

Course Syllabus
Psychology 3000
Personality and Adult Development

Fall 2019 - Taylor 313

Tu/Th 10:00-11:45 (Section 1)

Semester Units: 4

Instructor: *G. Michael Leffel, PhD, Professor of Psychology*

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COURSE DESCRIPTION

As described in the Catalog, this course is: *"An introductory survey of classic theories and contemporary empirical research in the psychology of personality and adult development. Emphasis is placed on the importance of developing a capacity for critical evaluation."*

COURSE DESIGN

A combination of lecture and class discussion methods will be used. The purpose of the lectures is to highlight selected topics from the required readings and to supplement this material with related, but more recent developments in the field. ***Students are responsible for all assigned readings, whether or not discussed in class.*** Class discussions are intended to clarify concepts and apply topics to life concerns.

COURSE LEARNING OUTCOMES

Students will be able to:

- * Summarize "classic" theories in personality psychology;
- * Identify the major "levels" or domains of personality and relevant research;
- * Describe the major "stages" and themes of adult personality development;
- * Utilize course material to better understand one's own personality and relationships.

OFFICE HOURS

To schedule an appointment with me: Either (i) arrange a time with me in person, or (ii) write me a note with your available times and telephone number. *It's easier if we try to schedule a time in person before or after class than by email.* Making an appointment will insure that you have the uninterrupted amount of time you wish.

Office phone: (619) 221-2278

E-mail: michaelleffel@pointloma.edu

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REQUIRED TEXT AND READINGS

1. McAdams, D.P. (2009). *The Person: An Introduction to the Science of Personality*, John Wiley & Sons, Fifth Edition.

2. University Reader.

COURSE REQUIREMENTS and EVALUATION

A. Unit Exams (65%)

There will be 4 examinations, including the Final. Described in class.

B. Weekly Quizzes (25%)

In non-exam weeks, **every other week**, there will be a listening/attendance quiz worth 10 pts. These are also a **record of attendance**. For your benefit and enjoyment of the course, please come to class!! ***If you miss a quiz due to (extreme) sickness or "excused" absence, it is your responsibility to make-up this quiz within 5 working days with the TA (not Professor or Department Office Manager).*** No credit will be given for quizzes after 5 days; no exceptions please.

C. Participation/Homework Assignments TBA (10%)

Approximately 15-20 pts. for attendance and take-home assignments (explained in class).

D. Attendance

Inconsistent class attendance/tardiness impacts your final grade in the following way.

1. *Beginning with the third absence*, (5) points will be deducted from your Final Total for each absence. In this class this deduction usually has a substantial impact on your grade.

2. In addition: "Whenever the number of accumulated absences in a class, for any cause, exceeds ten percent of classes (equivalent to one and one-half weeks of a 15-week semester course), the faculty member sends a written report to the Associate Provost for Academic Administration which may result in de-enrollment" (Catalog). ***That would be after your third unexcused absence in this class.*** Come to class, and be prepared!!

Points will be totaled for all activities across the semester and grade assigned according to the Psychology Department standards (see p. 3).

Point Loma Nazarene University
Psychology Department
Academic Guides

DEPARTMENT FACULTY NORMAL CURVE GUIDES

Z Score

A	1.33	0.0918	9.2%	
A-	1	0.1587	6.7%	15.9%
B+	0.67	0.2514	9.3%	
B	0.33	0.3707	11.9%	
B-	0	0.5	12.9%	34.1%
C+	-0.33	0.6293	12.9%	
C	-1	0.8413	21.2%	
C-	-1.33	0.9082	6.7%	40.8%
D+	-1.67	0.9525	4.4%	
D	-2	0.9772	2.5%	
D-	-2.33	0.9901	1.3%	
F	<-2.33	1	1.0%	9.2%

Percentage Score

A =	93-100%	Total points
A -	90-92%	
B +	88-89%	
B	84-87%	
B -	80-83%	
C +	77-79%	
C	70-76%	
C -	65-69%	
D +	62-64%	
D	55-61%	
D -	50-54%	
F	49%	or below

A minimum of 50 % is needed to pass the course.

DEPARTMENT FACULTY STUDY AND ATTENDANCE GUIDES

STUDY TIME: A faculty member should design courses with the expectation that a student would spend an average daily study time of two (2) hours outside class for each hour of time spent in classroom.

