

Rutgers University
Psychology 338:02: Personality Psychology
Fall 2021

Instructor: Keiko Brynildsen, Ph.D.
Class time: Mondays and Wednesdays 1-2:20 pm (class will be taught synchronously, but class sessions will be recorded for students who cannot attend live)
Class format: Remote (Zoom)
Office hours: Mondays and Wednesdays 2:25-3:25 pm and by appointment (via Zoom personal room)
Zoom personal room: <https://rutgers.zoom.us/j/3291005050?pwd=eTZUeEpwckE3YTc1ckR1aGYzVWFFQT09> (passcode: 982405)
Email: keikob@psych.rutgers.edu (I will aim to respond within 24 hours)
Course LMS: Canvas (canvas.rutgers.edu)

Teaching assistant: TBA
Email:
Office hours:
Zoom personal room:

Course Objectives:

The objectives of this course are to develop a basic understanding of the significant theories, concepts, and issues in the field of personality psychology including personality assessment, trait theories, biological underpinnings of personality, the self, psychodynamic approaches, motivation, learning, and applications of personality psychology to the real world (e.g., work, relationships, health).

Learning goals:

This course also satisfies the following Psychology Department Learning Goals:

- Students will know the leading terms, concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
- Students will apply psychological concepts and content to become engaged citizens.
- Students will use critical thinking, skeptical inquiry, and, when possible, the scientific approach to ask, answer and understand questions related to behavior and mental processes.

Respect for diversity:

It is of utmost importance that all students in this class enjoy a safe learning environment with equal opportunities to succeed and grow, without being subjected to judgment or disrespect from others, whether based on one's ethnicity, religion, gender identity, or any other reason. We must ensure that we use only civil, appropriate, and respectful communication with each other to promote a comfortable class environment.

Required materials:

Textbook and quizzes:

Title: Personality Psychology: Understanding Yourself and Others, 2nd Edition
Authors: Twenge and Campbell
Publisher: Pearson

Pearson's Revel online platform will be used for required textbook readings and quizzes. Access to Revel is automatic as part of your registration for this course (via the First Day program), so you can view the textbook on the first day of class via Canvas.

Please see the Revel Quick Start Guide in the Modules section of Canvas for information about getting started with Revel. Support for Revel can be found here:

<https://www.pearsonhighered.com/revel/students/support/index.html>.

First Day/Inclusive Access Program:

- To enhance your learning experience and provide affordable access to the right course material, this course is part of an inclusive access model called First Day™. You can easily access the required materials for this course at a discounted price and benefit from single sign-on access with no codes required in Canvas.
- Rutgers University will bill you at the discounted price as a course charge for this course.
- It is NOT recommended that you Opt-Out, as these materials are required to complete the course. You can choose to Opt-Out on the first day of class, but you will be responsible for purchasing your course materials at the full retail price and access to your materials may be suspended.

Student Tutorial Videos

- [Accessing Your eTextbook](#)
- [Opting Out of First Day for your eTextbook](#)
- [Opting Out of First Day for your courseware](#)
- [Other Features on the Course Materials page](#)

Customer Care Contact Information

Customer Care is available 24/7 to help students with questions about accessing their course material, using their eTextbook, or opting-out or in to the First Day program.

- [Barnes and Noble Customer Care](#)
- [FAQs and Tutorial Videos for the First Day Program](#)
- [Open a ticket Online for the Customer Care team](#)
- Email the Customer Care team: bookstorecustomercare@bncollege.com
- Call the Customer Care team: 1-844-9-EBOOKS (1-844-932-6657)

Other requirements: regular and reliable access to a computer with high-speed Internet. Please visit the Rutgers Student Tech Guide page for resources available to all students. If you do not have the appropriate technology for financial reasons, please email Dean of Students (deanofstudents@echo.rutgers.edu) or complete the contact form for assistance. If you are facing other financial hardships, please visit the Office of Financial Aid at <https://financialaid.rutgers.edu/>

*Learning remotely presents new challenges. For assistance with learning how to address these challenges, please consult the resources available here: https://rlc.rutgers.edu/remote_instruction

General course requirements:

