
PSYCHOLOGY OF PERSONALITY AND INDIVIDUAL DIFFERENCES: INTRODUCTION

SOGANG UNIVERSITY, FALL 2023

WEEK 1, 09/04/2023

Instructor: Emily K. Hong, Ph.D.

Email: e.hong@soton.ac.uk

Class Hours: Mon 01:30-04:15 PM

OUTLINE

- Overview
 - Me
 - You
 - TA
 - Course (Syllabus)
 - Personality Psychology

ABOUT ME:

- Emily K. Hong
 - I go by Emily or Dr. Hong.
- Primary contact information
 - Email: e.hong@soton.ac.uk
- Office hours: by appointment (before/after class)
- Ph.D. in Social Psychology at Queen's University (Canada).
- Postdoc
 - University of Southampton (UK)
 - Centre for Happiness Studies, Seoul National University



ABOUT ME:

- Research interests
 - Self and identity: nostalgia, self-continuity
 - Psychological well-being
- Teaching experiences
 - Research methods
 - Social psychology
- More about me?

IDENTITY MEASURE

In the spaces below, please write down 5 things about yourself. You can write your answers as they occur to you without worrying about the order, but together they should summarize the image you have of who you are. You can write anything you think describes you well. Your answers might include social groups or categories you belong to, personal relationships with others, as well as characteristics of yourself as an individual. Some may be things that other people know about, others may be your private thoughts about yourself. Some things you may see as relatively important, and others less so. Some may be things you are relatively happy about, and others less so.

I (AM)...

- Bicultural
- Researcher (me-searcher)
- Creative
- Hedonist
- Friendly



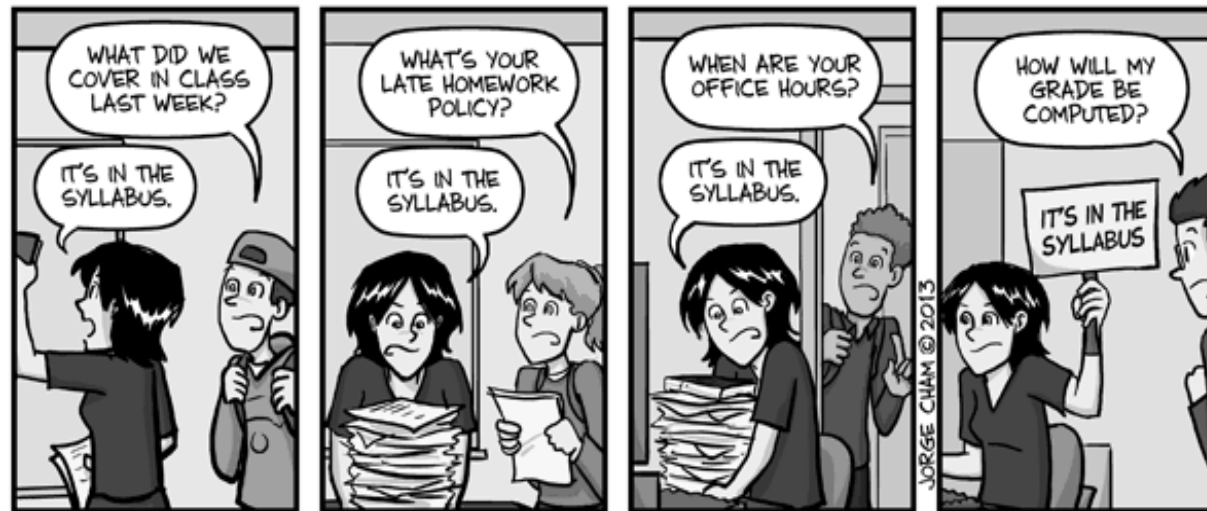
I WANT TO KNOW MORE ABOUT YOU, TOO!

Describe yourself using the identity measure, and...

- Why are you interested in taking this class?
- What are you hoping to get out of this class?
- Plans for the future?
- Anything else I should know about you? (or you want me to)

Upload it to Cybercampus by this week! (Sept. 10, midnight).

SYLLABUS OVERVIEW



IT'S IN THE SYLLABUS

This message brought to you by every instructor that ever lived.

