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Instructions for Assignment-3

HUL265 [Theories of Personality]

Sem I 2025-26

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Assignment 3: Applications of Personality Theory

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Overview:

In this assignment, you are expected to explore major personality theories, choose key concepts, and explain their real-life importance using examples and research, demonstrating how personality influences everyday human behavior.

Instructions:

1. Read five major personality perspectives: a) Psychoanalytic Theories, b) Humanistic Theories, c) Trait Theories, d) Cognitive-Behavioral Theories, e) Biological Theories. From these perspectives, identify five key concepts that you believe have the strongest influence on human behavior and day-to-day life.

2. Report Writing- Your report must be between **1500-2500** words and should include the following sections:

   Definition and Theoretical Background
   - What does the concept mean?
   - Which personality theory does it come from?
   - Mention the main contributors or psychologists associated with it.

   Application of the concept in day-to-day life
   - How does this concept explain everyday behavior?
   - Include examples from real life, media, or personal experience.
   - Why is this concept important for understanding human behavior?

   Latest Research
   - Quote a recent research study that demonstrates their application to real-world challenges.
   - Summarize the research paper and write the insights developed.
   - All sources cited in the report must be included in the reference list at the end.

Submission Guidelines

    a. Your report is due on **2ⁿᵈ November 2025**.

    b. Submit your report as a *PDF file via Moodle*.

Marking Criteria

    a. The assignment carries 8 marks in total.

    b. Your assignment will be evaluated based on the following parameters:

Parameter	What is expected?	Marks allotted
Conceptual Understanding	Accurate definition of each chosen concept and correct link to its personality theory and theorists.	2 Marks
Application and Research quoted	Real-world examples or personal observations showing how each concept influences behavior.	5 marks
Organization and Coherence	Logical flow of the content.	1 Mark