1. **Canvas.** It is expected that all students will regularly access Canvas for course announcements and materials. Please also check your rutgers.edu email regularly use only your Rutgers (not personal) email when contacting me.
2. **Attendance:** Our course lectures will be conducted via Zoom on Mondays and Wednesdays 1-2:20 pm. Class sessions will be recorded and posted for students who are unable to attend. Attending class (either live or by accessing the recordings) is essential to the learning process; regular class attendance is expected. I welcome your questions and comments during class; Zoom's chat function can be used for questions and comments during lecture. I will post the lecture slides on Canvas before each class; you may find it helpful to take notes on these while attending or listening to the lecture.
3. **Exams:** Three midterm exams and one final exam will be given using the "Quizzes" function on Canvas. Each exam will be based on material presented both in lecture and in the textbook. The final exam will be cumulative, with an

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emphasis on a general understanding of the material from the first 3/4 of the course and specific understanding of the material from the last 1/4 of the course. All exams will be open-note; questions will be multiple-choice. Exams will be timed and backtracking (going back to previous questions) will not be possible. Exams will open at the start of our class time on the scheduled days (i.e., the first exam will open at 1:00 pm on Sept. 27), but will remain open for 24 hours (until 1:00 pm the following day; e.g., Sept. 28 for the first exam) for students who are unable to take them at that time.

- Quizzes:** Quizzes will be assigned weekly using Pearson's Revel platform, which you will access via the Modules or Assignments tab on Canvas. Quizzes will be due on Sundays at 11:59 pm; the specific due dates are listed in the Course Schedule toward the end of the syllabus. Revel does not allow for tiered credit to be allotted for late submissions, but I will implement the following late policy: ***if you submit a quiz late but within 5 days of the due date (i.e., by the Friday after a quiz is due), I will assign partial credit with a 10% per day late deduction (starting after 11:59 pm on Sunday) IF you email me within 5 days of the due date to request partial credit.*** Without receiving your email, I will not be aware that you submitted a quiz late, as it will simply be given a score of 0 by the system.

Quiz points will be posted on Canvas within 24 hours of each quiz deadline. It is your responsibility to check your Canvas gradebook to ensure that your responses have been recorded. **If you see a discrepancy, please let me know within 1 week of the quiz due date.**

Grading:

Course grades will be based on the following:

| | |
|----------------|-------------|
| Exam 1: | 18% |
| Exam 2: | 18% |
| Exam 3: | 19% |
| Final exam: | 25% |
| Revel quizzes: | 20% |
| TOTAL | 100% |

Final grades will be determined by the following (standard Rutgers grading scale):

| | |
|------------------|----|
| 90.00% and above | A |
| 85.00-89.99% | B+ |
| 80.00-84.99% | B |
| 75.00-79.99% | C+ |
| 70.00-74.99% | C |
| 60.00-69.99% | D |
| below 60.00% | F |

Make-up policy:

Make-up exams may be different from the original exams. If exceptional last-minute circumstances prevent you from taking an exam, it is important that you contact me immediately. In some circumstances, you may take a make-up exam with a 0-90% deduction in points (at my discretion). Missed exams and quizzes will otherwise be given a score of zero.

Academic integrity:

Rutgers University does not tolerate academic dishonesty, which includes, but is not limited to, cheating, fabrication, plagiarism, denying others access to information or material, and facilitating violations of academic integrity. Any suspected cases of academic dishonesty will be referred to the Office of Student Conduct (see <http://nbacademicintegrity.rutgers.edu/> for more information on Rutgers University's policies regarding academic dishonesty).

Final exam:

Our final exam will be held at the time scheduled by the University (<http://finalexams.rutgers.edu/>). University regulations set the time and date of all final examinations and specific guidelines that define conflicts (<http://sasundergrad.rutgers.edu/forms/final-exam-conflict>). If you have a legitimate reason for missing the exam, you will receive a TF in the course until the make-up exam has been completed.

Disability services:

The Office of Disability Services works with students with a documented disability to determine the eligibility of reasonable accommodations, facilitates and coordinates those accommodations when applicable, and lastly engages with the Rutgers community at large to provide and connect students to appropriate resources (e-mail: <https://ods.rutgers.edu/>, phone: (848) 445-6800). Students with disabilities requesting accommodations must follow the procedures outlined at <https://ods.rutgers.edu/students/getting-registered>. Please give your letter of accommodation to me as soon as possible, and we will coordinate the accommodations privately.

Student-wellness services:

Counseling, ADAP & Psychiatric Services (CAPS): (848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901 / www.rhscaps.rutgers.edu/

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

Violence Prevention & Victim Assistance (VPVA): (848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / www.vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

Scarlet Listeners: (732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.

