

Course: Psyc 4401 - Theories of Personality
Semester: Spring 2019
Instructor: Dr. Tera Letzring

Credits and Time Requirements: This course is worth 3 credits and you should plan to spend 6-9 hours per week on this class. This time will include reading the text book, watching lecture videos, reading articles and posting comments, completing learning activities, studying for exams, taking exams, and writing a paper.

Required book:

Funder, D. C. (2016). *The personality puzzle* (7th ed.). New York: W. W. Norton & Company.

Course Goals and Objectives:

Goal/Objective #1: Learn what personality is, the main theories that are used to explain and understand personality, and how personality influences thought and behavior.

Outcomes reflecting this goal/objective:

1. Students learn that personality is complex and includes thoughts, behaviors, and emotions.
2. Students learn that several theories can be used to explain and understand personality and that each theory has advantages and disadvantages, and more than one theory is needed to fully understand a behavior.

Assignments that demonstrate accomplishment of this outcome:

- a. Questions on exams.
- b. A paper in which a behavior is explained using two theories.
- c. Read journal articles that discuss different theories and participate in discussions about the issues addressed in the articles.

Goal/Objective #2: Learn how to apply the theories with the goal of understanding personality and predicting behavior.

Outcomes reflecting this goal/objective:

1. Be able to explain behavior from the viewpoint of different theories.
2. Be able to use information about personality to predict behavior in the future.

Assignments that demonstrate accomplishment of this outcome:

- a. Questions on exams.
- b. A paper that includes discussions of the origins of a behavior and the likelihood that a behavior will continue in the future.

Goal/Objective #3: Learn about research methods within the area of Personality Psychology.

Outcomes reflecting this goal/objective:

1. Understand the different types of data that can be collected and the advantages and disadvantages of each type.
2. Understand why it is important to collect more than one type of data.
3. Understand different methods of data collection and the advantages and disadvantages of each method.

Assignments that demonstrate accomplishment of this outcome:

- a. Questions on exams.
- b. A paper that includes an explanation of two types of data that could be collected to help one understand a behavior, and the advantages and disadvantages of each type of data.

- c. Reading empirical journal articles that describe data collection and research methodology.

Contact Information for Dr. Letzring

Office location: Garrison 419 Office phone: 282-2278

email: letztera@isu.edu

Office hours: Wednesday 1:30-2:30.

I will be available for meetings in my office, phone calls, or chatting through Gmail at this time. I will also be available at other times by appointment. Send me an email to set up an alternate time for a meeting or phone call.

The standard form of communication will be via the internet, either through announcements posted on Moodle or through email. Be sure to check your ISU email regularly so that you will get important information about this class.

Required technology

This course will be delivered via Moodle. All documents (e.g., syllabus, assignments, PowerPoints), lecture recordings, exams, and grades will be available through Moodle. You will use Moodle to complete all course work. For information about how to use Moodle, follow this link <https://tigertracks.isu.edu/TDClient/KB/ArticleDet?ID=46053>. If you experience technical difficulties, call the ISU help desk at 282-4357.

Weekly schedule and due dates

Note when exams are scheduled and the due dates for all assignments. It's easier to accidentally overlook these in an online class. To help with this, weekly assignments will always be due on Saturdays by 10:00 pm. You can complete the assignments when it is most convenient for you, so don't think you have to do the assignments on the weekend just because they are due on Saturday. If you have time conflicts, complete the assignments early.

- The weekly schedule for readings and assignments is at the end of this document.
- Each week we will cover one or two chapters. For each chapter, read the chapter and watch the corresponding lecture. I encourage you to download and/or print the lecture PowerPoints to use for note-taking.
- Journal articles or other readings will be assigned for some chapters. See the section on Article Comments for an explanation of this assignment.
- At least one Learning Activity will be posted for each chapter. These activities will reinforce material from the corresponding chapter. See the section on Learning Activities for an explanation of this assignment.

Course format, requirements, and grading

This is a fully online course. Please read all of these sections carefully so you know about the assignments and requirements of the class.

[Syllabus Contract Moodle Quiz](#)

During the first week of class you should thoroughly review the syllabus so that you are fully informed about the assignments and timeline of the course. This is especially important since this is an online class. If you know now that you cannot take the exams during the specified time periods (each exam will be available for three days), then this is not the right semester for you to take this course. After reviewing the syllabus, complete the brief Syllabus Contract through

Moodle by Saturday, Jan. 12 at 10:00 pm to ensure you have retained key concepts from the syllabus. In addition, review the Moodle Student Guide (which you can find as a Moodle course) to increase your success in navigating in an online environment and utilizing the tools necessary for this course.

