



Department of Psychology

PSY3000-2: Personality and Adult Development

4 Units

Spring 2026

Meeting days/times: Tuesday/Thursday 10-11:45am

Meeting location: Taylor 313

Mid-Term: 2/19

Final Exam: Tuesday (5/5) 10:30 am-1:00 pm

Information

Specifics for the Course

Instructor title and name:

Thomas Bowse, PsyD

Phone:

802-318-6435

Email:

tbowse@pointloma.edu

Office location and hours:

Virtual- Email to set up. Also can meet after class in person w/appt.

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

- Catalog: “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.”
- Human behavior and the inner workings of the mind are vast, complex puzzles. People in the field of psychology seek to understand and piece together these puzzles using a variety of tools and theories. This course will provide an in-depth examination of the theories of human personality and how people develop in adulthood. We will discuss a variety of topics, including measurement of personality; trait, biological, psychoanalytic, cognitive, social, and humanistic theories of personality; and progress and challenges of specific life stages. You will also have the opportunity to read recent research in the field and apply personality to contexts, including (but not limited to) the workplace, personal relationships, and clinical work. Trying to understand human beings and their behavior is extremely difficult and requires mental flexibility to consider various viewpoints.

Program and Course Learning Outcomes

1. Understand, compare, and evaluate various personality theories/perspectives.
2. Identify major stages of adult development and discuss the personality, social, cognitive, and physical changes in each.
3. Critically evaluate and discuss empirical methods and findings in personality psychology.
4. Reflect on personal applications of personality and development, and effectively communicate these ideas verbally and through writing.

Required Texts and Recommended Study Resources*

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

1. Textbook:

1.

1. **Funder, D. C. (2024). The personality puzzle (9th ed.). W. W. Norton & Company.**

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 4-unit class delivered over 15 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 150 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules. Dedicating adequate time to your learning will help you succeed and is especially important if you want an A in the course. Think of it as: hours spent --> points earned. Specific details about how the class meets the credit hour requirement can be provided upon request.

COURSE ASSIGNMENTS

Article Discussion (15% of final grade): Throughout the course, there are three NOBA articles available. You must choose two of the articles and write a 500-word discussion post about it. You must also reply to two other students' discussion posts.

Personal Projects (25% of final grade). Over the semester, you will complete two personal projects that will require you to apply and reflect on your own personality and development. These will require the most time outside of class, so plan ahead to begin them in time. More information is in the Canvas modules.

In/out-Class Activities (10% of final grade). We will engage in activities and discussion that begin in class throughout the semester. These will vary, but will primarily focus on application of concepts. You will be graded on being present and completing the activity. Students must be in class to participate and may need to show evidence of the activity in class. The activities will include introductions, self-evaluations, mini writing assignments on class topics, and more!

Midterm Learning Demonstrations (25% final grade): The midterm will consist of multiple-choice questions that will require not only recognition of concepts, but comparisons, evaluations, and applications of concepts. Learning demonstrations will emphasize material that we talked about in class and was addressed in lectures, but to earn an A, you will need to study the assigned readings.

Final Learning Demonstration (25% final grade): For your final learning demonstration, you will respond to questions that will require cumulative knowledge of personality psychology and adult development.

ASSESSMENT AND GRADING

Student grades will be posted in the Canvas grade book. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be weighted as listed above and determined based on the following:

A = 93-100%

A- = 90-92.9%

B+ = 88-89.9%

B = 84-87.9%

B- = 80-83.9%

C+ = 77-79.9%

C = 70-76.9%

C- = 65-69.9%

D+ = 62-64.9%

D = 55-61.9%

D- = 50-54.9%

F = 49.9% or less

COURSE POLICIES AND EXPECTATIONS

General and Attendance

Any changes to the syllabus (including course expectations and assignments) will be announced in class and/or as a Canvas announcement. Students are responsible for actively monitoring Canvas updates.

Students are responsible for all content/material that is found within the Canvas course.

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. Attendance will be taken at the beginning of class. If you are more than 15 minutes late to class, you will be counted absent. If you leave class early, you will be counted absent unless you notify me before class begins. 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 drop date or, after that date, receive the appropriate grade for their work and participation. See **Academic Policies**

(<https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#ClassAttendance>) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Out of respect and care for one another, please do not attend class if you are feeling ill in any way. You will not miss points for being absent (just follow overall attendance policy above).

If you miss class, you are responsible for obtaining [from a classmate] lecture material, class exercises, and all in-class announcements AND submit any assignments on time, if applicable. I will not be recording in-person lectures to post online.

Submitting Assignments

All due dates are posted in advance on Canvas. You may submit assignments early. Late work is accepted for 10 days, including weekend days, after the original due date. Canvas will automatically deduct 10% from the grade for each late day. For example, an assignment submitted 3 days late can earn up to 70% of the available points. End-of-semester assignments may not be submitted late after the final exam (to accommodate faculty grading deadlines). Note that work submitted late may also be graded later.

One no-questions-asked freebee – students can exchange a freebee to turn in one late assignment up to 10 days after the initial deadline *at no deduction*. The freebee does not apply to learning demonstrations and does not allow students to submit end-of-semester assignments after the final exam.