WWW.PHDCOMICS.COM

TEACHING ASSISTANT

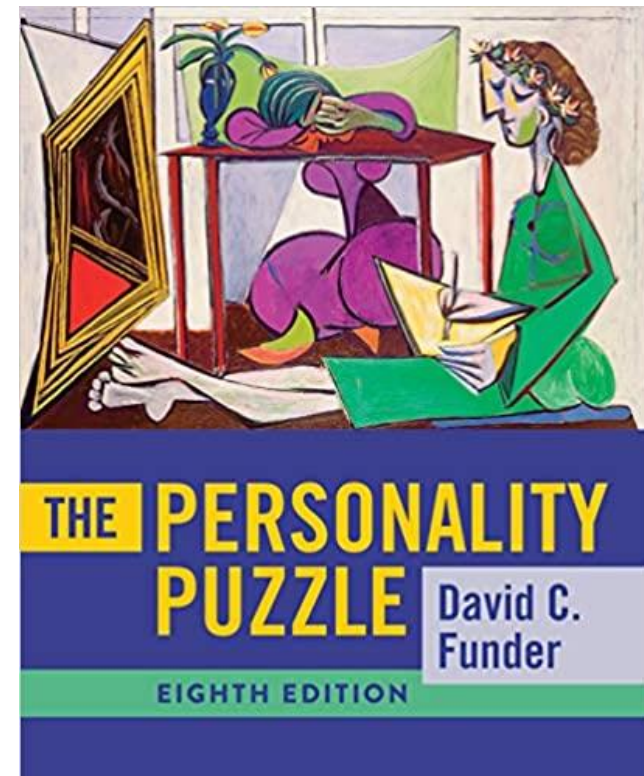
- Name: 송영훈 (Younghoon)
- Email: mne037@sogang.ac.kr
- TA announcement
- Auditing students or students who needs to be enrolled, come see TA and me after the class.

COURSE COMMUNICATION

- Course information, **slides**, calendar, and communication are hosted in cyber campus.
- Email is a best way to reach me; please include “**PSY3025**” in the subject line of any emails.
 - Give me 48 hours to respond.
 - Language of communication: Korean or English, your choice. But, will be responded in English.
- Any other urgent notices will be announced via 서강톡톡.

TEXTBOOK

- The Personality Puzzle (8th ed.) by David C. Funder



COURSE SCHEDULE

Week 1 (Sept/04)	Ch. 1	Course Overview Study of Personality
Week 2 (Sept/11)	Ch. 2	Guest Lecture Research Method I
Week 3 (Sept/18)	Ch. 2	Research Method II
Week 4 (Sept/25)	Ch. 3	Personality Assessment
Week 5 (Oct/02)	Ch. 4	Persons x Situations
Week 6 (Oct/09)	No class	
Week 7 (Oct/16)	Ch. 5	Personality Judgment
Week 8 (Oct/23)	Midterm Exam	

Week 9 (Oct/30)	Ch. 6	Traits & Types
Week 10 (Nov/06)	Ch. 7	Personality Stability, Development, and Change
Week 11 (Nov/13)	Ch. 12	Positive Psychology
Week 12 (Nov/20)	Ch. 13	Culture
Week 13 (Nov/27)	Ch. 14	Personality Processes
Week 14 (Dec/04)	Ch. 15	Self and Identity
Week 15 (Dec/11)	TBD	
Week 16 (Dec/18)	Final Exam	

COURSE FORMAT

- Lecture (80%)
- Discussion (20%)

COURSE GOALS

- Gain mastery over foundational concepts and research methods in personality psychology
- Gain mastery over the different major approaches to studying personality
 - Recognize that each approach has strengths and limitations
- Understand why individual differences in personality matter

GRADE BREAKDOWN

- Two exams - worth 80% of your final grade
 - Midterm Exam: Week 8
 - Final Exam: Week 16
 - Will be all in multiple-choice questions
- Three in-class assignments - worth 15% of your final grade
 - You can only complete these assignments in class by attending class
 - Will be announced without a notification in advance
 - May include activities such as a short thought paper, survey completion, etc.
- In-class participation - worth 5% of your final grade
 - Questions, comments, thoughts, and any verbal participation!

