

# Personality Psychology

**Instructor:** George Chavez

**Office Hours:** Tuesdays and Thursdays  
2:00pm-3:00pm (*or by appointment*)

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**Time & Place:** Tuesdays and Thursdays 6:00pm-9:55pm, Tillett Hall 204

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## **Course Description:**

To have personality—a phrase that begs the question, Just what is personality? Is personality what divides us and makes us individuals? Or is it a quality that unites us, a distinctly human feature not found anywhere else in the world? In this course, we'll explore the meaning of personality from a psychological standpoint. We'll come to learn that personality is more than just a trait within a person, but is composed of an amalgam of different factors that you might not have expected. Personality psychology is essentially the story of a person, and the course delves into understanding what makes up a *person*.

## **Requirements:**

- READ required readings for class
- ATTEND lectures
- COMPLETE the two exams given throughout the course
- WRITE the two short essay assignments throughout the course

## **Textbooks and Readings**

- McAdams, D. (2009). *The person: An introduction to the science of personality psychology* (**Fifth Edition**)
  - You are **HIGHLY** encouraged to get the 5<sup>th</sup> edition of this book. There were quite a few substantial changes made since the 4<sup>th</sup> edition.

## Classroom Rules

- Turn off cell phones!!
- You may use laptops, but only for taking notes or looking up relevant class materials. I decide and can clearly tell what is *relevant* and what is not. I can and will ban the use of laptops in class if I see your privileges abused.
- Raise your hands before speaking unless otherwise instructed.

## Grading

- 60% Exams (2 exams, so 30 points each exam)
- 30% Short essay (2 essays, so 15 points each)
- 9% Attendance during lecture (9 lecture classes, so 1 point each)
- 1% Registering for the course (NO ONE SHOULD GET A ZERO!)

**Exams:** Two multiple choice exams will be given throughout the semester. Exam material will be approximately 70% lecture and 30% book. Note that the lecture and book overlap heavily so these are approximations. **Each** exam is 30% of your grade and are NON-cumulative.

**Attendance:** I will be taking attendance every lecture day. Every day you miss class is a percentage point lost. However, it is summer and I am not heartless. **If you notify me one week before you plan on being absent** I will assign you a short essay to turn in that will earn your 1 point back. If you do not notify me, all bets are off and you have lost that point. Despite notifying me, you are still responsible for getting lecture notes on your own. (Note: I will not take attendance for exam days. If you miss one of those, you've got enough problems already. . .)

**Short Essay:** I will assign a short essay approximately 1 week before each exam. The essay should be between 1-3 pages double spaced. *I will stop reading after 3 pages. I will not even read it if it is shorter than 1 page.* They are due the day of the exam. You will lose 5 points for every day it is late. In other words, if you turn it in the lecture after the exam, the most you can receive is a 10/15. In general, each essay will either ask you to 1) relate a topic in class to a personal experience/quality or 2) critique one of the topics brought up. I will discuss this more during lecture.

## **Other Issues**

**Questions about grades:** If you have a question about your grade in the class, please come to me before the last two weeks of class. If you come in those last weeks, it will be far too late for you to do anything to improve your grade.

**Plagiarism:** Plagiarism in all forms—from print, internet, or friends: Don't do it. **Cheating:** Don't do it. You will fail the course. End of story.

**Missing Class & Catching Up:** If you must miss class, you must have an appropriate note from either a doctor or dean (Do not try to fake these things. I will check them and you will, in addition to losing points, be very embarrassed). To catch up, you will need to get notes from other students.

**Late Assignments:** I will not accept late assignments unless there are extreme circumstances (being hospitalized with a doctor's note).

## **How to read the *Reading* portion of the syllabus**

**Skip:** This means that you should not read this section of the book. It will NOT be on the exam. It will NOT be covered in the lecture

**Optional:** This means that you do not have to read this section of the book. It most likely means that the material will be covered during lecture and there will NOT be material from this section on the exam. However, some students find that reading optional sections better prepare them for the exam

