A. **TITLE:** Personality & Individual Differences

B. **COURSE NUMBER:** PSYC 308

C. **CREDIT HOURS:** 3

D. **WRITING INTENSIVE COURSE:** No

E. **COURSE LENGTH:** 15 weeks

F. **SEMESTER(S) OFFERED:** Spring

G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, and ACTIVITY:** 3 hours per week

H. **CATALOG DESCRIPTION:**

This course introduces students to the diverse ways of conceptualizing, assessing, and studying personality. Personality psychology is the scientific study of the whole person. In lecture and readings, students consider trait, biological, psychodynamic, humanistic, cultural, and behavioral approaches to personality and individual differences. When discussing each of these approaches, students explore the utility of each approach for explaining individual differences as well as their stability and fluidity.

I. **PRE-REQUISITES/CO-REQUISITES:**
   a. Pre-requisite(s): Introductory Psychology (PSYC101) AND Abnormal Psychology (PSYC275) AND Introduction to Sociology (SOCL101) with a C or better; Permission of Instructor
   b. Co-requisite(s): none

J. **GOALS (STUDENT LEARNING OUTCOMES):**

By the end of this course, the student will be able to:

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<th>Course Objective</th>
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<tr>
<td>A. Describe, compare, and evaluate the basic theories and principles of personality and individual differences research.</td>
<td>1. Communication</td>
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<td>2. Crit. Thinking</td>
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<td>3. Prof. Competence</td>
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<td>B. Apply those theories and principles to real world examples including satisfaction, motivation, resilience, and risk-factors for maladaptive behavior.</td>
<td>1. Communication</td>
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<td>2. Crit. Thinking</td>
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<td>4. Inter/Intrapersonal skills</td>
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<td>C. Employ the scientific method to critically analyze, interpret, and evaluate media claims and cultural myths related to personality and individual differences.</td>
<td>1. Communication</td>
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<td>2. Crit. Thinking</td>
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<td>3. Prof. Competence</td>
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<td>D. Examine current psychological concepts and events from various theoretical viewpoints (e.g., psychoanalytic, psychodynamic, behavioral, social learning, existential, trait, and cognitive-affective systems theories).</td>
<td>2. Crit. Thinking</td>
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<tr>
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<td>3. Prof. Competence</td>
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E. Examine current media sources relevant to personality and individual differences and evaluate those sources for reliability, validity, generalizability, and objectivity.

2. Crit. Thinking
3. Prof. Competence

K. TEXTS:


L. REFERENCES: Additional references to be determined by the instructor.


M. **EQUIPMENT:** Seminar friendly classroom in which students can have eye contact and discuss material. (university supplied equipment, i.e., technology enhanced classroom)

N. **GRADING METHOD:** A-F

O. **MEASUREMENT CRITERIA/METHODS:** To be determined by instructor.

- Exams
- Quizzes
- Papers/Reports
- Participation (in and out of class)
- Final Project

P. **DETAILED COURSE OUTLINE:**

I. **The Goals of Personality Psychology**
   A. Cognitive, Affective, Behavioral
   B. Five Basic Approaches
   C. Advantages and Disadvantages of Each Approach

II. **Types of Data**
   A. Self Data
   B. Informant Data
   C. Longitudinal Data
   D. Observational Data
   E. Combined Data types

III. **Research Methods**
   A. Psychometrics
   B. Research Design
   C. Data Analysis
   D. Ethics

IV. **Personality Traits, Situation, and Behavior**
   A. Measuring Individual Differences
   B. Individual Variability
C. Individual or Situational?
D. The Unique Individual

V. Understanding Behavior
   A. The Trait Approaches
   B. Typological Approaches
   C. Developmental Approaches

VI. Neuropsychology of Personality
   A. The Brain and Personality
   B. Biochemistry and Personality
   C. Trait Theories and the Brain

VII. Evolutionary Theory
   A. Behavioral Genetics
   B. Evolutionary Perspectives

VIII. Psychoanalytic Theory
   A. Freud
   B. Psychoanalysis
   C. Controversy
   D. Psychosexual Stages of Development
   E. Consciousness

IX. Neo-Freudians, Object Relations, and Current Research
   A. Theorists and Themes
   B. Attachment Theory

X. Humanistic and Positive Psychology
   A. Phenomenology
   B. Existentialism
   C. Humanism
   D. Personal Constructs
   E. Positive Psychology

XI. Cultural Variation
   A. Culture and Psychology
   B. Cross-Cultural Differences
   C. Cultural Characteristics
   D. Cross-Cultural Comparison

XII. Behaviorism and Social Learning
   A. Behaviorism
   B. Social Learning Theory
   C. Cognitive-Affective Personality System
   D. State Orientation
XIII. Using Personality Data  
   A. Clinical Settings  
   B. Career Choices  
   C. The Workplace  
   D. Other Topics at the Discretion of the Instructor

Q. LABORATORY OUTLINE: N/A (Although students will engage in lab activities these activities will be part of the course)