"Personality is a person's unique pattern of thoughts, feelings, and behaviors that are relatively consistent over time and across situations...Psychologists have been studying personality for over 100 years, and several major schools of thought have emerged. Each of these theories contributes important pieces to the puzzle of human personality, and after we've learned about them, we can 'mix and match' various elements of different theories to help us understand the many diverse individuals in our lives" (McCann, 2017, p. 58).

1) In this week's reading, we learned about multiple perspectives and theories regarding personality. Which of these discussed in McCann (2017) Chapter 3 do you feel most closely aligns with the way you view personalities (i.e. Psychodynamic perspective, Behaviorist perspective, social cognitive theory, Humanist perspective, Trait theories "Big Five theories")? Which parts of the perspective/theory you choose aligns with the way you view the world? How has your culture/family system influenced the way you view personality? (2 points)

2) What implications may the concept(s) you learned about from this week's readings influence your present/future living and/or working with others? (2 points)

The perspective discussed in chapter 3 that I feel most closely aligns with the way I view personalities is the Behaviorist Perspective. I feel that our personalities are shaped through both conditioning and reinforcement. I also think that our personality is developed through the actions we take when in a certain situation (McCann, 2017). The part of the Behaviorist Perspective that I feel aligns with the way I view the world is operant conditioning, which is a process that involves using reinforcement. More specifically, it uses positive and negative reinforcement as well as punishment to shape behavior. Positive reinforcement is when we give a positive consequence for a behavior that we want to be repeated (McCann, 2017). Negative reinforcement is removing something unpleasant to reinforce a certain behavior (McCann, 2017). Punishment is a way to immediately stop an undesirable behavior (McCann, 2017). I feel that we frequently see this process in the real world. For example, we see positive reinforcement through rewards programs. Companies want your business, so they give you rewards in return for your business. An example of negative reinforcement would be a professor dropping your lowest grades at the end of a semester, which encourages the student to achieve better grades in order to remove the lower ones. Finally, we see punishment in terms of law. Punishing people for breaking the law will stop them in the short term but won’t necessarily prevent them from performing the same actions again in the long term. Punishment is not viewed as an effective form of conditioning (McCann, 2017). I think my family system influenced the way I view personality in that I believe we “learn” our personality. I feel that I learned a lot of my behavior from my parents and my home environment. In the end, I believe we are a product of our environment.

References

McCann, V. (2017). Human relations: The art and science of building effective relationships (2nd ed.). Pearson Education.