To use your freebee, submit your late work on Canvas and include a Canvas submission comment saying that you are using the freebee (do not email the professor). The freebee must be used at the time of time of submitting the work, not retroactively.

Assignments are individual work; you are expected to complete the work on your own.

Work submitted on Canvas must be in .doc, .docx, or .pdf file types only. The student is responsible for making sure Canvas files work and go through Turnitin. Files that do not open, are in the wrong file type, and/or can't go through Turnitin will be considered late until the problem is rectified.

Learning Demonstration (LD) Information

LDs may consist of multiple choice, fill-in-the-blank, and/or short answer questions. You may be required to interpret and apply information based on assigned readings, lectures, and learning activities.

All LDs require cumulative knowledge. You will be tested on the current unit and previous units.

You may bring one 3”x 5” index card with any notes on it to use. At the beginning of an LD, you can exchange a filled-in index card for extra credit. In other words, you can either have the extra credit OR use the index card for the LD. If you decide during the LD that you would like to use your index card, you can exchange it back.

A make-up midterm LD is available in cases of documentable emergency or illness or if the student provides at least 2 weeks' notice of a non-emergency absence. The make-up LD must be taken within 2 weeks of the original test date and it is up to the student to contact the professor to schedule a time to take the LD in a proctored setting. Each student may not have more than one make-up midterm LD per semester.

There is no option to re-take a LD that was previously attempted.

The final LD cannot be dropped or missed for any reason. Successful completion of this course requires the on-time completion of the Final LD (final 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.

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. Academic dishonesty also includes such acts as cheating, fabrication of information, misrepresentations, having unauthorized possession of exams or acquiring/providing information about exams to offer/get an advantage. Academic dishonesty may lead to a zero for that assignment or examination and/or an F for the course. Students may appeal using the procedure

in the university Catalog. See Academic Policies for definitions of kinds of academic dishonesty and for further information.

I would rather read 3 sentences about your dog than something generated by AI. I also would give you a better grade for writing 3 sentences about your dog than submitting something generated by AI. I know stress and time can make you desperate, but save yourself serious trouble by communicating with me (ahead of time) if you need more time on an assignment. Avoid taking a 0 by

1. Submitting *something* even if it's not your best work
2. Avoiding Generative AI for test answers or written submissions

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** (<https://www.pointloma.edu/offices/office-educational-effectiveness/disclosures>) to view which states allow online (distance education) outside of California.

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.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith. If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the **Office of Spiritual Development** (<https://www.pointloma.edu/offices/spiritual-development>)

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the *Technology and System Requirements*

(<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in

need of technological resources please contact student-tech-request@pointloma.edu (<mailto:student-tech-request@pointloma.edu>) .

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

TITLE IX OFFICE

If you or someone you know would like help related to an experience of sexual violence including sexual assault, harassment, domestic violence, dating violence, stalking or other type of non-consensual sexual

conduct, please contact the Title IX Coordinator at PLNU, Danielle Brown Friberg (619-849-2313). Reporting is also available on the Title IX website. The Title IX office understands the sensitive nature of these

situations and can provide information about available on- and off-campus resources. Staff members at the office will also explain your rights and the judicial process options, if you choose to file a complaint. If you

or someone you know feels unsafe or may be in imminent danger, please call the PLNU Department of Public Safety (619-849-2525) or local police department (9-1-1) immediately.

STUDENT SUCCESS AND WELLNESS

If you or someone you know would like help related to a physical or mental health problem, (e.g., depression, anxiety, difficulty focusing on school or managing daily needs, grief, trauma resolution, sleep or eating

changes, etc.), and/or would like academic assistance, please contact the appropriate office using the following information.

Counseling Services (619) 849-3020; counselingservices@pointloma.edu (<mailto:counselingservices@pointloma.edu>)

Educational Access Center 619-849-2533; eac@pointloma.edu (<mailto:eac@pointloma.edu>)

Medical Services 619-849-2280; sdwellnesscenter@pointloma.edu
(<mailto:sdwellnesscenter@pointloma.edu>)

Tutorial Services 619-849-2953; tutorialservices@pointloma.edu
(<mailto:tutorialservices@pointloma.edu>)

Week 1: Chapter 1. Big Ideas about Personality and Introduction to Course.

Week 2: Chapter 2. Methods of Studying Personality.

Week 3: Chapter 3. Personality Assessment.

Week 4: Chapter 4. Persons and Situations.

Week 5: Chapter 6. Trait Approaches

Week 6: Chapter 6. Trait Approaches. **MID-TERM 2/19.**

Week 7: Chapter 8. Anatomy and Physiology of Personality.

Week 8: Chapter 9. Genetic and Evolutionary Perspectives of Personality.

Spring Break: A break for spring.

Week 9: Chapter 9. Psychodynamic Approaches. **Personality/TIPI Presentations Due.**

Week 10: Humanistic and Positive Perspectives of Personality; Ch. 12

Week 11: Cultural Influences on Personality; Ch. 13

Week 12: Learning Motivation, and Emotion Perspectives of Personality; Ch. 14

Week 13: Stages of Adult Development; see reading in module

Week 14: Personality Stability, Development, and Change;

Week 15: Aging; see reading in Module

Final Exam: Wednesday May 3 @ 1:30-4pm