Lecture videos

Lectures on each chapter will provide an introduction/summary of the information contained in the text book. Lectures will be relatively short (the longest video is 21 minutes) and are designed to facilitate your reading of the text book, but are not intended to be a replacement for reading.

To be successful in this course, it will be essential for you to read the text book carefully. An effective strategy may be to watch the video as an introduction to the chapter, read the book, and then watch the video again as a summary. PowerPoint slides that correspond to the slides in the videos will be available on Moodle for you to download. If you have questions about anything covered in the videos or text book, please visit the instructor during office hours or send an email with your question.

Article Comments

- For all eight assigned articles, you should read the article and then do one of two things
 1. Respond to **one** of the discussion questions posted in the forum on Moodle.
 2. Respond to comments made by other students to one of those questions.
- Separate forums will be created for each article. The links will be located in the box for the week in which the article is assigned. Forums will be available at least one week before the due date.
- Comments and/or questions are due by Saturday at 10:00 pm of the week the article is listed on the weekly schedule. Comments and questions posted after 10:00 pm on Saturday are late and will not earn any points.
- Comments will be graded on a 2-point scale: 2 = responds to the question in an interesting or meaningful way, 1 = responds to the question but does not add information or a new perspective to the discussion, or only re-states what has already been said, 0 = response was incoherent or unrelated to the article and/or this class.
- If you do not earn 2 points on an article, you can post an additional comment on a future article to make up those points.
- If you post multiple comments for one or more articles, you can earn up to 4 points of extra credit for the entire semester. You can post as many comments as you like, but be aware that the maximum possible grade for this assignment is 4 points more than the number of points possible for the assignment (20 out of 16).
- If you have a question related to an article for which you would like an answer from the instructor, especially if there was something that you did not understand, email the instructor directly or send a message through Moodle.

Learning Activities

- There is a Learning Activity (LA) for each chapter. Activities are worth different numbers of points based on the time it will take to complete each activity and/or the complexity of the activity. Points are listed on Moodle.
- Instructions for activities are posted on Moodle next to the corresponding chapter.
- Activity are due by Saturday at 10:00 pm on the week they are listed in Moodle. Late activities will not earn any points.

Exams (This is a lot of information, but it is important that you read it carefully and understand this policy)

- Exam 1: take between Monday, Feb. 4 at 8:00 am and Wednesday, Feb. 6 at 10:00 pm
- Exam 2: take between Monday, March 11 at 8:00 am and Wednesday, March 13 at 10:00 pm
- Exam 3: take between Monday, Apr. 29 at 8:00 am and Wednesday, May 1 at 10:00 pm. This exam will be taken during Final's Week, but it is not a cumulative exam.
- The exams will test your knowledge and understanding of topics presented in the lecture videos, textbook, and assigned articles. Exams will consist of multiple choice and short answer questions.
- **YOU MAY NOT USE YOUR TEXTBOOK OR ANY OTHER RESOURCES WHEN RESPONDING TO THE EXAM QUESTIONS.** Responses to the exams are evidence of your independent ability to comprehend, remember, and apply the materials presented in this course. Discovery of violations to this policy will result in a score of 0 on the exam.
- All exams will be taken within Moodle. For detailed general information on taking exams and quizzes, see the Student Guide in Moodle. Mozilla Firefox is the best browser to use with Moodle, especially when taking an exam. **DO NOT** take an exam on a wireless connection, as this type of connection is more likely to be lost and result in not being able to complete the exam.
- Make sure you have the time to complete the exam before beginning, your time begins when you click “Attempt quiz now” and you must complete the exam in one sitting. The maximum time for each exam will be posted in advance on Moodle. The maximum time allowed will be based on having 90 seconds for each multiple choice question and 5 minutes for each short answer question. You will not be timed per question, but you will have a set number of minutes to complete the entire exam.
- Each exam will be open for three days: from 8:00 am on the first day until 10:00 pm on the last day (note – 10:00 pm, not midnight) during the designated week (see Reading & Assignment Schedule). If you do not take the exam during the specified period you will receive a zero unless you can provide documentation of an emergency (such as hospital admittance papers) that prevented you from taking the exam during the **ENTIRE PERIOD** that it was available. Therefore, it is to your benefit to take the exam as early as possible, preferably on the first day it is available. Make-up exams will only be administered in the event that you have a documented excuse that prevented you from taking an exam for **THE ENTIRE TIME PERIOD**. You must be able to provide documentation of your inability to complete the exam to arrange for a make-up exam.
- Malfunctioning computer equipment will not be accepted as a reason for missing an exam. There are functioning computers in public spaces (computer labs, library) on the ISU campus and in most public libraries.
- If there is a large scale outage of Moodle or another problem with network access that affects all students, then there will be an extension to the deadline for taking the exam.

