

College of San Mateo
Official Course Outline

1. **COURSE ID:** PSYC 225 **TITLE:** Theories of Personality
Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; 96.0-108.0 Homework hours; 144.0-162.0 Total Student Learning hours
Method of Grading: Letter Grade Only
Recommended Preparation:
 PSYC 100, Completion of or concurrent enrollment in ENGL 100 or ENGL 105.

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU; UC
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E5b. Social Science
CSU GE:
 CSU GE Area D: SOCIAL SCIENCES: DSI - Social Institutions
IGETC:
 IGETC Area 4: SOCIAL AND BEHAVIORAL SCIENCES: Social and Behavioral Sciences

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 This course examines the major theories of personality from Sigmund Freud to modern day, including psycho-dynamic, trait, humanistic, existential, learning, and social cognition. It also provides a review of personality assessments and research with a focus on application for students interested in applying concepts to personal daily life, others, and related social sciences. Cultural and gender differences are examined as they relate to the development of personality.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Identify and analyze the key concepts and ideas of core theoretical perspectives on personality.
 2. Demonstrate an understanding of core methods of research and assessment utilized in the study of personality.
 3. Apply theories of personality to self, others, and situations of daily life.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Identify major personality theories, research, assessments, and applications in six perspectives using university level objective questions.
 2. Identify the tenets of key perspectives including biological, psychoanalytic, behavioral, trait, cognitive, social learning, humanistic.
 3. Demonstrate an understanding of biological and social differences as applied to core theories of personality.
 4. Strengthen skills in critical thinking, applying the application of theories, research, assessments, and applications to self and others.
 5. Apply the theoretical content to real-world scenarios including interpersonal relationships and the workplace.
 6. Complete personality scales and use them to analyze student's own personality.
 7. Explain specific research methods and the general principles of research ethics including the safeguards and the peer-review process in science; applying the theories, research, assessments, and applications to self and to others.

6. **COURSE CONTENT:**
Lecture Content:
 1. PERSONALITY OVERVIEW & RESEARCH METHODS
 - A. Personality Overview
 - B. Research Methods
 2. THE PSYCHOANALYTIC APPROACH
 - A. Freudian Approach
 - B. Freudian Approach-Research

- C. Psychoanalytic Approach: Neo-Freudian
- D. Neo-Freudian Theories: Relevant Research
- 3. THE TRAIT APPROACH
 - A. Trait Approach
 - B. Trait Approach-Relevant Research
- 4. THE BIOLOGICAL APPROACH
 - A. Biological Approach
 - B. Biological Approach-Relevant Research
- 5. THE HUMANISTIC APPROACH
 - A. Humanistic Approach
 - B. Humanistic Approach-Relevant Research
- 6. THE BEHAVIORAL/SOCIAL LEARNING APPROACH
 - A. Behavioral/Social Learning Approach
 - B. Behavioral/Social Learning Approach-Relevant Research
- 7. THE COGNITIVE APPROACH
 - A. Cognitive Approach
 - B. Cognitive Approach-Relevant Research
 - C. Concluding Observations-Gender & Culture I Summary Tools

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Activity
- B. Discussion
- C. Other (Specify): • Lectures, discussions, individual, and small group activities. • Personal Workbooks. • Application Questions. • Exercises applying the course concepts to student situations. • Psychological Scales & Surveys applied to the student and analysis of the results. • Case Study Analysis and Presentations on the cases. • Articles Discussion, analysis, and personal applications. • Self-Analysis Worksheets using concepts from the course. • Objective Quizzes • Essay Questions Exams • Individual Class Presentations • Team Class Presentations • Individual meetings with Instructor

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- A. Written work applying critical thinking and analysis of content and integration of scholarly sources reflecting an understanding and analysis of personality theories as well as assessment in personality.
- B. Written assignments may include completion of case study assignments, incorporating analysis and application of theoretical content as well as engagement with scholarly sources in APA format.

Reading Assignments:

Weekly reading may include 30-60 pages of academic research-based text, scholarly literature, primary source material, case analyses, and reputable scholarly websites.

Other Outside Assignments:

Completion of assignments related to the understanding, critical analysis, application, and reflection upon the development and assessment of personality as well as core theoretical approaches to understanding personality in self and others. Other assignments may include:

- Class presentations
- Experiential learning
- Portfolio submission
- Scholarly research

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Exams/Tests
- D. Group Projects
- E. Homework
- F. Oral Presentation
- G. Papers
- H. Portfolios
- I. Projects

- J. Quizzes
- K. Research Projects
- L. Written examination
- M. 1. Cumulative exams to test on the content of the textbook, lectures, and discussions. 2. Written work applying critical thinking and analysis of content and integration of scholarly sources reflecting understanding and analysis of core theoretical perspectives and assessment in personality.

10. **REPRESENTATIVE TEXT(S):**

Possible textbooks include:

- A. Burger, J. *Personality*, 10th ed. Cengage, 2019
- B. Feist, G., Roberts, T. & Feist, J. *Theories of personality*, 10th ed. McGraw Hill, 2021
- C. Larsen, R. & Buss, D. *Personality psychology: Domains of knowledge about human nature*, 8th ed. McGraw Hill, 2024
- D. Schultz, D., Schultz, E. & Maranges, H. *Theories of personality*, 12th ed. Cengage, 2024
- E. Funder, D. *The personality puzzle*, 9th ed. W. W. Norton, 2024
- F. Cloninger, S. *Theories of personality: Understanding persons*, 7th ed. Pearson, 2019

Origination Date: October 2023

Curriculum Committee Approval Date: November 2023

Effective Term: Fall 2024

Course Originator: Michelle Mullane