

Psychology Department

Spring 2024

PSY 3000-1 Personality and Adult Development (4 units)

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Office hours:	Click here to book an appointment! You must schedule an appointment 12 hours before or the system will prevent you from scheduling. If the available times don't work for you, shoot me an email and we can find something that works for both of us :)
Teaching assistant:	Joyce Lynn
TA email:	jlin0020@pointloma.edu
Class location:	Bond Academic Center 151
Class meeting times:	M/W/F; 1:30-2:35
Final exam:	Monday; 1:30-4:00

PLNU Mission

To Teach ~ To Shape ~ To Send

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.

Course Description

Personality refers to the enduring characteristics and behavior that comprise a person's unique adjustment to life, including major traits, interests, drives, values, self-concept, abilities, and emotional patterns. Various theories explain the structure and development of personality in different ways, but all agree that personality helps determine behavior. The field of personality psychology studies the nature and definition of personality as well as its development, structure

and trait constructs, dynamic processes, variations (with emphasis on enduring and stable individual differences), and maladaptive forms.

From the catalog: An introductory survey of classic theories and contemporary empirical research in the fields of personality and adult development psychology. Distinct domains of knowledge regarding human nature, individual differences, and adult development and aging are covered. Emphasis is placed on developing a greater capacity for self-awareness and critical thinking.

Course Learning Outcomes

You will learn to:

- Understand the concept of personality and distinguish between various components, such as traits, behaviors, and cognitive patterns that contribute to an individual's unique psychological makeup.
- Summarize and compare key theories in personality psychology, including psychoanalytic, phenomenological, social-cognitive, and trait theories, and discuss their implications for understanding individual differences.
- Describe the five major dimensions of personality (extraversion, agreeableness, conscientiousness, neuroticism/emotional stability, and openness to experience) and assess their impact on behavior, relationships, and life outcomes.
- Evaluate the strengths and limitations of personality assessment tools, such as questionnaires and interviews, and interpret their results.
- Apply theoretical concepts from personality psychology to real-world scenarios, demonstrating an ability to predict and explain individual behavior in various contexts, such as work, relationships, and personal growth.

Objectives will be achieved through reading of the written materials, attention during lectures, and active participation in class exercises.

Course Credit Hour Information

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a four-unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided by the university or our accrediting bodies.

PLNU Attendance and Participation Policy

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. Leaving early from class is considered an absence. If the student is absent for more than 10% of class sessions, the faculty member may issue a written warning of de-enrollment. If the absences exceed 20%, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive the appropriate grade for their work and participation. For example, when absences reach 20%, the final letter grade will

be adjusted down one full letter grade (e.g., from an A to B) to account for lost learning due to diminished participation and engagement.

Late Assignments

I allow an extra week for any assignment to be turned in. The deadline that you see in Canvas will act as a soft deadline (e.g., January 15th) and the hard deadline will be the date the assignment must be turned in by (e.g., January 22nd). My hope is that this approach allows for flexibility and accommodates varying circumstances. The additional week provides a safety net for unforeseen circumstances and acknowledges a variety of accommodations. After the hard deadline, no work will be accepted. Work must be completed by the final week of classes. Official excused absences are given by the Provost's Office. Please be aware that the official PLNU policy is that illnesses are not excused absences, even with a note from a health care provider.

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. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

State Authorization

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

PLNU Copyright Policy

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law 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 Academic Honesty 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 or examination, or, depending on the seriousness of the offense, for the course. 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.

Plagiarism

As the overarching goal of this course includes the ability to effectively use and summarize the research of others, it is of utmost importance that you do your best to acknowledge the work of others in an ethical manner. To this point, even well-intentioned students sometimes accidentally commit acts of plagiarism.

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, 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. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See Academic Policies for further information. In this class, this involves accurately quoting any passages that were written by others, and accurately citing the ideas of others in your paper. Because Academic integrity is of tremendous importance both at PLNU and in the larger psychological community, academic dishonesty (plagiarism) will result in a failing grade for the course.

Artificial Intelligence (AI) Policy

ChatGPT (and generative artificial intelligence programs more broadly) are new inventions, and their exact place in contemporary society is not yet well defined. Until these programs and their social impact is better understood, I am reluctant to incorporate them too strongly in this course. My main concern is that they can be used in such a way that interferes with learning the intended skills and knowledge (e.g., relating scientific research back to personal experiences). Additionally, these programs often produce text that is problematic for other reasons (e.g., violate academic dishonesty codes, fail to address all grading criteria). As such, it is required to learn the intended skills and knowledge by writing them yourself. Thus, unless otherwise explicitly stated, their use is prohibited for all assignments in this course. Usage of these programs will be considered a form of academic dishonesty, and the penalty for using such programs can range from assignment failure to expulsion from the university (depending on the severity of the offense and students' past history).

