

PSY 140-01: PSYCHOLOGY of PERSONALITY

Spring Semester 2015

MON/WED/FRI 1:30-2:20pm; RM K200

Professor: Adam M. Volungis, PhD, LMHC**E-mail:** am.volungis@assumption.edu**Phone:** 508-767-7258**Office:** Kennedy 218**Office Hours:** Mon 12-1:30; Tues 12-3; Fri 12-1:30; By Appointment**REQUIRED TEXT**

Larsen R. J. & Buss, D. M. (2014). *Personality psychology: Domains of knowledge about human nature* (5th Edition). New York, NY: McGraw

COURSE DESCRIPTION

This course is a comprehensive survey of theories and research in personality psychology. It addresses questions such as: What is personality? How is personality studied? Where does our personality come from? Why are some people introverted-extraverted, optimistic-pessimistic, and irritable-relaxed? How is our personality influenced by our brain and environment? What cognitive strategies do people use to regulate emotions and behavior? How does culture affect our personality? In addressing these questions, major personality theories will be examined and related research will be reviewed and evaluated. Hands-on experience and discussion opportunities will also be available in the course to help you better understand the material.

COURSE OBJECTIVES

1. Understanding the basic concepts and principles of each theoretical perspective,
2. Relating the personality theories to one's own development, characteristics, and behaviors,
3. Learning to apply the theories to others' lives in order to better understand their personalities and experiences,
4. Becoming familiar with personality literature and research,
5. Thinking critically about personality studies, issues in Personality Psychology and life,
6. Developing a practical understanding so as to be able to use these concepts in your own life.

COURSE EXPECTATIONS

Blackboard and e-mail: Course announcements, assignments, and updates to the syllabus will be provided on Blackboard. This information will also be provided on my personal website: <http://dradamvolungis.com/>. Additional required readings and handouts will also be available on Blackboard and my personal website. Although I will also inform you of any such information in class, it is expected that you utilize Blackboard and check your e-mail to ensure that you are up to date with all class material and information (especially if you are absent). Lastly, you are strongly encouraged to e-mail me with any questions or concerns. I check my e-mail daily and will often get back to you promptly (i.e., less than 24 hours). However, I ask for at least 24-48 hours to provide a timely reply. I also do my best to reply to emails over the weekend, but please note that some weekends I may not be immediately available to reply until Sunday night or Monday morning (e.g., an e-mail at 6pm Friday may not get a reply until 10am Monday on some

weekends). Finally, please e-mail me directly at am.volungis@assumption.edu; do not e-mail me ‘through Blackboard,’ as I do not check Blackboard for e-mail.

Course Readings & Lectures: Please refer to the “Projected Course Outline” for the due date and topic of each reading and lecture. You are expected to complete the required readings by the indicated class date. Each chapter lecture will be posted on my website noted above. Some parts of each lecture may be blank and will need to be completed in class. In addition to the readings provided in the course outline, you may be required to read supplemental materials to enhance existing readings.

Text Website: The text has a student resources companion website that offers chapter reviews, quizzes, essay questions, and etc. To access the companion website, please look at the URL printed on your text and go from there.

Attendance: Due to the topic of this course being primarily in-class lecture and class discussion, it is crucial that you attend class. Much of the value of this course lies in your presence and participation in the classroom. Therefore, your presence is important for the “community within the class.” If you are absent from class, you are still responsible for all information and material covered that day. Also, class will always start and end on time, thus, the expectation is for students to be present for the full duration of class. If you must come late or leave early, please notify me before class. Specific attendance and punctuality policies are as follows (according to the Dean of Studies):

- **3 absences** (not excused by the Dean of Studies) will result in a grade reduction of at least one half of a letter grade.
- **4 -5 absences** (not excused by the Dean of Studies) will result in a full letter grade reduction for the course.
- **6 or more absences** (regardless of whether they are excused by the Dean of Studies or not) will necessitate that you either withdraw from the course or accept a failing grade for the course.
- **Chronic lateness** will be addressed and, if not eliminated, will negatively impact your attendance and participation grade and subsequently result in an overall grade reduction.

Make-Up Policy for Exams: You are expected to take all exams during the scheduled date. Make-up exams are strongly discouraged and will be allowed only under rare circumstances, such as serious illness or death in the family. If this is the case, you need to notify me as soon as possible and provide written documentation as proof (e.g., excused absence notice from the Dean’s Office).

Submission Policy & Late Assignments: All assignments should be submitted no later than the due date. Late work will not be accepted and a ‘0’ will be given for the assignment.

