The course has two interlinked goals: promoting knowledge of personality and sharpening thinking skills. Knowledge of personality psychology can aid one in thinking usefully and critically about human behavior patterns, which is useful not only in psychology and human services professions but in many areas of human life. The course first gives a general theoretical introduction to the bases of personality psychology. The theories and methods of measurement within trait psychology are considered, as is psychodynamic personality theory. A cognitive/social-cognitive perspective on personality is presented. Personality with biology and health as well as personality and mental disorders are presented and discussed. On completion of the course, the student should - be able to account for central personality theories and place these in a context regarding psychological theorizing - be able to account for relevant arguments in the discussion regarding if and how personality can be measured - be able to account for methodological methods in the study of personality, for example within biological personality research and employing personality tests.

Contents

1   Introduction to Personality: Definition of Personality
2   Essential Features of Personality
3   Overview of theories of personality
4   Six Approaches to Personality
5   Characteristics of a Good Theory
6   Issues in Personality Psychology
7   Collectivist orientations
8   Individualistic orientations
9   Research in personality psychology
10 Situational causes and cues
11 The psychoanalytic theory of personality
12 Neo-Psychoanalytic theories
13 Biological theories
14 Behavioral theories
15 Learning / sociocultural theories
16 Cognitive theories
17 Trait theory
18 Five-Factor Theory (Norman, McCrae, and Costa)
19 Stress, adjustment, and personality

Recommended Text

1   Burger, J. M. (2019). *Personality* (10th ed.). Boston, MA: Cengage Learning.
2   Cervone, D., & Pervin, L. A. (2017). *Personality: theory and research* (13th ed.). Hoboken, NJ: John Wiley & Sons.

Suggested Readings

1   Carver, C. S., & Scheier, M. F. (2017). *Perspectives on personality* (8th ed.). New York:

Pearson Education.

2   Larsen, R.J., & Buss, D. M. (2018). P*ersonality psychology: Domains of knowledge about human nature* (6th ed.). New York: McGraw-Hill Education.