ATTENDANCE

- Attendance in this course will be recorded as regulated by the university (i.e., FA system).
- Although attendance itself does not directly affect your grade, I *strongly* recommend that you attend class regularly and come to class prepared.
- See details about excused absence in the syllabus

ATTENDANCE

Kids with good **ATTENDANCE** learn more,
get better grades and stay in school.



CLASS ETIQUETTE

- Come to class on time and don't walk out early.
- Turn off your electronic devices (phone, tablet).
- Do not disturb the class!
- **Respect diversity.** Please note that we have students with different backgrounds, experiences, and needs in this class. I will not tolerate remarks that are sexist, racist, homophobic, or in any discriminative way.



ACADEMIC INTEGRITY



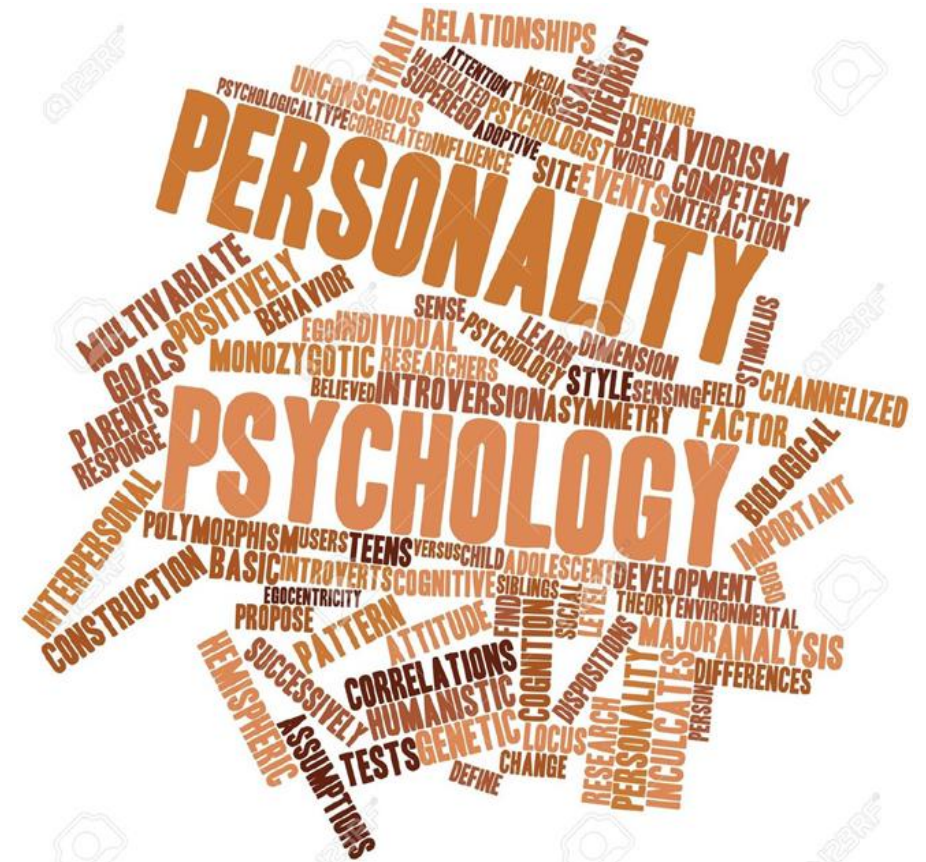
There are more important things in your life than getting an A in this class!

ANY QUESTIONS?



BRIEF INTRO TO PERSONALITY

- How do we study personality?



A WORKING DEFINITION

- Personality Psychology

- The scientific study of **individual differences** – for identifying ways in which people are both **similar** and **different**, and explaining **how they became that way**.