Paper: Using Personality Theories to Explain Behavior

You will select one behavior of interest of yourself or someone you know well, and then select **two** personality theories to explain that behavior.

Content:

- Brief introduction to the purpose of this paper (1/4 to 1/3 page)

- Brief (in 1/2 page or less) description of a specific behavior or pattern of behaviors (i.e. smoking, exercising, dating patterns) of either yourself or someone you know well. The description of the behavior should be separate from the introduction to the paper.
- Use **two** of the approaches to personality psychology covered in this class (Trait, Biological, Evolutionary, Psychoanalytic, Humanistic, Cross-Cultural, Behaviorism, Social Learning) to explain this behavior.
 - In one paragraph, explain why you chose the two approaches in terms of why they are more useful than other approaches for explaining the behavior. This could be because they focus on important aspects of the behavior better than other theories, or because they allow you to examine the behavior from quite different perspectives.
 - For each approach, include 1) a brief description of that approach, 2) how the approach would explain the origin or purpose of the behavior, and 3) how likely the behavior is to continue based on that approach.
- End with a conclusion about the level of understanding gained from the two approaches or new insights you have gained about this behavior.

Requirements:

- The paper should be typed, double-spaced, and 5-7 pages in length. It is not necessary for your paper to be in APA format, but you are encouraged to use this format if you have learned it in another class (such as Psychology Research Methods).
- When referencing information from the text book and articles, be sure to cite and quote correctly (ask in advance if you have questions about how to do this!). Plagiarism will result in outcomes such as earning a grade of 0 on the paper, being required to re-write the paper, and/or failing the class (depending on the extent of the plagiarism).
- You do not need to use references beyond the text book and assigned articles. If you choose to use additional references, these references must be properly cited and a reference page must be included with the paper. You do not need to include a reference page if you only site the text book and assigned articles.
- **Paper Topic Approval – due by Saturday, March 9 at 10:00 pm:** You will submit via Moodle a proposal of the behavior that you have selected to describe in your paper. This should include a brief (1/2 page maximum) description of the behavior you have chosen and identification of the theories you plan to use to explain the behavior. We will not have covered all of the theories by the time the topic is due, so if you are not sure which theories would be best suited for the behavior you choose, contact me before this assignment is due so I can help you identify the most useful theories. This assignment will be worth 5% of the final paper grade. For every 24-hour period that the paper is late, you will lose 10% of the points possible for the assignment. Topics will not receive any points if submitted more than 1 week after the due date.
- **Final paper – due by Saturday, April 20 at 10:00 pm:** The final paper should be submitted through Moodle and in Turnitin.com. There is a link with instructions in Moodle for turning in your paper to Turnitin.com. This is a plagiarism identification service that checks your paper against published papers, other public resources, and other papers that have been submitted to this website. Your paper must be submitted to Turnitin.com in order to receive a grade for the paper. For every 24-hour period that the

paper is late, you will lose 10% of the points possible for the assignment. Papers will not receive any points if submitted more than 1 week after the due date.

Point breakdown

<u>Assignment</u>	<u>Percent of final course grade</u>
Syllabus Contract	2
Article Comments	12
Learning Activities	25
Exam 1	15
Exam 2	15
Exam 3	15
Paper	16

How percentages convert to letter grades:

A	93 +	B-	80-82	D+	67-69
A-	90-92	C+	77-79	D	63-66
B+	87-89	C	73-76	D-	60-62
B	83-86	C-	70-72	F	59 or less

Course policies

Academic Honesty: The Psychology Department is committed to the highest standard of academic integrity. It is a violation of University guidelines to cheat, plagiarize, forge, or commit fraud. In other words, severe penalties will follow from the discovery of any representation of another's work as your own. This includes copying any portion of another student's or author's paper (without proper citation). This is an upper-division course and you are expected to know what plagiarism is and how to avoid it. If you have questions, contact Dr. Letzring before the submitting your paper for grading. Penalties for committing academic dishonesty include a permanent mark on your academic record, a grade of zero on the assignment, an F in the course, and possibly even expulsion from the university.

ADA Accommodations: The Psychology Department is committed to all students achieving their fullest potential. If you have a disability or think you have a disability (e.g., physical, learning, hearing, vision, psychiatric, etc.) which may need a reasonable accommodation, please contact Disabilities Services located in the Rendezvous, room 125, ph. 282-3599, as early as possible. Every attempt will be made to accommodate persons with documented special needs.

