

PSY3000-1 FA25 - Personality And Adult Development

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Psychology Department

Fall 2025

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

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Office Hours / Ask My Anything:	Click here to book an appointment ➡ (https://calendar.app.google/fG8vFsxFdCy5vShd7)! 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 :)
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Class Location:	Ryan Learning Center 101



Class Meetings:	M/W/F; 1:30 PM - 2:35 PM
Department:	Psychology
Units:	4
Final written exam:	Friday, December 19th -- 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

This course explores the scientific study of personality — the patterns of thoughts, feelings, and behaviors that make each person unique. Together, we'll ask questions like: What makes us who we are? How stable is personality across time and situations? How do psychologists study something as complex as the self? We'll examine major theories of personality, research methods in personality science, and real-world applications of personality research. Topics include traits, motivation, self-concept, biological and cultural influences, and how personality connects to well-being and relationships.

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.

Assessment and Grading

Assessment

Homework/In-Class Exercises	30%
Exam 1	10%
Exam 2	15%
Final Exam	20%
Personality Consultant Project	10%
Final Reflection	5%
Professionalism	<u>10%</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 components. In this class you will be expected to:

- Participate
- Be kind and respectful
- Be on task
- Be helpful
- Do your fair share when working with others

Feedback will help you to understand your own strengths and growth areas related to professionalism. Feedback will be received twice: in the middle of the semester and at the end of the semester. Midterm feedback will act as a portion of your final grade (4%). If this midterm grade is not what you hoped for, the feedback will hopefully serve to stimulate constructive conversation among group members. Everyone will provide feedback one more time at the end of the semester. This feedback will result in your final grades. These grades will be determined by both your classmates' observations as well as my own. Professionalism is numerically and objectively calculated based on survey responses. My own observations are considered equivalent to other students you have worked with, and survey responses are averaged across to produce a final grade. These averages are then transferred to the professionalism rubric. The most effective way to display commensurate (A+) professionalism is to communicate, delegate, listen, and be a nice human.

Exam 1 and Exam 2

The exams will include 40 multiple-choice questions and 2 short-answer questions. Topics from weeks 1-5 will be covered in Exam 1. Topics from weeks 6-10 will be covered in Exam 2. Exams 1 and 2 are not comprehensive.

Personality Consultant Project

In this assignment, you will step into the role of a Personality Consultant to analyze and provide insights into an individual's personality traits. You will utilize the Big Five Inventory-2 (BFI-2) assessment to gather data, integrate findings from 5 empirical research articles (one for each Factor), and offer comprehensive recommendations addressing the individual's intrapersonal, interpersonal, and professional development. This project aims to deepen your understanding of personality theories and their practical applications in real-life contexts.

Final

Take-Home

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



Your final will be comprised of multiple essay-style questions. To give you a leg up now: one essay style 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. I'll give you an example when we get closer to the final :) The final is comprehensive. You'll need to be familiar with concepts across the course to do well on this exam.

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	

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an “F” grade.

LATE ASSIGNMENTS

Assignments

Each day an assignment is late reduces the original assignment ceiling by 5%, up to a maximum of 50% lost (e.g., one day = 95%, two days = 90%, ten days = 50%). After ten days, the assignment is no longer eligible for credit without an official excused absence. However, you can also request an assignment extension. You can either receive an automatic two day extension or request more time if necessary. If you're interested, complete the form [here \(https://pointloma.co1.qualtrics.com/jfe/form/SV_0fuXXRNHUY39w34\)](https://pointloma.co1.qualtrics.com/jfe/form/SV_0fuXXRNHUY39w34). You must complete the form 24 hours before the assignment deadline. Otherwise, the initial late assignment policy stands. Late work will be accepted until the last 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.

Exams

If missed, you can makeup one exam for any reason. Makeups must be taken within one week of the original exam administration time, barring special circumstances. [Email me \(mailto:abitter@pointloma.edu\)](mailto:abitter@pointloma.edu) to schedule a time! It is possible that I will not be available for a makeup; however, the psychology department assistant or my TA can also administer your exams. All makeups may not have the same questions or format as the original exam.

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 Traditional Undergraduate Records: Final Exam 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 distance education outside 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 RECORDING NOTIFICATION

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel. Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

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. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See Academic Policies for definitions of kinds of academic dishonesty and for further policy information.