STUDY SCHEDULE: It is not the faculty member's responsibility to schedule the two hours of outside study. A student should learn to use this time without explicit direction nor coercion. It takes most students this much time to do regular assignments.

ATTENDANCE: Attendance is required for all classes. If a faculty member establishes the student as responsible for his/her attendance, it does not mean that absences are excused. The catalog lists the only excused absences.

4.

ATTENDANCE POLICY AND REPORTING

What is an "Unexcused" Absence?

1. "There are no allowed or excused absences except when absences are necessitated by certain University-sponsored activities and are approved in writing by the Provost" (Catalog).
2. In addition, Professor will excuse (legitimate) illness only with MD note. No exceptions please.
3. Medical and Dental appointments ARE NOT excused absences. Calculate your absences carefully.

Reporting Absences

1. Please *do not* telephone (or) E-mail the Psychology Dept (Office Manager) or Professor's office if you must be absent or late.
2. However, if you would like to notify me of an absence (unexcused or excused), please **write me a note** that explains the nature your absence. Please write your note the same week of your absence.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the Class Schedules site. No requests for early examinations or alternative days will be approved.

PLNU COPYRIGHT POLICY

PLNU, as a non-profit educational institution, is entitled by laws to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU MISSION

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life. To Teach, To Shape, To Send

PLNU ACADEMIC HONESTLY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment, examination, or the course, depending on the seriousness of the offense. Faculty should follow and students may appeal using the procedure in the university Catalog. See Academic Policies for definitions of kinds of academic dishonesty and for further policy information.

ACADEMIC ACCOMMODATIONS

"All students are expected to meet the standards for this course as set by the instructor. However, students with learning disabilities who may need accommodations should discuss options with the Academic Support Center (ASC) during the first two weeks of class. The ASC will contact professors with suggestions related to classroom needs and accommodations. Approved documentation must be on file in the ASC prior to the start of the semester."

Note: This syllabus is not a contract. The Professor reserves the right to modify the syllabus to accomplish the learning objectives of the course.

6.

Course-at-a-Glance
“Levels” of Personality

Level 1

Person as “Social Actor”
Personality Traits and Styles of Personality
(Trait Perspective)

Level 2

Person as “Motivated Agent”
Needs, Motives, Selves, and Virtues of Personality
(Motivational Perspective)

Level 3

Person as “Secret Agent”
Unconscious Structures and Motives of Personality
(Psychoanalytic or “Depth” Perspective)

Level 4

Person as “Autobiographical Author”
Developmental Themes and Chapters in Adult Development
(Narrative and Developmental Perspectives)

7.
Section 1

Introduction
“What Do We Know When We Know a Person?”

Week 1

Thrs Sept 5

“Know Thyself”

What Do We Know When We Know a Person?

Overview of the Course

Level 1
Person as “Social Actor”
Personality Traits and Styles of Personality
(Trait Perspective)

Week 2

Tues Sept 10

Framework for Studying Personality

“Levels” and “Perspectives” of Personality

Read Before Class: (Text) Ch. 1, pp. 3-11; 21-26 AND (Reader) *Art and Science of Personality Development*, Prologue

Homework “Lab” assigned in class: Trait Paper, due Tues, Sept 17 (10 pts.)

Thrs Sept 12

The Five Factor Model (FFM) or “Big 5” Model

E: Extraversion as Positive Affectivity

Read for Class: (Text) Ch. 4, pp. 107-114 AND Ch. 5, pp. 156-163

Quiz #1 on Reading for Today

Week 3

Tues Sept 17

“Big 5”

N: Neuroticism as Negative Affectivity

Read: (Text) Ch. 5, pp. 163-183

Due in Class: Trait paper

Thrs Sept 19

Other “Big 5” Traits

And, the “Nature-Nurture” of Personality Traits

Read: (Text) Ch. 5, pp. 183-203 AND pp. 81-82 (Parenting Styles)

8.
Sec 1

Week 4

Tues Sept 24

Personality Traits and Relationships

Positive and Negative Factors in Relationships

Read: (Reader) Ch. 13, pp. 15-28 Personality and Relationships

***Bring Reader to class today**

Thrs Sept 26

Big 5 Traits, Personality Styles, and Disorders

What's Your Style?