PSYC 4401 – Spring 2019 Course Schedule

	Reading and Lectures	Activities, Articles for Comments, Paper Assignments, and Exams (DUE: Saturday by 10:00 pm each week)
Week 1 Jan 7-12	Introduction to Course Ch. 1 – The Study of the Person	Watch “The Science of Personality” video (37:50) Syllabus Quiz Learning Activity (LA) 1: Ask the Expert (2)
Week 2 Jan. 14-19	Ch. 2 –Personality Research Methods Ch. 3 – Assessment, Effect Size, and Ethics	<i>Article 1: What do we know when we know a person (McAdams, 1995)</i> LA 2: Creation of sources of data LA 3: Ethical Job Applications Optional activity: Implicit Association Test
Week 3 Jan 21-26	Ch. 4 – Personality Traits, Situations, and Behavior	<i>Article 2: Personality and the prediction of consequential outcomes (Ozer & Benet-Martinez, 2006)</i> LA 4: Zimbardo’s Talk about Antisocial Behavior
Week 4 Jan 28 – Feb 2	Ch. 5 – Personality Judgment Ch. 6 – Using Personality Traits to Understand Behavior	LA 5: Match Making LA 6: Big Five Inventory
Week 5 Feb 4-9	EXAM 1 (Chapters 1-6, Articles 1-2) – Complete between 8 am on Monday and 10 pm on Wednesday Ch. 7 – Personality Stability, Development, and Change	EXAM 1 (Chapters 1-6, Articles 1-2) – Complete between 8 am on Monday and 10 pm on Wednesday LA 7: Sources of Stability and Change in Your Life
Week 6 Feb 11-16	Ch. 8 – The Anatomy and Physiology of Personality	<i>Article 3: Trait extraversion and dopamine function (Wacker & Smillie, 2015)</i> LA 8: Phineas Gage – Stabbed in the Brain

Week 7 Feb 18-23	Ch. 9 – The Inheritance of Personality: Behavioral Genetics and Evolutionary Psychology Ch. 10 – Basics of Psychoanalysis	LA 9: The Island LA 10: Psychic Determinism
Week 8 Feb 25 – Mar 2	Ch. 11 – Psychoanalysis after Freud: Neo-Freudians, Object Relations, and Current Research	<i>Article 4: Attachment theory and research: Resurrection of the psychodynamic approach to personality (Shaver & Mikulincer, 2005)</i> LA 11: Importance of Common Themes of Neo-Freudian Thought
Week 9 Mar 4-9	Ch. 12 – Experience, Existence, and the Meaning of Life: Humanistic and Positive Psychology	<i>Article 5: The challenge of staying happier: Testing the Hedonic Adaptation Prevention model (Sheldon & Lyubomirsky, 2012)</i> LA 12: Experiencing Flow (this activity will take some time, so start it early) Paper Topic due by 10:00 pm on March 9
Week 10 Mar 11-16	EXAM 2 (Chapters 7-12, Articles 3-5) – Complete between 8 am on Monday and 10 pm on Wednesday	EXAM 2 (Chapters 7-12, Articles 3-5) – Complete between 8 am on Monday and 10 pm on Wednesday
March 18-23	Spring Break	Relax, have fun, recharge!
Week 11 Mar 25-30	Ch. 13 – Cultural Variation in Experience, Behavior, and Personality	<i>Article 6: Cultural bases for self-evaluation: Seeing oneself positively in different cultural contexts (Becker et al., 2014)</i> LA 13: Interpretation of Cultural Practices
Week 12 Apr 1-6	Ch. 14 – Learning to Be a Person: Behaviorism and the Social Learning Theories	<i>Article 7: Social cognitive theory goes global (Bandura, 2009)</i> LA 14: Self-Efficacy of Public Speaking
Week 13 Apr 8-13	Ch. 15 – Personality Processes: Perception, Thought, Motivation, and Emotion	<i>Article 8: Mind-set interventions are a scalable treatment for academic underachievement (Paunesku et al., 2015)</i> LA 15: Goal-Setting

Week 14 Apr 15-20	Ch. 16 – The Self: What You Know about You	LA 16: Improving Self-Knowledge PAPER DUE: by Saturday, April 22 at 10:00 pm
Week 15 Apr 22-27	Ch. 17 – Personality, Mental Health, and Physical Health Epilogue	LA 17: Case History of Hitler LA 18: How Your Thinking or Behavior Has Changed
Final's Week Apr 29-May 4	EXAM 3 (Chapters 13-Epilogue, Articles 6-8) – Complete between 8 am on Monday and 10 pm on Wednesday	EXAM 3 (Chapters 13-Epilogue, Articles 6-8) – Complete between 8 am on Monday and 10 pm on Wednesday