

PERSONALITY PSYCHOLOGY – Code 800162

Academic Year 2022-23

COURSE INFORMATION

Undergraduate Studies: 0812 – Degree in Psychology (Studies Plan 2009-10)

Type: Compulsory

ECTS: 6.0

Module: Basic psychological training

Area: Human diversity, personality and psychopathology

Year: Third

Semester: 1 & 2

INSTRUCTOR INFORMATION

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Office hours:

SYNOPSIS

COMPETENCIES

General competencies

GC9: Identify the relevant characteristics of individual behaviour.

GC14: Prepare oral and written psychological reports in different areas of activity.

GC15: Know and comply with the requirements of professional ethics in psychology.

Transversal competencies

TC1: Analysis and synthesis.

TC2: Preparation and defence of properly reasoned arguments.

TC4: Apply knowledge to own work or vocation on a professional way.

TC5: Looking for information and data interpretation on social, scientific and ethical topics related to the field of Psychology.

TC6: Team work

TC7: Critical thinking and self- analysis.

TC8: Learning how to learn, skills for life-long learning.

TC9: Communication skills, learning how to communicate ideas to both, professional and non-professional audiences.

Specific competencies

SC4: Be able to describe and measure variables (personality, intelligence and other aptitudes, attitudes, etc.) and cognitive, emotional, psychobiological and behavioural processes).

SC5: Be able to identify differences, problems and needs.

SC13: Know how to choose appropriate psychological intervention techniques to achieve objectives.

SC14: Be able to use strategies and techniques to participate in interventions with recipients.

SC15: Know how to apply basic intervention strategies and methods to recipients: psychological advice, assessment, negotiation, mediation, etc.

SC16: Know how to plan evaluations of programmes and interventions.

SC17: Be able to measure and obtain relevant data for the evaluation of interventions.

SC19: Know how to appropriately and accurately provide feedback to recipients.

TEACHING ACTIVITIES

TEACHING ACTIVITIES	Hours	% of total credits	Attendance
Class sessions	45	30%	100%
Tutorials	5	3,3%	50%
Students' work (class assignments and time of study)	90	60%	0%
Assessment activities	10	6,7%	100%

BRIEF DESCRIPTION:

Structure of personality and personality processes, models of normal personality, personality stability and personality change. Personality: health and well-being. Personality and culture.

PRE-REQUISITES

None.

OBJECTIVES

At the end of this course, students are expected to:

- know the main theories or models that explain the structure of Personality
- know all the main biological, psychosocial and cultural factors that determine Personality
- identify the main personality processes
- know how personality can be related to health and psychological well-being
- know and to identify the main individual differences in affective -motivational variables, determining the origin of these differences
- be able to use, with precision and rigour, both the terms and key concepts on Personality Psychology
- be able to choose different assessment methods and interventions methods, according to different personality variables
- be able to communicate in a face- to -face situation any information about personality
- be able to elaborate written reports that contain information related to personality

TOPICS

1. General introduction to the study of Personality
2. Concepts and methods of Personality Psychology
3. The biological basis of Personality
4. The basic structure of Personality
5. Emotion and Personality
6. Cognitive topics in Personality
7. Personal identity: approaches to the Self
8. Psychosocial aspects of Personality

9. Personality and culture
10. Stability, coherence and change in personality
11. Applications of Personality Psychology
12. Towards an integrative framework of Personality

ASSESSMENT

Evaluation criteria

- Theory (70% of global score): 60% from True/false test (20-30 items, 3 points) and open questions (5-7 questions, 3 points); 10% from responses to some questionnaires about readings (assignments demanded to the student: 1 point)

Minimum points of theory mark: 5 (on a scale with a range from 0 to 10)

- Practice (30% of global score): Practical activities – Evaluation of different assignments (2 points); presence and participation at classes (1,0 point)

Minimum points of practice mark: 5 (on a scale with a range from 0 to 10)

RESOURCES

Handbooks and basic references:

- Butler T., Upton D.& Scurlock-Evans,L. (2013).Personality and individual differences .Harlow : Pearson Education
- Dumont, F. (2010). A history of personality psychology : theory, science, and research from hellenism to the twenty-first century. Cambridge: Cambridge University Press
- Hoyle, R. H. (2010). Handbook of personality and self-regulation. New York: Wiley-Blackwell
- John, O. P., Robins, R. W., & Pervin, L. A. (Eds.). (2008). Handbook of personality: theory and research (3rded.). New York: Guilford.
- John, O.P., Robins, R.W. & Pervin L.A. (Eds.)(2010).Handbook of personality : theory and research. New York : Guilford Press, 2010
- Larsen, R.J & Buss D. M. (2010). Personality Psychology. Domains of knowledge about human nature (4th ed). New York: McGraw- Hill
- Pervin, L. & John, O.P. (1999). Handbook of personality: Theory and research. New York: Guilford
- Strelau, J. (2008) Temperament as a Regulator of Behavior: After Fifty Years of Research. New York: Eliot Werner Publications.