Read: (Text) Ch. 4, pp. 136-142

Week 5

Tues Oct 1

Exam I (covers Weeks 1-5)

Thrs Oct 3

No Class – Professor at Conference

Level 2

Person as “Motivated Agent”

Needs, Motives, Selves, and Virtues of Personality
(Motivational Perspective)

Week 6

Tues Oct 8

Person as “Motivated Agent”

Are There Universal Motives and Needs of Personality?

In-Class Exercise (5 pts.) “Personal Strivings”

Read: (Review in Reader) *Art and Science of Personality Development*, Prologue, esp. pp. 4-7 AND (Text) Ch. 7, p. 255 AND 275-279 (skip 256-270 for now)

Thrs Oct 10

Implicit Motives

The “Big 3”

Read: (Text) Ch. 7, pp. 279-298

Week 7

Tues Oct 15

“True Self” and the Motive to Self-Actualize

The Highest Reaches of Human Nature

Read: (Text) Ch. 7, 271-275 (focus on Humanistic View)

9.
Sec 1

Thrs Oct 17

Types of "Selves" and Motivational Processes

Self-Regulation and Self-Discrepancy

Read: (Reader) Ch. 5, pp. 31-57

Bring Reader to class; In-class Group Quiz

Week 8

Tues Oct 22

The Science of Virtue

New Frontier in Personality Psychology

Read: (Text) Ch. 8, pp. 332-333 **AND** (Reader) on Gratitude

Thrs Oct 24

Exam 2 (Covers Weeks 5-8)

Level 3

Person as "Secret Agent"

Unconscious Structures and Motives of Personality
(Psychoanalytic or "Depth" Perspective)

Important Note: Lots of Reading Handouts distributed in class in this Unit. If you miss class, please make sure you get a copy of the handouts from a friend in class.

Week 9

Tues Oct 29

"Those Things We Can't Remember Yet Never Forget"

(Or, Why the Psychoanalytic Tradition Just Won't Go Away)

DVD

Thrs Oct 31

"Reports of My Death Are Greatly Exaggerated"

Introduction to the Psychoanalytic (Depth) Tradition and "Topographic" Model

Read: Ch. 7, pp. 255-265

Week 10

Tues Nov 5

"Classical" Psychoanalytic Theory-1

The "Structural" and "Psychosexual" Models

Read: Ch. 7, pp. 265-270 **AND** Ch. 9, 350-355 (paragraphs before Identity)

Thrs Nov 7

No Class – Professor at Conference

10.
Sec 1

Week 11

Tues Nov 12

"Classical" Psychoanalytic Theory-2

The "Dynamic" Model of the Mind

Read: Ch. 11, pp. 446-451 **AND** (Reader) *Half-Empty, Half-Full*

***Get Reading Handout for next class** (on Object Relations)

Thrs Nov 14

Faulty Foundations and Holes in the Bucket

Contemporary Psychoanalytic "Object Relations" Theory

Read: (Text) Ch. 9, read feature box on p. 353-354 **AND** Reading Handout on Object Relations distributed last class

Week 12

Tues Nov 19

"The Secure Base"

Attachment Theory and Adult Relationships

Read: (Text) Ch. 2, pp. 57-64

***Get Reading Handout for next class (on Attachment)**

Thrs Nov 21

Attachment in Adulthood

Attachment Theory as Model of Object Relations

Read: (Text) Ch. 8, pp. 334-342 **AND** Reading Handout distributed last class

Week 13

Tues Nov 26

Exam 3 (covers 8-12)

Happy Thanksgiving

11.
Sec 1

Level 4
Person as “Autobiographical Author”
Developmental Themes and Chapters in Adult Development
(Narrative and Developmental Perspectives)

Week 14

Tues Dec 3

Person as Autobiographical Author

The “Story” of Who I Am

Read: (Reader) Review Prologue Handout, pp. 4-7 AND (Text) Ch. 10, pp. 386-396

Autobiography assigned in class (10 pts)

Thrs Dec 5

Story-ing a Life

Story Themes and Episodes

Read: Ch. 10, pp. 409-416

Week 15

Tues Dec 10

Identity and Intimacy

“Chapters” of Young Adulthood

Read: Ch. 9, pp. 345-362

Autobiography due in class (10 pts.)

Thrs Dec 12

Generativity as the Pinnacle of Adult Maturity

Read: Ch. 9, pp. 363-371 AND Ch. 10, pp. 416-422

Final Exam Tuesday 10:30-1:00