

## **COURSE SPECIFICATION DOCUMENT**

**NOTE:** ANY CHANGES TO A CSD MUST GO THROUGH ALL OF THE RELEVANT APPROVAL PROCESSES, INCLUDING LTPC.

<b>Academic School/Department:</b>	Communications, Arts and Social Sciences
<b>Programme:</b>	Psychology
<b>FHEQ Level:</b>	5
<b>Course Title:</b>	Theories of Personality
<b>Course Code:</b>	PSY 5200
<b>Course Leader:</b>	Dr Ira Konstantinou
<b>Student Engagement Hours:</b>	120
Lectures:	45
Seminar / Tutorials:	
Independent / Guided Learning :	75
<b>Semester:</b>	Fall
<b>Credits:</b>	12 UK CATS credits 6 ECTS credits 3 US credits

### **Course Description:**

The purpose of this course is to increase students' awareness of the variety of theoretical viewpoints that exist regarding the nature of human personality and the factors that influence human behavior. We will examine the different theoretical viewpoints in terms of what they may have to say about personality structure and its development, emotion, motivation, cognition, the development of psychopathology, and clinical applications for personality change. Students will also be asked to evaluate the prominent theoretical perspectives critically and to consider cultural variations in personality constructs. It is hoped that students will be able to incorporate the most useful aspects of each approach and synthesize them to develop their own perspective regarding the nature of human personality development and functioning.

**Prerequisites:** PSY 4210

### **Aims and Objectives:**

In this course we will first discuss the elusive concept of 'personality' and then proceed to theories; and just as importantly, learning about what makes a theory useful. We will examine the concept of humanity and the role of research in personality theory. Throughout the course we will evaluate the major personality theories, ranging from Psychoanalysis to Social Cognitive Theory. Each theory will be examined in light of the current research and in relation to the concept of humanity. Emphasis will be placed on a biographical understanding of the theorist as well as critically analyzing the corresponding research of the efficacy of the theory in practice.

### **Programme Outcomes**

5A.i, 5A.ii, B.i, 5C.i, 5C.ii, 5D.i

A detailed list of the programme outcomes are found in the Programme Specification. This is located at the Departmental/Schools page of the portal.

### **Learning Outcomes:**

- Develop an understanding of the various theories of personality and how they impact the practice of psychology.
- Evaluate the strengths and limitations of the various theories of personality.
- Develop an understanding of the evolution of psychological thought and how personal experiences and scientific research have aided that progress.
- Establish an awareness of the cultural and societal influences on personality theory and the practice of psychology.
- Psychology and Other Disciplines- Recognize the interplay of differing educational and professional backgrounds of the major psychological theorists/scientists.
- Conduct an accurate, informed, and influential literature review.
- Appreciate the connections between the theories and their applications in therapy and to be able to critically evaluate these.

### **Indicative Content:**

- Research & Personality Theory
- Personality Assessment
- Psychoanalytic Theory - Freud
- Individual Psychology - Adler
- Analytical Psychology – Jung
- Psychoanalytic Social Theory- Horney
- Behavioral Analysis – Skinner
- Social Cognitive Theory – Bandura
- Holistic-Dynamic Theory – Maslow
- Person-Centered Theory – Rogers
- Psychology of the Individual – Allport
- Trait and Factor Theory – Eysenck
- The Big Five – Costa and McCrae
- Cognitive Theory- Ellis

### **Assessment:**

A detailed list of the programme outcomes are found in the Programme Specification. This is located at the Departmental page of the portal.

### **Teaching Methodology:**

The course material will be covered in the following ways:

- I. Lecture presentations
- II. Videos with supplemental information
- III. Internet sites related to psychology

