

# Theories of Personality



**Psychology 351**

**Dr. Micah Sadigh**

**Cedar Crest College**



# Cedar Crest College

## *Syllabus*

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**Title:** Theories of Personality (PSY-351)  
(3 Credit)

**Class Meeting Times:** Tuesdays and Thursdays 9:30-10:45 AM

**Faculty:** Dr. Micah R. Sadigh  
(Prerequisite: PSY-100)

**Office:** Curtis 119

**Office Hours:** Mondays (10-11:00 AM; & 5:30-6:30 PM); Tuesdays (1-2PM); Wednesdays (10-11 AM, 1-3 PM); Thursdays (4-5 PM); or by appointment (610-606-4666, Ext. 3715)

**E-mail:** micasa@cedarcrest.edu

**Description:** In this course we shall examine several key theories of personality that attempt to explain human behavior and individual differences. Particular attention will be paid to psycho-dynamic, and existential-humanistic theories. We shall also explore the possibility of whether some of the key concepts of these theories can be integrated to form a meta-theory of personality.

### Goals

1. To provide students with a comprehensive knowledge of some of the key personality theories and their contributions to the study of human behavior.
2. To help students integrate diverse theories of personality in order for them to have a better understanding of the intricate nature of human personality

### Course Objectives

Upon the completion of the course, students will be able to:

1. Describe how the various personality theories explain the underlying mechanisms of human behavior
2. Describe causal and teleological contributors to the development of personality
3. Describe some of the limitations of personality theories
4. Describe what is meant by healthy personality

## Course Outline, Assigned Readings and Tentative Dates:

### Week 1:

- What is Personality? (Chapt.1)
- Research in Personality Theory

### Week 2

- Introduction to Psychoanalysis (Chapt.2)
- Freud and the Discovery of the Unconscious
- **Case Study**

### Week 3

- The Nature of Ego-Defense Mechanisms
- Transference and Psychoanalysis
- Carl Jung and Analytic Psychology (Chapt.4)

### Week 4

- **Test 1 (2/11)**
- Introduction to Neo-analytic thinking

### Week 5

- Melanie Klein and Object Relations (Chapt.5)
- Contributions by Mahler, Ainsworth, and Kohut

### Week 6

- Karen Horney: The birth of feminist psychology (Chapt.6)
- **Case Study**

### Week 7

- Erik Erikson and Psychosocial Development (Chapt.9)

**NO CLASSES ON THE WEEK OF 3/8 (SPRING BREAK)**

### Week 8

- **Test 2 (3/18)**
- Alfred Adler and the Will to Power (Chapter 3)
- **Case Study**

### Week 9

- Introduction to Existential-Humanistic Psychology
- Carl Rogers and the Person (Chapt.11)
- **Case Study**

### Week10:

- The Hierarchy of Abraham Maslow (Chapt.10)

**PLEASE NOTE: NO CLASS ON APRIL 6 (MONDAY SCHEDULE)**

Week 11:

- A Brief Introduction to Existentialism
- Rollo May and Existential Psychology (Chapt.12)

Week 12:

- Rollo May Part II (Finish Chapter 12)

Week 13:

- Social Cognitive Theory (Chapt.16)
- **PAPER DUE ON 4/29**

Week 14:

- **Final Exam (5/4)**

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**Textbooks:**

Feist, J., & Feist, G.J. (2009). Theories of Personality (7<sup>th</sup> edition). New York, NY: McGraw-Hill.

Ashcraft, D. (2006). Personality theories workbook. Belmont, CA: Wadsworth.

**Additional Reading:** Dr. Sadigh's articles and other papers will be provided

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**Grades:** The final grade for the course will be calculated based on the following percentages:

**TEST # 1: 25% (Includes Case Study)**

**TEST # 2: 25% (Includes Case Study)**

**TEST # 3: 25% (Includes Case Study)**

**PAPER: 25%**

**Case Study Assignments:** Throughout the semester, you will be provided with case studies that evaluate your mastery of specific theoretical perspectives. They should also prove to be highly valuable for preparing you for the tests. The points earned from these case studies will be factored into your exams! **THESE ARE REQUIRED ASSIGNMENTS.** A late or an incomplete assignment may result in a 5% drop in test scores!

