Theory What is Personality Traits?		
	6	Tutorial 2		
3	7	The Idiographic Approach The Nomothetic Approach		
	8	The Great Nomothetic Search for Universal Principles of Personality		
	9	Tutorial 3		
4	10	The Four Temperaments and the Five Factors What's Missing from the Five Factors The Five Factors in Other Cultures		
	11	Expression of Traits in Everyday Life Personality Development Over the Life Span: Continuity, Change, and Coherence Personality Traits: Theoretical and Practical Conclusions		
	12	Tutorial 4		
5	13	<b>National Day Holiday, No Classes</b> <b>National Day Holiday, No Tutorials</b>		
	16	Personality Assessment What Makes a Good Personality Test The NEO-PI-R Test		
	17	Personality Tests Personality Tests and Selection		
	18	Tutorial 5	Essay 1 due	15
6	19	Self and Identity Self-Concept Self-Esteem		
	20	Social Identity		
	21	Tutorial 6		
7	22	Genetics		

		Nature and Nurture Genes and Environment		
	23	Heritability of Common Personality Characteristics Genes and Environment: A Dialectical Synthesis		
	24	Tutorial 7		
8	25	The Neuroscience of Personality What is Neuroscience Neurological Theories of Personality	Midterm Test	25
	26	Neurological Correlates of Personality Conclusion		
	27	Tutorial 8		
9	28	Intrapsychic Foundations of Personality Sigmund Freud and Psychoanalysis Psychodynamic Theory Since Freud		
	29	Attachment Theory		
	30	Tutorial 9		
10	31	Regulation and Motivation: Self-Determination Theory Three Fundamental Psychological Needs		
	32	Connections between Self-Determination Theory and Other Theories in Personality		
	33	Tutorial 10	Essay 2 due	15
11	34	Self-Regulated Self-Determination Theory Applied The Tae Bo Study Revisited		
	35	Cognitive Foundations of Personality Locus of Control Learned Helplessness		
	36	Tutorial 11		
12	37	Explanatory Style Dispositional Optimism		
	38	Gender and Personality Personality Similarities and Differences between Men and Women		
	39	Tutorial 12		

13	40	What Cause Gender Differences? Definition and Assessment of Gender		
	41	Myths and Misperceptions about Sexual Orientation What is Sexual Orientation		
	42	Tutorial 13		
14	43	Gay, Lesbian, Straight and Bisexual What Determines Sexual Orientation		
	44	What is Resilience? Characteristics of Resilient People		
	45	Tutorial 14		
15	46	The Seven Habits of Highly Resilient People		
	47	Final Revision		
	48		Final Exam	35