IMPORTANT NOTES

Academic Honesty: Representing the work of another as your own is a violation of fundamental principles of truthfulness and an offense against the academic community. Academic dishonesty may result in the student failing the course, at the discretion of the instructor. Academic dishonesty includes cheating on examinations, as well as *plagiarism* (failure to credit properly the ideas, organization of material or phrasing of another, including the use of term paper or reference paper services). Submitting one’s own work, in part or in whole, to more than one instructor without proper notification is also academically dishonest and subject to appropriate

disciplinary action. For more information, please consult Assumption College's Academic Honesty Police:

<http://www.assumption.edu/sites/default/files/StudentHandbookOnLineVersion.pdf> (p. 137).

This instructor reserves the right to utilize turnitin.com if there are concerns of academic dishonesty.

Students with Disabilities: Assumption College is committed to ensuring the full participation of all students in its programs. If you have a disability (or think you have a disability) and, as a result, need a reasonable accommodation participate in this class, complete course requirements, or benefit from the College's programs or services, then you should speak with me and contact the Director of Disability Services, Sharon deKlerk, at x7500. All information regarding disabilities will be treated with confidentiality. Documentation guidelines are available at: <http://www.assumption.edu/academics/resources/disabilityservices>. *Students with disabilities are encouraged to contact me with any questions.*

Academic Support Center: The Academic Support Center, located on the second floor of the d'Alzon Library, offers free peer and professional tutoring in all subject areas of the curriculum and writing. The Center also offers workshops in time management, study skills, and test taking strategies. E-tutoring, tutoring accessible from your residence hall, is also available to you. You can contact them at x5232 to make an appointment. More information regarding the Academic Support Center is available at <http://www.assumption.edu/academics/support>.

Smart Phones/Cell Phones/Pagers/MP3 Players and the like: All of these electronic devices should be powered off while class is in session. You are expected to devote your attention to each class for its full duration. A ringing/vibrating phone, texting, listening to music, etc. is not only a distraction to me, but more importantly, to your peers. Use of such devices may result in being asked to leave for the remainder of class. If you are expecting an emergency phone call, please notify me before class, sit near the door, and leave the room quietly and quickly if you receive a call.

Laptops in Class: *Students are allowed to use laptops in class only if they consult with the class instructor and sign an honesty statement for appropriate class usage.* Thereafter, you are welcome to bring and use your laptop in class to follow along with the presentation material and take notes. However, it should only be used to facilitate your learning of the class material. Engaging in other activities that are not related to your learning of course material (e.g., Facebook, e-mail, games) is not only a distraction to me, but more importantly, to your peers. Inappropriate laptop use may result in no longer being able to use your laptop in class.

METHODS of EVALUATION

1. Exams (75%): There will be 3 exams throughout the semester covering each of the discussed chapters in the textbook as well as any additional material presented in class. The format of the exams will consist of approximately 30-40 multiple-choice questions and approximately 2-3 essay questions. **Please note that the examination dates is indicated below in the ‘Projected Course Outline’.** Below is a list of the 3 exams and the corresponding Domains and chapters covered:
 - Exam 1 (20%) – Introduction (1, 2); Dispositional (3, 4, 5)
 - Exam 2 (25%) – Biological (6, 7); Intrapsychic (9, 10, 11)
 - Exam 3 (30%) – Cognitive (12, 13, 14); Social & Cultural (15, 16, 17); Adjustment (18, 20)
2. Observation and Reflection Sheets (15%). Students are required to complete an Observation and Reflection Sheet for each “Domain.” The content of these assignments will have two parts: (a) Discuss at least 1 specific topic from each chapter covered in the Domain that you found interesting and explain why; (b) Discuss how any information from the Domain may apply to your current (or past) life. Each part (a and b) should be at least 1 full paragraph in length and thoughtful in content in order to receive full credit (i.e., not one or two rushed sentences). *These assignments must be typed and are due on the last date that each Domain is covered. For example, you will submit your first Observation and Reflection Sheet for “Introduction to Personality” on 1/28.*
3. Attendance / Pop Quizzes (10%): Attendance will be sporadically taken throughout the semester. There will also be at least 1 (maybe more) pop quiz for every “Domain.” Students will be given 10 minutes to respond to the questions based on the reading assignment for that day. These quizzes will be graded out of 5-15 points. The purpose for these quizzes is twofold: (1) an intermittent means to take attendance, (2) assure that you are keeping up with readings. **There are no make-ups for missing a Pop Quiz.**

GRADE DISTRIBUTION SUMMARY

Exam 1	20%
Exam 2	25%
Exam 3	30%
Observation and Reflection Sheets	15%
Attendance / Pop Quizzes	10%
TOTAL = 100%	

