**Personality 2 (Module)**

**Module: Maslow & the Humanistic Approach**

**Subtopic: Introduction  
-**focuses on positive interests, values and strengths of humanity  
-ideal developmental goal but not a timeline  
-not limited by past, if setback, can still move forward

**Subtopic: Maslow’s Hierarchy of Needs  
-**physiological, safety, love and belonging, self-actualization

**Subtopic: Physiological  
-**most basic and essential needs (food, water, air)  
-other levels require physiological needs to be met

**Subtopic: Safety  
-**attention focuses on safety and security  
-neurotic/insecure adults have difficulty fulfilling this need

**Subtopic: Love/ Belonging  
-**represents our need to bond and relate with others  
-those who do not fulfill this need are socially and emotionally maladjusted

**Subtopic: Esteem  
-**motivation comes from need for respect and recognition from self and others

**Subtopic: Self Actualization  
-**motivation focuses on maximizing personal abilities and strengths  
-most people do not reach this pinnacle stage

**Module: Trait Approach-Personality Traits & Personality Factors**

**Subtopic: Introduction  
-**the trait approach focuses on a set of characteristics that define an individual’s personality

**Subtopic: Personality Traits  
-**warmth, reasoning, emotional stability, dominance, liveliness, rule-consciousness, social boldness, sensitivity, vigilance, abstractedness, privateness, apprehension, openness to change, self-reliance, perfectionism, tension  
-personality traits can be expressed at different levels by different people

**Module: Trait Approach- The 5 Factor Model**

**Subtopic: The Big Five  
-**Openness, conscientiousness, extraversion, agreeableness, neuroticism

**Subtopic: The Five Traits  
-Openness:** refers to openness to experience   
-desire for new, exciting and adventurous experiences instead of constantly repeating the same experiences  
-intellectually curious, inquisitive, imaginative, and unconventional  
-enjoy reading, and appreciate art and nature  
-**Conscientiousness:** associated with a well-ordered life  
-create plans, set goals and keep surroundings neat and organized  
-always early for appointments and classes, and always hand in their assignments on time if not early  
hard workers who can spend hours focused on their work  
-maintain strong moral obligations and ethical behaviour  
**-Extraversion:** associated with a desire and ease to engage in social interactions especially in large groups of people  
-enjoy entertaining others, being the life of the party, making new friends, and taking on the role of leader  
-energetic, talkative, cheerful and sociable  
-conversely **introverts** are reserved, quiet and shy; prefer small social gatherings and they avoid being the centre of attention  
-**Agreeableness:** warm, compassionate, polite and caring people-prefer cooperation rather than confrontation and hostility-well-liked and often take on the role of caregiver   
-**Neuroticism:** not socially desirable  
-experience a lot of psychological distress related to but not limited to fears and depression  
-require a lot of emotional support and are hypersensitive  
-prone to anxiety, self-consciousness, and insecurities  
-low scores are relaxed, self-assured and stable

**Module: Cognitive & Behavioural Approaches**

**Subtopic: Cognitive and Behavioural Approaches  
-Behaviourists:** state that behaviour *is* personality  
-not interested in psychic structures of the mind nor are they interested in finding particular traits  
**-Cognitive Psychologist-** believe that thought patterns are central to personality, and the cause of overt behaviours   
-your way of thinking, interpretations of the world, and understanding of yourself affect how you feel and behave (thoughts are central to your personality)  
-**CBT-** treats psychological disorders by focusing on both disordered thoughts and disordered behaviour