COURSE TITLE: Theories of Personality
COURSE NUMBER: PSY 300

I. RATIONALE:

The concept of personality is explored via the developmental theories of several social scientists. The impact of personality upon such processes as intelligence, anxiety, health, aggression, altruism, and moral behavior is studied. This course is the foundation for theoretical understanding dealing with both normal and abnormal development. It is not meant to be a self-help course.

As Psychology professionals, we recognize that reactions to trauma come in many forms. The content of this course, and discussions about trauma from different perspectives, may bring about unexpected and unsettling reactions. Responses to trauma are often strategies that survivors have developed to keep themselves safe, and therefore really reflect strength and resiliency. Recognizing how trauma impacts anyone is an important part of skill building for creating trauma-informed services and systems. Please do not hesitate to contact the instructor at any time during the course if you would like to discuss, privately, your reactions to the content we are reviewing and/or the discussions we are having.

II. MAJOR INSTRUCTIONAL GOALS:

GOAL A:
Demonstrate an understanding of the development of personality structure.

Learning Outcomes: The student will:

A-1 Define personality.
A-2 Understand the various views of personality developments according to different theories, including Psychoanalytic, Cognitive, Behavioral, and Humanistic.

GOAL B:
Demonstrate understanding of four major theoretical approaches to personality developments.

Learning Outcomes: The student will:
B-1 Identify key concepts including terms and definitions for each theory.
B-2 Identify key individuals associated with each theory.
B-3 Identify strengths and weaknesses of each theoretical position.

GOAL C:
Understand the impact of personality on individuals varying responses to life experiences.

Learning Outcomes: The student will:

C-1 Describe about how an individual’s thinking process is impacted by personality.
C-2 Explain how behavioral emotion is impacted by personality.
C-3 Identify how personality can lead to vulnerability or resilience.

GOAL D:
Apply an understanding of theories of personality to specific individuals (historic and self)

Learning Outcomes: The student will:

D-1 Describe a person’s life, listing major life events.
D-2 Using theories, explain subsequent behavior of the individual.

GOAL E:
Understand how trauma, especially in childhood, impacts personality development in every area of human functioning – physical, emotional, behavioral, social and spiritual.

Learning Outcomes: The student will:

E-1 Explain why the understanding of psychological trauma is relevant to the study of the four major perspectives of personality theory.
E-2 Describe how adverse childhood experiences play a significant role in the development of adult personality.
E-3 Identify how trauma impacts vulnerability and resilience in people with diverse backgrounds, histories, cultures, and experiences.

GOAL F:
Use appropriate written and oral communication skills.

Learning Outcomes: The student will:

F-1 Communicate information orally in a logical and grammatical manner
F-2 Present written information using standard APA style.