GRADING SCALE

A	93.0-100	B	82.5-87.4	C	72.5-77.4	D	62.5-67.4
A-	90.0-92.9	B-	80.0-82.4	C-	70.0-72.4	D-	60.0-62.4
B+	87.5-89.9	C+	77.5-79.9	D+	67.5-69.9	F	<60

PROJECTED COURSE OUTLINE

<u>Date</u>	<u>*Topic/Assignment*</u>
<u>1/21/2015</u>	<u>INTRODUCTION to PERSONALITY</u> Introduction & Review of Syllabus
<u>1/23</u>	<u>Chapter 1 – Introduction to Personality Psychology</u>
<u>1/26</u>	SNOW DAY
<u>1/28</u>	SNOW DAY
<u>1/30</u>	<u>Chapter 2 – Personality Assessment, Measurement, and Research Design</u>
<u>2/2</u>	SNOW DAY
	<u>DISPOSITIONAL DOMAIN</u>
<u>2/4</u>	<u>Chapter 3 – Traits & Trait Taxonomies</u>
<u>2/6</u>	<u>Chapter 4 – Theoretical and Measurement Issues in Trait Psychology</u> *Only Read p. 88-107*
<u>2/9</u>	SNOW DAY
<u>2/11</u>	<u>Chapter 5 – Personality Dispositions over Time: Stability, Coherence, and Change</u> *Only Read p. 124-131; 146-151*
<u>2/13</u>	{Complete Chapter 5}
<u>2/16</u>	***EXAM 1 (Introduction [1, 2]; Dispositional [3, 4, 5])***
	<u>BIOLOGICAL DOMAIN</u>
<u>2/18</u>	<u>Chapter 6 – Genetics and Personality</u>
<u>2/20</u>	***NO CLASS – Dr. V Attending Aaron T. Beck Workshop***
<u>2/23</u>	<u>Chapter 7 – Physiological Approaches to Personality</u> *Only Read p. 186-193; 198-211; 213-217*
<u>2/25</u>	{Complete Chapter 7}
	<u>INTRAPSYCHIC DOMAIN</u>
<u>2/27</u>	<u>Chapter 9 – Psychoanalytic Approaches to Personality</u>
<u>3/2-3/6</u>	***SPRING BREAK***
<u>3/9</u>	{Complete Chapter 9}

<u>3/11</u>	<u>Chapter 10 – Psychoanalytic Approaches: Contemporary Issues</u> *Only Read p. 296-317
<u>3/13</u>	<u>Chapter 11 – Motives and Personality</u> *Only Read p. 344-359*
<u>3/16</u>	***EXAM 2 (Biological [6, 7]; Intrapsychic [9, 10, 11])***
<u>3/18</u>	COGNITIVE DOMAIN <u>Chapter 12 – Cognitive Topics in Personality</u>
<u>3/20</u>	***NO CLASS – Dr. V Attending Aaron T. Beck Workshop***
<u>3/23</u>	{Complete Chapter 12}
<u>3/25</u>	<u>Chapter 13 – Emotion and Personality</u>
<u>3/27</u>	{Complete Chapter 13}
<u>3/30</u>	<u>Chapter 14 – Approaches to the Self</u>
<u>4/1</u>	{Complete Chapter 14}
<u>4/3-4/6</u>	***EASTER BREAK***
<u>4/8</u>	{Complete Chapter 14}
<u>4/10</u>	SOCIAL & CULTURAL DOMAIN <u>Chapter 15 – Personality and Social Interaction</u>
<u>4/13</u>	{Complete Chapter 15}
<u>4/15</u>	<u>Chapter 16 – Sex, Gender, and Personality</u>
<u>4/17</u>	{Complete Chapter 16}
<u>4/20</u>	<u>Chapter 17 – Culture and Personality</u>
<u>4/22</u>	{Complete Chapter 17}
<u>4/24</u>	ADJUSTMENT DOMAIN <u>Chapter 18 – Stress, Coping, Adjustment, and Health</u>
<u>4/27</u>	{Complete Chapter 18}
<u>4/29</u>	{Complete Chapter 18}
<u>5/1</u>	<u>Chapter 20 – Summary and Future Directions</u>

5/4 {Complete Chapter 20}
Review & Synthesis

TBA ***EXAM 3 (Cognitive [12, 13, 14]; Social & Cultural [15, 16, 17];
Adjustment [18, 20])***

Right of Revision Statement: As instructor of this course, I reserve the right to make changes to the syllabus as needed. It may be deemed pertinent to modify the syllabus as the class progresses through the semester. You will be informed of any changes as soon as possible, during class or via e-mail and Blackboard.

Current Revision: 2/10/15

Previous Revision: 1/28/15