“BUILDING BLOCKS” OF PERSONALITY

- Traits
- Genetics
- Neuroscience
- Self and identity
- Intrapsychic foundations of personality
- Regulation and motivation
- Cognitive foundations
- Integration

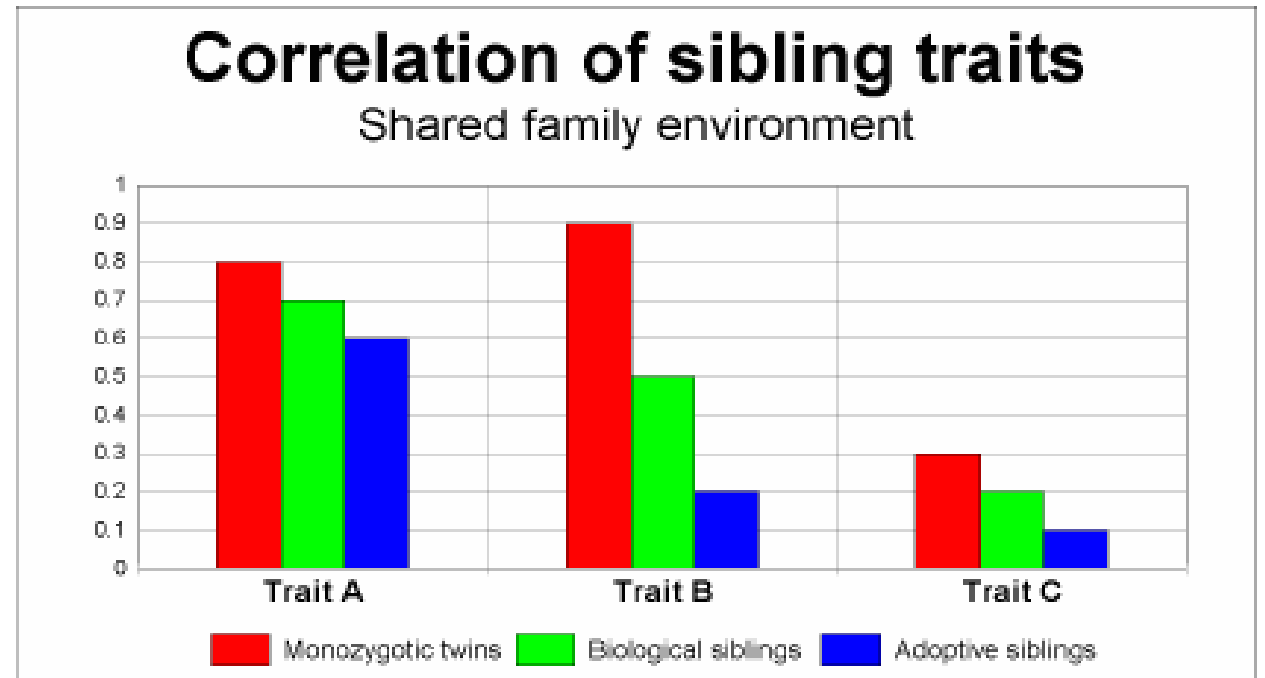
TRAITS

- Typical way of thinking, feeling, and acting, in various situations, at different times
- Influenced by physiology and environment
- Consistent across lifespan
- Expressed in diverse ways



GENETICS

- Study of how genes and environment affect personality and behavior
- Specific inherited personality characteristics and potentialities



