

**CEDAR CREST COLLEGE**  
PSY 351 Theories of Personality  
Fall 2008

Professor Jane Tyler Ward, PhD  
Curtis Hall 121

Office Hours: Monday 5:30 pm - 6:30 pm, other times by appointment

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Text: Feist, J. & Feist, G.J. (2005) Theories of Personality (Sixth Ed.)  
Boston, MA: McGraw-Hill.  
Website: [www.mhhe.com/feist6](http://www.mhhe.com/feist6)

Course Description:

This course introduces the works of selected personality theorists. It will include representatives of the psychodynamic, behavioral/cognitive, and humanistic/existential orientations. Lecture 30%; discussion 70%; 3 credits; prerequisite: PSY 100

General Course Objectives:

1. Students will understand, analyze, and evaluate theories from the three represented areas in psychology by understanding theory, hypothesis testing, falsifiability, and meaningfulness of a theory.
2. Students will be able to apply information learned in this course to evaluate their own ideas about personality, and to articulate those ideas to others.
3. Students will get a basic understanding of the theorists studied in this course.

Course Outcomes:

1. The student will be able to understand and apply the basic theories.  
Measure: Students will take three exams covering each of the three areas of personality theory studied in this course.

2. The student will be able to articulate her own theory of personality, using information from the theories studied in this course.

Measure: Students will write a paper on their own theory of personality.

Student Assessment/Evaluation:

1. There will be three multiple choice/short answer exams. Each exam will count 100 points.
2. Your personality theory paper will count 100 points.

The scores will be summed and the average score will be your final grade.

Grades may be adjusted upward for students who have excellent attendance and who contribute significantly to class discussion.

3. Attendance: Roll will be taken at the beginning of each class period. More than two absences could negatively affect your grade. Please email or call me if you will not be in class.
4. Exam-taking protocol: Exams must be taken on exam day unless you have a written medical excuse from your doctor, the Dean of Student Affairs, or the absence was pre-approved by me. If you miss an exam and do not have a written medical or pre-approved excuse, you will receive a five point deduction from your test score for each week day (Monday through Friday) until the test is taken.

## TOPICAL OUTLINE

Week of	Topic	Assignment
08/25	Introduction to the course	Ch. 1
09/01	Labor Day Holiday - no class	
	PSYCHODYNAMIC THEORIES	
09/08	Psychoanalytic theory: Freud Video	Ch.2
09/15	Analytic Theory: Jung Video	Ch. 4
09/22	Individual Psychology: Adler	Ch. 3
09/29	EXAM #1 (Chapters 1, 2, 3, 4)	
10/06	Object Relations & Attachment Theory: Klein, Bowlby, Ainsworth Video	Ch. 5
10/13	FALL BREAK - no class	
10/20	Interpersonal Theory: Sullivan	Ch. 8
10/27	Psychosocial Developmental Theory: Erikson	Ch. 9
	LEARNING THEORIES	
11/03	Social Cognitive Theory: Bandura Video	Ch. 12
11/10	EXAM #2 (Chapters 5, 8, 9, 12)	

## HUMANISTIC THEORIES

11/17	Person Centered Theory: Rogers	Ch. 16
11/24	Holistic-Dynamic Theory: Maslow	Ch. 17
12/01	Existential Theory: May Video Personality Paper Due	Ch. 18
12/08	Exam #3 (Chapters 16, 17, 18)	

### Academic Policies:

We all adhere to the College Honor Philosophy. Specifically, you are to do your own work on exams and your paper. You will sign your name to the honor pledge on all exams after you have completed the exam. Please see the College Honor Philosophy as it relates to academic settings for specific information about reporting.

The College Classroom Protocol states that each student has the right to a positive learning environment free of extraneous interruptions and distractions and inconsiderate or uncivil behavior. Some examples of inconsiderate behavior include talking when the professor or other students are talking, leaving class early, coming into class late, and disrespectful behavior to another student in the class. Students who are consistently inconsiderate will be warned, and up to 10 points may be taken from their final grade for the course.

A student with a documented disability on file with the Academic Advising Center should discuss any special accommodations with me within the first two weeks of class. I am happy to make reasonable accommodations, or assist the Advising Center in make the best possible accommodations.

PAPER REQUIREMENTS:

10-12 pages

The paper is due on 12/01 (Monday) in class. I will not accept an emailed paper unless approved ahead of time. You should turn in a hard copy in APA style. Your paper should include an Introduction, which explains how you are going to go about explaining your own theory of personality. You will compare and contrast your theory with the theories we have discussed in class. Use copious examples - from your life or others' lives - to support your hypotheses. As an outline, you are to use the following continua of human behavior (used in your text):

1. Determinism vs. free choice: Do forces over which we have no control determine our behavior (e.g., social environment, unconscious desires or wishes), or are people free to make conscious choices about their lives and behavior?
2. Pessimism vs. optimism: Are people at the mercy of the "healthiness" of their families and environment, or unconscious wishes, or can they change and grow throughout their lives?
3. Causality vs. teleology: Do people behave the way they do because of past experiences and habits, or do they act in order to shape the future in terms of their expectations?
4. Unconscious vs. conscious behaviors: Are people aware of why they behave the way they do, or do unconscious forces drive them to act without awareness?
5. Biological vs. social influences: Are we most influenced by our genes or our upbringing and experiences?
6. Uniqueness vs. similarities: Are people more alike than different, when you really get down to it, or are there unique features that make us more different than alike?