**Extra Credit Opportunities:** Throughout the semester you will have the opportunity of earning extra credit points by responding to the questions that are presented at the end of each case study assignment. You may earn up to 10 points by completing these assignments.

**Instructions of the paper:** Write a concise paper on your theory of personality and integrate concepts and formulations from the theorists that we have studied in this course if and when appropriate. **The paper is due on 4/29/2010.**

**Honor Code:** Students are expected to abide by the Cedar Crest College Honor Code. Acts of misconduct (e.g., cheating during an examination, copying material on your homework, or allowing someone to use your homework) will not be tolerated. Infringements will be handled according to college policy.

**Special Accommodations:** If you require assistance due to a disability, I will be more than happy to help you in any way possible to meet your needs. Please see me after class.

**Make-up exams:** There will be no make-up exams, **except** in cases of extreme emergencies.

**Class Attendance:** You are required to attend all scheduled classes.

**Classroom Protocol:** All Cedar Crest College students are expected to be familiar with and fully supportive of the college's policy regarding the honor code and academic integrity. See the Student Guide for more information regarding the enforcement of these policies. Appropriate classroom behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. **The classroom environment is to be free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might disrupt instruction and/or compromise students' access to their Cedar Crest College education.**

**Plagiarism:** If plagiarism is suspected, I am bound to follow academic regulations. Plagiarism is the act of presenting the ideas, words or other intellectual property of another as one's own. The use of other people's work must be properly acknowledged and referenced in all written material. The use of material without acknowledgement is an offense.

**Cheating:** Bear in mind that allowing another to copy one's work is an academic offense just as is copying from someone. Furthermore, submitting the same paper for two courses without arrangement is also an academic offense.

**Grades:**

A	93.0-100%	C	73.0-76.6%
A-	90.0-92.9%	C-	70.0-72.9%
B+	86.7-89.9%	D+	67.0-69.9%
B	83.4-86.6%	D	60-66.9%
B-	80.0-83.3%	F	below 60%
C+	76.7-79.9%		

## Psychology Department Attendance Policy

The Psychology Department is committed to the principle that regular and punctual class attendance is essential to the students' optimum learning and successful academic achievement. Regular class attendance is a student obligation, and students are responsible for all work, tests and written assignments. Therefore, students are expected to be present for all class sessions. The Psychology Department's attendance policy recognizes that there will be times when attendance at class is not possible. You may think of the policy as being similar to the type used in the corporate world where each employee is given a certain number of "personal/sick days." Based on the number of regularly scheduled class meetings, you will be allowed a certain number of absences (see below) with no consequences, no questions asked. In other words, there is no distinction between excused and unexcused absences. You are of course responsible for anything covered during those missed classes, and for submitting assignments on time, regardless of whether or not you attend. Beyond the allowable number of absences, there are consequences that will adversely impact your grade, much as missing too many days of work can adversely impact your employment status. Above all else, you should carefully consider each decision to not attend class, as once your allotted absences have been used, they are gone. *It is important that students arrive for class on time. Late arrivals are very distracting, not only to the instructor, but also to fellow students. Repeated late arrivals are not acceptable and will be addressed on an individual basis.* It is each student's responsibility to understand this policy and to keep track of absences throughout the semester.

**Application to this Class:** Formal attendance will be taken during all class sessions. This class meets twice per week (28 class meetings). You may miss 3 classes without penalty. If you miss 4 classes, your final grade (cumulative percentage of points) will be lowered by 5%. That means that if you have earned 84% of the available points in the class, which is a B grade, you would be lowered to 79%, which is a C+. Likewise, if you have earned 77% of the points available, the penalty would take you down to 72%, which is a C-. As a reminder, a C grade (73%) is required in all Psychology courses. If you miss 5 classes, you will be docked an additional 5% points off of your final grade (for a total of 10%). If you miss 6 classes, you will receive a failing grade for the course. If you miss six classes, you have missed approximately 25% of the class meetings.

## UNNECESSARY CONVERSATIONS

Unnecessary conversations during the lectures will be distracting to your fellow students as well as your professor. Those who engage in such conversations will be dismissed from class.