

Psychology 230: Personality Psychology – Fall 2016

Instructor: Dan Dolderman

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Office hours: Wednesdays, 1-3:30

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***Please note, ALL emails concerning this course should go to the course email address! We'll do our best to get back to you within TWO days! (not including weekends! I mean, come on man, we have lives too! Well, we like to think that anyway....)

Course Overview: Personality Psychology is the awfully-difficult-to-define study of “who we are,” how people are different and develop in unique ways, and what patterns there may be in the development of a person’s character that can give us insight into human psychology. People are different and unique, of course, but the dynamics of human psychology are, presumably, universal. Thus, personality psychology is the study of our differences and our commonalities. You will no doubt encounter yourself, or at least aspects of yourself, many times throughout this course. Hopefully this is an enjoyable, or perhaps growth-inducing, experience.

The focus taken in this course is to review the key thinkers and their theories of personality, which have laid the foundation for our culture’s general understanding of people, and provided many of the tools that are used in contemporary theories of personality and human development. You are encouraged to take an appreciative but critical stance towards the material – appreciating the insights and ideas it sparks in you about human personality, but critically evaluating the validity and empirical support, if possible, for different theories and constructs. The goal is neither to blindly accept each theorist’s ideas nor to blindly reject them as archaic and outdated; instead, the goal is to appreciate the wisdom that each approach can potentially provide for your own understanding of yourself and people you know.

Readings & Class Schedule: Please note: Readings are predominantly based on your textbook, with a few additional readings which you can download online.

September 14 – Introduction to Personality

September 21 – Key Issues in studying Personality

Chapter 1 & 2

September 28 – Psychoanalytic approaches: Freud & Jung

Chapter 3

■ Essay on integrating the Persona & the Shadow

October 5 – Ego Psychology & Identity: Adler, Horney, Fromm

Chapter 4

Supplementary reading: A few pages of Erich Fromm ---- I’m going to give these to you.

October 12 – Midterm 1 (*multiple choice!***)**

October 19 – Personality traits: Big Five & Biology

Chapters 5 & 8

October 26 -- Behaviourist & Learning Approaches
Chapter 6

November 2 – Cognitive and Social-Cognitive Approaches
Chapter 7

Supplementary Reading: Bandura, A. (2001). Social cognitive theory: An agentic perspective. *Annual Review of Psychology*, 52, 1-26.

November 9 – Midterm 2 (*multiple choice!***)**

November 16 – Humanistic & Positive Personality Approaches
Chapter 9

Supplementary Reading: Maslow, A Theory of Human Motivation --
<http://psychclassics.yorku.ca/Maslow/motivation.htm>

November 23 – Individual Well-being
Chapter 12

*****Analysis papers are due!!!*****

November 30 – Collective Well-being
Chapter 13 & 14

Grading breakdown: Proportion of Final Mark

Midterm1	20%
Midterm2	20%
Research Paper: Personal Analysis	30%
Final Exam	30%

Personal Analysis Paper: (Note: You can do this paper with another person or in a group of 3, if you wish!)

The purpose of this paper is for you to be better able to reeeeeeeally understand somebody you know, using the theories and info we've covered in this course. This is your chance to 'analyze' somebody! Isn't that what psychologists are supposed to be doing, all the time? You do need to choose a specific person you know well, like yourself or your best friend or a family member, but you do not need to tell us who this person is; you could give them a fictitious name and then we wouldn't know who you were talking about.

Please note that you do not have to cover every single theorist or construct reviewed in the course; you should choose the ones that you feel best provide insights into the person you've chosen. However, we do expect that you will fairly comprehensively review the course material.

The goal of your analysis is to understand your person as deeply as possible, and to provide suggestions on the key challenges that person is facing in their own personality maturation. Basically, what insight can you gain into your person of interest and their own particular personal growth challenges?

Papers should be written into an essay format, 3-4 pages long (single-spaced, 12-point font). We will provide a marking rubric shortly to give you guidance as to how to approach your paper. Also, go to your TAs!!! They are there to help you, and this paper is one way they may be able to make a huge difference for you.

Course Policies: If you miss the midterms, you must provide appropriate documentation explaining the relevant extenuating circumstances (e.g., doctor's note), within **one week** of the missed test, or receive a zero for the midterm. If you miss one midterm, that component of your grade will be based on the average of your other test and final exam; if you miss both midterms, you have to let us know and schedule a make-up test as soon after the second midterm as possible.

For the analysis papers, if you work in pairs or groups, everyone gets the same mark. If there are serious problems within the group that you feel are going to compromise your mark, please discuss with the TA, or come to Prof. Dolderman, but for the most part it is expected that you will work any such issues out on your own. Late papers may receive a 5% deduction per day of lateness (not including weekends).

Please print double-sided, and single spaced, if possible.

That's all....I hope you enjoy the course!