

**Washington & Lee University
Theories of Personality (PSYCH 202)
Course Syllabus Winter 2013**

Instructor: Karla Murdock, Ph.D.
 Email: murdockk@wlu.edu
 Phone: 458-8248
 Office: Parmly Hall Room 238
 Office Hours: MWF 1:30 – 3pm or by advance appointment
 Class Meetings: MWF 10:10 – 11:05am

COURSE GOALS

This course will introduce you to some of the major theories of personality and the research methods used to test these theories. Several perspectives on personality will be introduced and critical evaluation of these alternative perspectives will be encouraged. From each theoretical perspective we will address questions such as: What is personality? What are the similarities and differences among individuals' personalities? What factors influence the development of personality? How can we investigate the nature and cause of personality? What are the implications and consequences of our theories of personality?

I will ask you to be active learners in this class – to go beyond rote memorization of theories, concepts, and terms. Our class meetings will consist of a combination of discussions, activities, lectures, films, and writing exercises, all of which will encourage and require you to think *critically* about how we conceptualize and assess personality.

It will be essential for you to complete reading assignments BEFORE class because the activities of each class meeting will revolve around them. You will be bored, lost, and potentially embarrassed if you haven't read the material.

READING MATERIALS

Cloninger, S. (2008). *Theories of Personality: Understanding Persons* (5th Edition). Prentice-Hall. ISBN: 0132434091

PDF versions of journal articles will be made available via email.

GRADED ACTIVITIES

CLASS PARTICIPATION 10%

Your class participation grade will be generated on the basis of your attendance record, full engagement in each class meeting, and contributions to small- and large-group discussions. Much of what you learn from this course will come from the materials that are presented and discussed in class.

WRITING PORTFOLIO 30%

Your critical thinking and writing will be assessed in this class through a writing portfolio containing entries that you generate throughout the semester. For several class meetings (indicated by **WP** on the schedule below) you will prepare a typed response to a reading and/or prompt for that day. Although these writing portfolio entries should average about one single-spaced page in length, it is most important that they reflect a thoughtful consideration and analysis of the relevant issues (see evaluation criteria below). Please be prepared to present your entry to the class and then turn it in during the

relevant class period. Only partial credit will be awarded to entries that are submitted after the relevant class period for any reason.

These entries should be dated and numbered, collated in chronological order, and submitted on **Friday, April 5th**.

Your writing portfolio will be evaluated as a complete body of work at the end of the term, based on the degree to which it reflects:

- Consistent effort
- Mastery of concepts
- Clarity and sophistication of analysis
- Thoughtfulness, creativity, and originality
- Polish and professionalism

EXAMS 60%

There will be three exams in this course, all of which will include objective items as well as essay questions.

EXTRA CREDIT

You may earn four points of extra credit throughout the semester to be added to your third exam score. The following extra credit activities are suggested:

- ❖ Participate in a Psychology Department experiment or study. Extra credit will only be awarded with appropriate documentation that verifies your voluntary participation. Extra credit will not be awarded if you have received monetary compensation for your participation (1 point).
- ❖ Write a 500-750-word response to a book, film, play, or current event related to personality theory and/or research (2 points).

SEMESTER SCHEDULE (SUBJECT TO REVISION)

CLASS MEETING	Class meeting	TOPIC	READING / PAGES
Mon Jan 7		Introduction to Personality Theory	Chapter 1
Wed Jan 9		Psychoanalytic Perspective: Classic Psychoanalysis (Freud)	Chapter 2
Fri Jan 11		16 PF administration	
Mon Jan 14		Psychoanalytic Perspective: Analytical Psychology (Jung)	Chapter 3
Wed Jan 16	WP	Psychoanalytic Perspectives	
Thurs Jan 17	4:30-6pm Stackhouse Theater	Corey Keyes <i>To Happiness and Beyond: Flourishing in Life and Real Healthcare Reform</i>	Keyes, C. (2007). Promoting and protecting mental health as