General policies:

As we discover practices that may work better or worse than others, I will need to be flexible in adjusting some aspects of the class to improve your experience. I will, of course, notify you about any adjustments!

All students will be muted upon entry to the Zoom classroom to minimize disruption from background noise. Please be mindful of your fellow students by avoiding behavior that interferes with their ability to focus such as using the chatroom for communication that is not relevant to the material. Please be sure to use only respectful communication and maintain a congenial online environment.

Exam and quiz scores will be posted on Canvas; it is your responsibility to contact me immediately (within 2 days) if you believe you have not received credit for a submitted exam or quiz.

Final grades are unalterable except in the case of a true clerical error. Although students may sometimes desire a different grade to get into graduate school, avoid academic probation, maintain financial aid, or for other reasons,

changing any student's grade would be unfair to the other students. Therefore, I will not entertain any requests for grade changes or opportunities for additional assignments.

You may not post any class materials such as class recordings, lecture slides, exams, quizzes, or practice questions to any web site.

Course Schedule (Quizzes and Exams)

This calendar presents dates of exams, quizzes, and important dates (please see the next schedule for course topics).

| September 2021 | | | | | | |
|---|---|--|--------------------------------|-----------|-----------|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 <i>First class</i> | 2 | 3 | 4 |
| 5 <i>Quizzes due by 11:59 pm (Revel)</i> | 6 <i>Labor Day – No Class</i> | 7 <i>Class (Monday classes meet)</i> | 8 | 9 | 10 | 11 |
| 12 <i>Quizzes due by 11:59 pm (Revel)</i> | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 <i>Quizzes due by 11:59 pm (Revel)</i> | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 <i>Quizzes due by 11:59 pm (Revel)</i> | 27 <i>Exam 1 (will cover material addressed through 9/22)</i> | 28 | 29 | 30 | | |

| October 2021 | | | | | | |
|---|--|-----------|-----------|-----------|-----------|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 | 2 |
| 3 <i>Quizzes due by 11:59 pm (Revel)</i> | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 <i>Quizzes due by 11:59 pm (Revel)</i> | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 <i>Quizzes due by 11:59 pm (Revel)</i> | 18 <i>Exam 2 (will cover material addressed through 10/13)</i> | 19 | 20 | 21 | 22 | 23 |
| 24 <i>Quizzes due by 11:59 pm (Revel)</i> | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

*Note: This syllabus is subject to change if adjustments become necessary during the semester.

| November 2021 | | | | | | |
|---|---|-----------|---|-----------|-----------|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 Quizzes due by 11:59 pm (Revel) | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 Quizzes due by 11:59 pm (Revel) | 15 Exam 3 (will cover material addressed through 11/10) | 16 | 17 | 18 | 19 | 20 |
| 21 Quizzes due by 11:59 pm (Revel) | 22 | 23 | 24 No Class – Thanksgiving Recess | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

| December 2021 | | | | | | |
|---|--------------------------------|-----------|---|-----------|-----------|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 | 2 | 3 | 4 |
| 5 Quizzes due by 11:59 pm (Revel) | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 Quizzes due by 11:59 pm (Revel) | 13 Last day of class | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 Final Exam (opens 8 am) | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

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Course Schedule (Topics)

This schedule presents the topics we will cover and the order in which we will cover them. Specific dates are not given here for reading assignments and quizzes because these dates will be determined by our pace in covering the material. Please see the previous calendar or the calendar on Canvas for specific due dates; these will be continually updated so that you are aware of the upcoming reading assignments and quizzes.

| TOPIC | TEXTBOOK/QUIZZES CHAPTER |
|---|-----------------------------|
| Part I: Defining Personality and Methods of Assessment | |
| Introduction to personality psychology | Ch. 1 |
| Assessment and methods | Ch. 2 |
| Part II: Approaches to Understanding Personality | |
| The Big Five personality traits | Ch. 2 |
| Biological underpinnings of personality | Ch. 4 |
| Self-concept and self-processes | Ch. 5 |
| Psychodynamic approaches | Ch. 6 |
| Motivation | Ch. 7 |
| How learning shapes behavior | Ch. 8 |
| Part III: Applying Personality in the Real World | |
| Personality across the lifespan | Ch. 9 |
| Gender and personality | Ch. 10 |
| Culture and personality | Ch. 11 |
| Personality in the workplace | Ch. 12 |
| Personality and relationships | Ch. 13 |
| Personality and mental health | Ch. 14 |
| Personality and physical health | Ch. 15 |

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