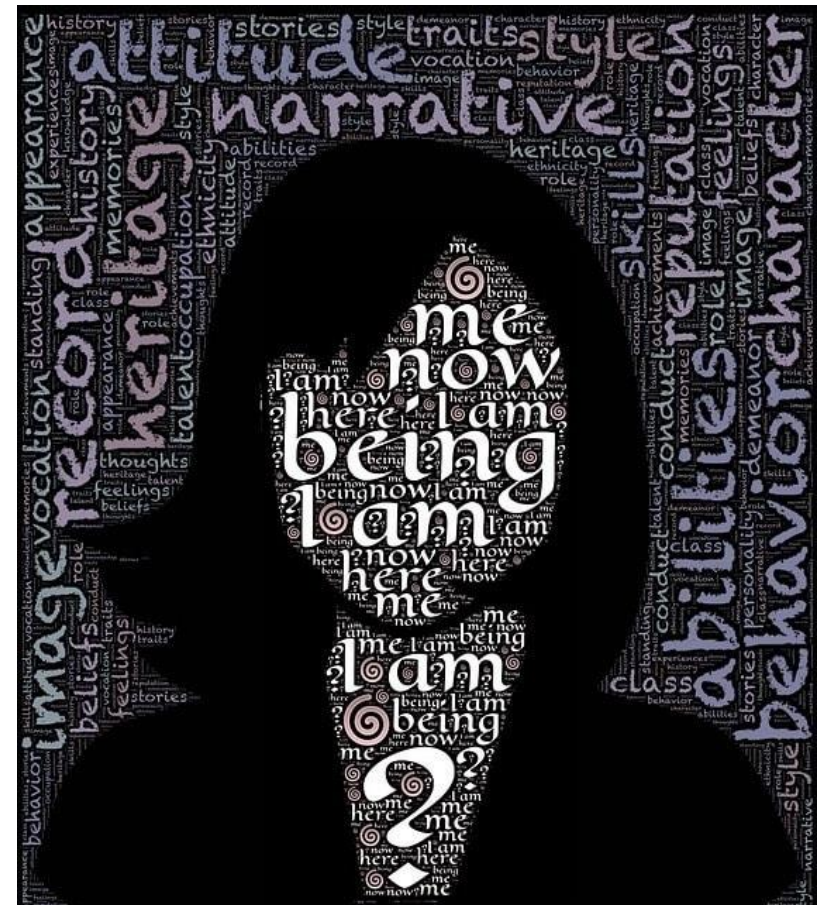
NEUROSCIENCE

- Study of how the brain and CNS (central nervous system) affect personality
- Bodily responses
- Brain structure and activity
- Biochemical activity