			flourishing: A complementary strategy for improving national mental health. <i>American Psychologist</i> , 62, 95-108.
Fri Jan 18	Founders Day	No class meeting 10-11 am: Keyes meet and greet, Mason Taylor New Room	
Mon Jan 21	WP: Keyes	Keyes discussion Psychoanalytic-Social Perspective: Individual Psychology (Adler)	Chapter 4
Wed Jan 23	WP	Siblings and Personality Development	Brody, G. (2005). Siblings' direct and indirect contributions to child development. In C. Morf and O. Ayduk (Eds.), <i>Current Directions in Personality Psychology</i> , pp. 143-148. Washington, D.C.: American Psychological Society.
Fri Jan 25		Psychoanalytic-Social Perspective: Psychosocial Development (Erikson)	Chapter 5
Mon Jan 28		Erikson	
Wed Jan 30	Exam 1		
Fri Feb 1		Trait Perspective: Personological Trait Theory (Allport)	Chapter 7
Mon Feb 4		Trait Perspective: Big Five: Factor Analytical Trait Theory (Cattell)	Chapter 8
Wed Feb 6		16PF Interpretation	
Fri Feb 8	WP	Trait Perspective: Big Five: McCrae & Costa	McCrae, R. & Costa, P. (1999). A five-factor theory of personality. In L.A. Pervin and O.P. John (Eds.), <i>Handbook of Personality: Theory and Research</i> (2 nd ed.), pp. 139-153. New York: Guilford.
Mon Feb 11		Trait Perspective: Biological Theories (Kagan, Eysenck, Gray)	Chapter 9
Wed Feb 13		Biological Perspectives	
Fri Feb 15	WP	Biological Perspectives	Dabbs, J. Hargrove, M., & Heusel, C. (1996). Testosterone differences among college fraternities: Well-behaved vs.

			<p>rambunctious. <i>Personality and Individual Differences</i>, 20, 157-161.</p> <p>Farah, M. (2005). Neuroethics: The practical and the philosophical. <i>Trends in Cognitive Sciences</i>, 9, 34-30.</p>
Feb 18 - 22	BREAK		

Theories of Personality Winter 2013 Revised Schedule

Mon Feb 25	WP	Broaden and Build Theory	Fredrickson, B. L. (2003). The value of positive emotions. <i>American Scientist</i> , 91, 330-335.
Wed Feb 27		Exam Review	
Fri Mar 1	Exam 2		
Mon Mar 4		Learning Perspective: Behaviorism (Skinner)	Chapter 10
Wed Mar 6		Cognitive Social Learning Perspective: Mischel	Chapter 12
Fri Mar 8	SSA	No class meeting	
Mon Mar 11		Cognitive Social Learning Perspective: Bandura	
Wed Mar 13	WP	Social Learning Perspective	
Fri Mar 15	Take the VIA Strengths Survey Online; Print out results	Positive Psychology	
Mon Mar 18	WP	Positive Psychology Strengths Assessment Interpretation	Csikszentmihalyi, M. (1999). If we are so rich, why aren't we happy? <i>American Psychologist</i> , 54, 821-827. Dahlsgaard, K., Peterson, C., & Seligman, M. (2005). Shared virtue: The convergence of valued human strengths across culture and history. <i>Review of General Psychology</i> , 9, 203-213. Bring VIA Survey results to class
Mon Mar 18	5:00-6:30pm	Jean Kilbourne <i>The Naked Truth</i>	http://www.aef.com/industry/news/data/hot_issues/1361
Tues Mar 19	5:30-7pm Stackhouse Theater	Richard Davidson <i>Happiness is a Skill</i>	Davidson, R., Dunne, J., Eccles, J., et al. (2012). Contemplative practices and mental training: Prospects for American education. <i>Child Development Perspectives</i> , 6, 146-153.
Wed Mar 20	WP: Kilbourne and/or Davidson	Kilbourne discussion Davidson discussion	

Fri Mar 22		No class meeting	
Mon Mar 25		Humanistic Perspective: Person-Centered Theory (Rogers)	Chapter 14
Wed Mar 27	WP	Humanistic Perspective: Need Hierarchy Theory (Maslow)	Chapter 15
Fri Mar 29		Personality and Well Being	Hampson, S. (2008). Mechanisms by which childhood personality traits influence adult well-being. <i>Current Directions in Psychological Science</i> , 17, 264-268. Folkman, S. & Moskowitz, J.T. (2005). Stress, positive emotion, and coping. In C. Morf and O. Ayduk (Eds.), <i>Current Directions in Personality Psychology</i> , pp. 181-186. Washington, D.C.: American Psychological Society.
Mon Apr 1		Buddhist Psychology	Chapter 16
Wed Apr 3	Final WP	Individual personality theories	
Fri Apr 5	WP Due	Exam Review	