**Read:** Generally followed by "All else," meaning just what it sounds like. Read everything else in the chapter.

## Summer Schedule for Personality Psychology

Week	Date	Topic	Reading
1	7/13	<ul style="list-style-type: none"> <li>- Introduction to Personality</li> <li>- Evolution, Psychology, and Personality</li> </ul>	<p><b>Chapter 1: Skip</b> (<i>Science and the Person</i>) pgs 11 -21. <b>Read All else.</b></p> <p><b>Chapter 2: Skip</b> (<i>Feature 2.A: The Evolution of Religion</i>) pg 37-38, <b>Skip</b> (<i>Feature 2.B: Some women and men are choosier than others</i>) pgs 48-49, <b>Optional</b> (<i>Hurting, Helping, and Loving</i>) pgs. 50-64. <b>Read All else.</b></p>
	7/15	<ul style="list-style-type: none"> <li>- Behaviorism vs Cognition</li> <li>- Social Learning, self-efficacy</li> <li>- The effect of context &amp; culture on the person</li> </ul>	<p><b>Chapter 3: Optional</b> (<i>American Environmentalism</i>) pgs 68-74. <b>Skip</b> (<i>Feature 3.A: How should parents raise their children</i>) pg 81-82. <b>Skip</b> (<i>Feature 3.B: Race and personality in the US</i>) pgs. 97-98. <b>Read: All else.</b></p>
2	7/20	<ul style="list-style-type: none"> <li>- Traits: Definitions and Measures</li> <li>- Person x Situation</li> <li>- The Big Five (The OCEAN of traits)</li> <li>- Traits, personality, and health.</li> </ul>	<p><b>Chapter 4: Optional</b> (<i>Measuring Traits &amp; Feature 4.B</i>) pgs.125-142. <b>Read: All else.</b></p> <p><b>Chapter 5: Skip</b> (<i>Feature 5.A: Extreme Sports</i>) pg 164-165. <b>Skip</b> (<i>Feature 5.B: Are we living in the age of anxiety</i>). <b>Optional</b> (<i>Extraversion and Neuroticism in the Brain</i>) pg. 172-183. <b>Skip</b> (<i>Feature 5.C: Eysenck's Psychoticism</i>) pg 198-199. <b>Read: All else.</b></p>
	7/22	<ul style="list-style-type: none"> <li>- Trait continuity</li> <li>- Do genes cause traits?</li> <li>- Does the environment cause traits?</li> <li>- Trait change</li> </ul>	<p><b>Chapter 6: Skip</b> (<i>Differential Continuity in Adult Year &amp; Childhood Precursors</i>) pg 210-218. <b>Skip</b> (<i>Feature 6.A: Birth Order</i>) pg 228-229. <b>Optional</b> (<i>Gene x Environment interactions</i>) pg 232-235. <b>Skip</b> (<i>What Else Might Change? And Feature 6.B</i>) pg 246-249. <b>Read All else.</b></p>

3	7/27	<b>Midterm Exam! Chapters 1-6</b>	<i>Review chapters 1-6</i>
	7/29	<ul style="list-style-type: none"> <li>- Psychoanalytic Theory</li> <li>- Humanism</li> <li>- Needs for Achievement &amp; Power</li> <li>- Erik Erikson's Psychosocial Development Theory</li> <li>-Ego Development</li> </ul>	<p><b>Chapter 7: Skip</b> (<i>Intrinsic Motivation and self-determination theory</i>) pg 275-279. <b>Skip</b> (<i>Intimacy Motivation, Implicit and self-attributed motives, Personalized goals</i>) pg 290-298. <b>Read All else</b></p> <p><b>Chapter 9: Skip</b> (<i>Martin Luther's Identity Crisis</i>) pg 346-350. <b>Skip</b> (<i>Feature 9.A. Early Object Relations</i>) pg 353-354. <b>Optional</b> (<i>Generativity and Adult Development</i>) pg 363-371. <b>Skip</b> (<i>Measuring Ego Development</i>) pg 378-382. <b>Read All Else</b></p>
4	8/3	<ul style="list-style-type: none"> <li>- Personal constructs &amp; the Rep test</li> <li>- Cognitive styles</li> <li>- Social-cognition &amp; Self theories</li> </ul>	<p><b>Chapter 8: Skip</b> (<i>Feature 8.B. The Positive Psychology of Virtue</i>) pg 332-333. <b>Optional</b> (<i>Mental representations of others: Attachment in adulthood</i>) pg 334-342. <b>Read All else.</b></p>
	8/5	<ul style="list-style-type: none"> <li>- Stories and experience</li> <li>- Script theory</li> <li>- Narrative identity</li> </ul>	<p><b>Chapter 10: Skip</b> (<i>Feature 10.A Time and story in Bali</i>) pg. 405-406. <b>Skip</b> (<i>Feature 10.B. When did identity become a problem</i>). <b>Read All else.</b></p>
5	8/10	<ul style="list-style-type: none"> <li>- Freud's Oedipus complex</li> <li>- Jung's myth</li> <li>- Adler and Individual psychology</li> </ul>	<p><b>Chapter 11: Skip</b> (<i>Feature 11.A. An Alternative take on Oedipus</i>) pg 439-440). <b>Optional</b> (<i>Music and Story, The postmodern self, Feminist perspectives</i>) pg. 467-473. <b>Read All else.</b></p>
	8/12	<ul style="list-style-type: none"> <li>- Personology</li> <li>- Psychobiography and life course</li> </ul>	<p><b>Chapter 12: Skip</b> (<i>Icarus: An ancient story</i>) pg. 476-480. <b>Skip</b> (<i>Feature 12.A: Studying famous people in history</i>) pg 493-494. <b>Optional</b> (<i>Psychobiography, The seasons of adult life, the life course, Feature 12.B</i>) pg 492-509.</p>
6	8/17	<b>Final Exam! Chapters 7-12</b>	<i>Review chapters 7-12</i>