ARTIFICIAL INTELLIGENCE (AI) POLICY

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc.) in this course. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. This means you must cite when using AI, following APA style for your citations. If you do not cite your sources, this is considered plagiarism. Additionally, solely copying AI-produced text without significant modification is also considered plagiarism. AI-generated text must be altered to incorporate your own voice



insights, and understanding. The first time a violation occurs, you will receive a warning; subsequent violations will result in a zero on the assignment. Importantly, all group members must be in unanimous agreement over the use of AI tools.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). 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 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

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. If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at www.pointloma.edu/nondiscrimination.

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.

Course Summary:

Date	Details	Due
Fri Sep 5, 2025	 Week 1 Activity: Introduction to Personality (https://canvas.pointloma.edu/courses/80490/assignments/1223350) 	due by 11:59pm
Fri Sep 12, 2025	 Week 2 Activity: Research Methods in Personality (https://canvas.pointloma.edu/courses/80490/assignments/1223358) 	due by 11:59pm
Fri Sep 19, 2025	 Week 3 Activity: Personality Assessment (https://canvas.pointloma.edu/courses/80490/assignments/1223359) 	due by 11:59pm
Fri Sep 26, 2025	 Week 4 Activity: Persons and Situations (https://canvas.pointloma.edu/courses/80490/assignments/1223360) 	due by 11:59pm
Fri Oct 3, 2025	 Week 5 Activity: Personality Judgment (https://canvas.pointloma.edu/courses/80490/assignments/1223361) 	due by 11:59pm
Wed Oct 8, 2025	 Exam 1 (https://canvas.pointloma.edu/courses/80490/assignments/1223345)	due by 

Date	Details	Due
		
Fri Oct 10, 2025	 Week 6 Activity: Traits and Types https://canvas.pointloma.edu/courses/80490/assignments/1223363	due by 11:59pm
		
Fri Oct 17, 2025	 Midterm Professionalism https://canvas.pointloma.edu/courses/80490/assignments/1223346	due by 11:59pm
		
Fri Oct 24, 2025	 Week 7 Activity: Personality Stability, Development, and Change https://canvas.pointloma.edu/courses/80490/assignments/1223364	due by 11:59pm
		
Fri Oct 24, 2025	 Week 8 Activity: The Anatomy and Physiology of the Brain https://canvas.pointloma.edu/courses/80490/assignments/1223365	due by 11:59pm
		
Fri Oct 31, 2025	 Week 9 Activity: Genetics and Evolution - The Inheritance of Personality https://canvas.pointloma.edu/courses/80490/assignments/1223366	due by 11:59pm
		
Fri Nov 7, 2025	 Week 10 Activity: Humanistic Psychology, Positive Psychology, and the Science of Happiness https://canvas.pointloma.edu/courses/80490/assignments/1223351	due by 11:59pm
		
Wed Nov 12, 2025	 Exam 2 https://canvas.pointloma.edu/courses/80490/assignments/1228435	due by 11:59pm
		



Date	Details	Due
Fri Nov 14, 2025	 Week 11 Activity: Basics of Psychoanalysis & Psychoanalysis after Freud https://canvas.pointloma.edu/courses/80490/assignments/1223352	due by 11:59pm
		
Fri Nov 21, 2025	 Week 12 Activity: Cultural Variation in Experience, Behavior, and Personality https://canvas.pointloma.edu/courses/80490/assignments/1223353	due by 11:59pm
		
Fri Nov 28, 2025	 Week 12.1 Activity https://canvas.pointloma.edu/courses/80490/assignments/1223354	due by 11:59pm
		
Fri Nov 28, 2025	 Week 13 Activity: Personality Disorders and Physical Health https://canvas.pointloma.edu/courses/80490/assignments/1223355	due by 11:59pm
		
Fri Dec 5, 2025	 Personality Consultant Project https://canvas.pointloma.edu/courses/80490/assignments/1223348	due by 11:59pm
		
Fri Dec 5, 2025	 Week 14: Learning, Motivation, Emotion, and Thinking https://canvas.pointloma.edu/courses/80490/assignments/1223356	due by 11:59pm
		
Fri Dec 12, 2025	 Week 15 Activity: The Self - What You Know About You https://canvas.pointloma.edu/courses/80490/assignments/1223357	due by 11:59pm
		
Sun Dec 14, 2025	 Final - Take Home Portion https://canvas.pointloma.edu/courses/80490/assignments/1223343	due by 11:59pm
		



Date	Details	Due
	 Final Professionalism (https://canvas.pointloma.edu/courses/80490/assignments/1223344)	due by 11:59pm
		
Fri Dec 19, 2025	 Final - In-Class Portion (https://canvas.pointloma.edu/courses/80490/assignments/1223342)	due by 1:30pm
		
	 Roll Call Attendance (https://canvas.pointloma.edu/courses/80490/assignments/1231629)	
		