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

Language and Belonging

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](#).

Sexual Misconduct and Discrimination

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix.

Change in Syllabus or Schedule

It is possible that I will make modifications to the syllabus or schedule during the semester. If this occurs, I will make an announcement by email, in class, or both.

Assessment and Grading

Assessment

Homework/In-Class Exercises	45%
Professionalism	10%
Midterm	15%
Final Exam	<u>25%</u>
	100%

Homework/In Class Exercises

A portion of class will be dedicated to lecture and the other portion of class will be dedicated to discussion and applied activities.

Professionalism

My hope is that the skills you learn in this class will translate to your aspirations, whatever they may be. This class is a low stakes environment for you to learn, practice, and hone your skills. One necessary skill is professionalism. Professionalism encompasses a host of characteristics. In this class you will be expected to

- Participate
- Be prepared
- Be familiar with course policies
- Be kind, respectful, and helpful
- Pay attention and be on task
- Do your fair share when working with others

Your grade will be determined by your classmates' observations as well as my own.

Midterm

The midterm will include 40 multiple-choice questions and 2 short-answer questions. Topics from weeks 1-7 will be covered.

Final

Take-Home (20%)

The purpose of this final portion is to reflect on what you've learned in this class. In some ways, this is a very easy exercise! However, I'm looking for engagement, thoughtful reflection, and accurate self-assessment. It may take more time than you think! Good answers will be approximately 250 words per prompt. You will answer three prompts total.

In-Class (80%)

Your final will be comprised of two essay-style questions. Each question will ask you to choose one approach to personality out of two options, explain that approach broadly, and then specifically apply concepts from that approach to a provided scenario.

Grade Scale

A	B	C	D	F
A 93-100	B+ 87-89.99	C+ 77-79.99	D+ 67-69.99	F Less than 59
A- 90-92.99	B 83-86.99	C 73-76.99	D 63-66.99	
	B- 80-82.99	C- 70-72.99	D- 60-62.99	

Course At-A-Glance

Timeframe	Topics	Exams/Holidays
Week 1: Jan. 8th - Jan. 14th	Ch. 1 – The Study of the Person	
Week 2: Jan. 15th - Jan. 21st	Ch. 2 – Personality Research Methods	MLK Day on Monday
Week 3: Jan. 22nd - Jan. 28th	Ch. 3 – Personality Assessment: Effect Size, Replicability, and Open Science	
Week 4: Jan. 29th - Feb. 4th	Ch. 4 – Persons and Situations	
Week 5: Feb. 5th - Feb. 11th	Ch. 5 – Personality Judgment	Hybrid Friday (No In-Class Meeting)
Week 6: Feb. 12th - Feb. 18th	Ch. 6 – Traits and Types: The Big Five and Beyond	
Week 7: Feb. 19th - Feb. 25th	Ch. 7 – Personality Stability, Development, and Change	
Week 8: Feb. 26th - Mar. 3rd	Ch. 8 – Biological Approaches to Personality (Anatomy and Physiology)	Midterm (Mar. 1)
Spring Break: Mar. 4th - Mar. 10th		
Week 9: Mar. 11th - Mar. 17th	Ch. 9 – Genetics and Evolution: The Inheritance of Personality	
Week 10: Mar. 18th - Mar. 24th	Ch. 10 – Basics of Psychoanalysis And Psychoanalysis after Freud	
Week 11: Mar. 25th - Mar. 31st	Ch. 12 – Humanistic Psychology, Positive Psychology, and the Science of Happiness	Easter Break: No Class Friday
Week 12: Apr. 1st - Apr. 7th	Ch. 13 – Cultural Variation in Experience, Behavior, and Personality	Easter Break: No Class Monday
Week 13: Apr. 8th - Apr. 14th	Ch. 13 – Cultural Variation in Experience, Behavior, and Personality	
Week 14: Apr. 15th - Apr. 21st	Ch. 14 – Personality Processes: Learning, Motivation, Emotion, and Thinking	
Week 15: Apr. 22nd - Apr. 28th	Ch. 17 – Personality Disorders and Physical Health	No Class Friday (Potentially Wednesday)
Final	Monday, April 29th (1:30-4:00)	