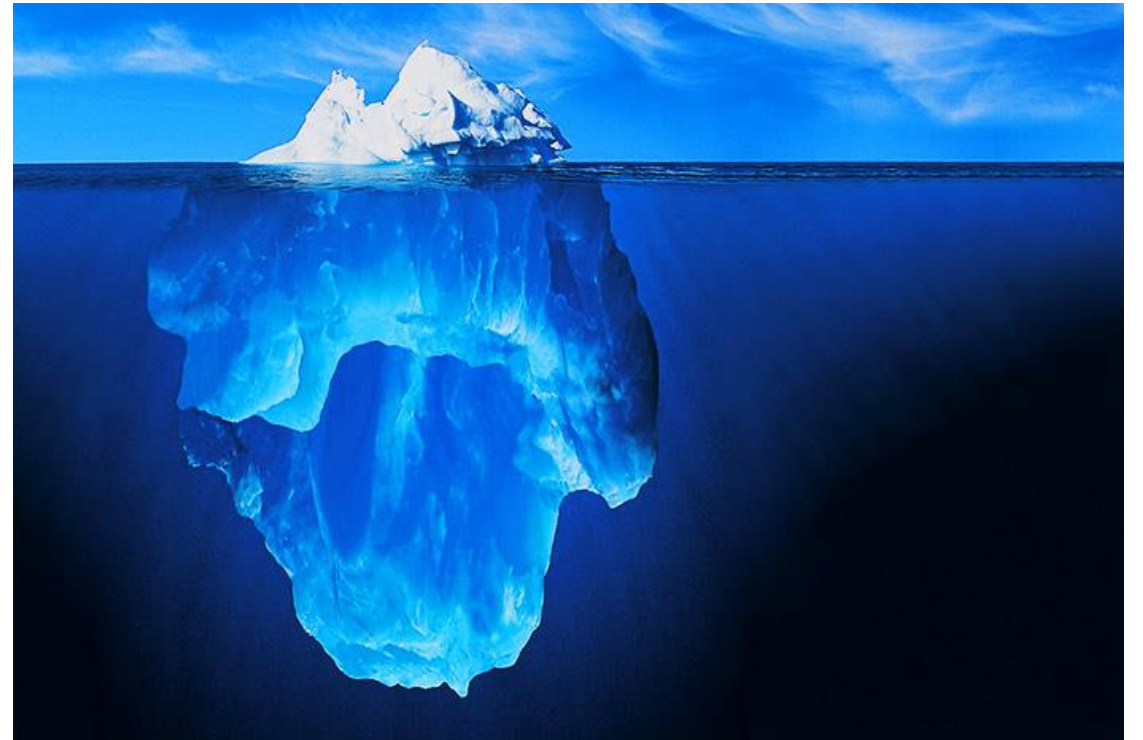
SELF AND IDENTITY

- Personal sense of who one is
- Self-concept
- Self-esteem
- Social identity



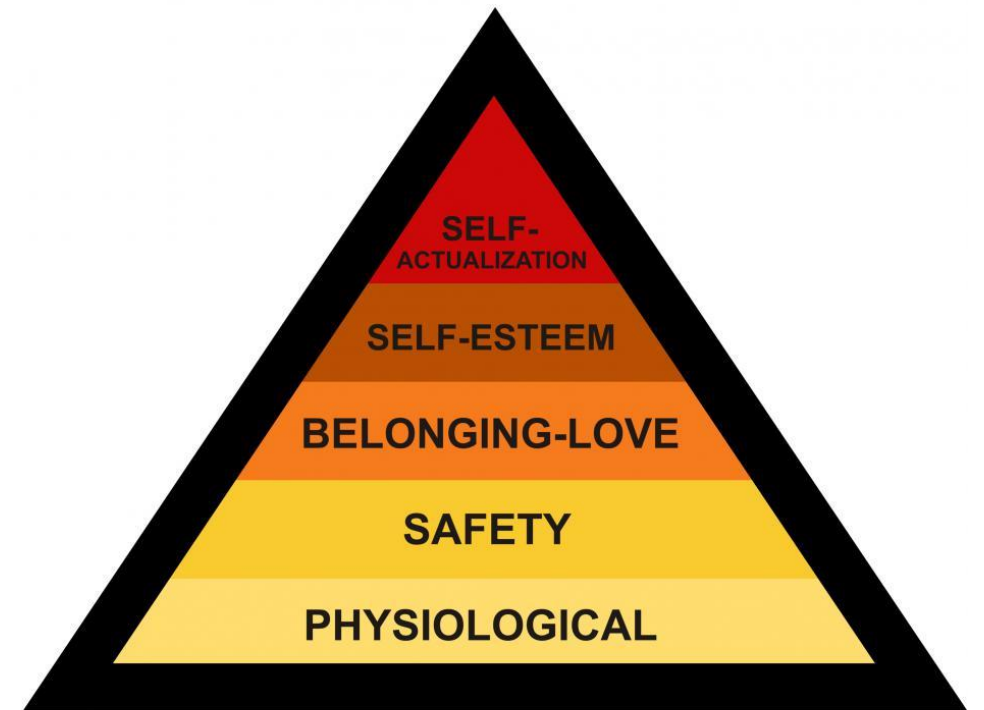
INTRAPSYCHIC FOUNDATIONS OF PERSONALITY

- Self-examination of conscious and unconscious thoughts and feelings
- Unconscious motivations
- Defense mechanisms
- Important attachments
- Freud (1856-1939)



REGULATION AND MOTIVATION

- Humanistic approaches
- Feelings of free choice and adjustment
- Personal competence
- Connections to others
- Conscious awareness and experience



Maslow's Hierarchy of Needs

WISEGEEK

COGNITIVE FOUNDATIONS

- Differences in information about self and world
- Causal impacts of life events
- Futuristic expectations
- Locus of control, learned helplessness, optimism-pessimism



INTEGRATION

- Combining the building blocks of personality into a whole person
- Whole is greater than the mere sum of the parts
 - **For example... Gender identity:**
 - Is it just biology?
 - Socialization?
 - Thoughts or beliefs?
 - Physiology?



NEXT CLASS

- Introduction to Personality psychology
 - Read Chapter 1
- Research method
 - Read Chapters 2 & 3 of the textbook
- Tell me about your self
 - Cyber campus

HOW DIFFER FROM PERSONALITY PSYCHOLOGY COURSE?

- If you have already taken a personality psychology course (e.g., PSY3008) before...
 - Counselling vs. social psychological approaches to personality psychology

GRADING SCHEME

- 90%(89.5%)-100% = A
- 80%-89.4% = B
- 70%-79.4% = C
- 60%-69.4% = D
- Below 59.4% = F