

Course Syllabus
Psychology 300
Personality and Adult Development

Fall 2018

Tu/Th 12:30-2:15 (Section 1) 3:00-4:45 (Section 2) Taylor 314

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.

PRIMARY 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, Selected Chapters from) McAdams, D.P. (2015). *The Art and Science of Personality Development*, Guilford Press.

2.

COURSE REQUIREMENTS and EVALUATION

A. Unit Exams (65%)

There will be 4 examinations, including the Final.

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).

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.

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.

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.

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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 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.
Section 1

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

Week 1

Thrs Aug 30
“Know Thyself”
What Do We Know When We Know a Person?
Overview of the Course

Level 1
Becoming a “Social Actor”
Personality Traits and Styles of Personality
(Trait Perspective)

Week 2

Tues Sept 4
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

Thrs Sept 6
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 11
“Big 5”
N: Neuroticism as Negative Affectivity
Read: (Text) Ch. 5, pp. 163-183

Thrs Sept 13
Other “Big 5” Traits
And, the “Nature-Nurture” of Personality Traits
Read: (Text) Ch. 5, pp. 183-203 AND pp. 81-82 (Parenting Styles)

Week 4

Tues, Sept 18
Personality Traits and Relationships
Positive and Negative Factors in Relationships
Read: (Reader) Ch. 13, pp. 15-28 Personality and Relationships

7.
Sec 1

Week 4 (con)

Thrs Sept 20

Big 5 Traits, Personality Styles, and Disorders
What's Your Style?

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

Week 5

Tues, Sept 25

Exam I (covers Weeks 1-4)

Level 2

Becoming a "Motivated Agent"
Motives, Selves, and Virtues of Personality
(Motivational and Cognitive Perspectives)

Thrs, Sept 27

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)

Week 6

Tues, Oct 2

Implicit Motives

The "Big 3"

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

Thrs, Oct 4

"True Self" and the Motive to Self-Actualize

The Highest Reaches of Human Nature

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

Week 7

Tues, Oct 9

Types of "Selves" and Motivational Processes

Self-Regulation, Self-Discrepancy, and Explanatory Style

Read: (Reader) Ch. 5, pp. 31-57 AND (Text) Ch. 8, pp. 321-334 (skip 332-333)

Thrs, Oct 11

The Science of Virtue

New Frontier in Personality Psychology

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

8.
Sec 1

Week 8

Tues, Oct 16

Exam 2 (Covers Weeks 5-7)

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.

Thrs, Oct 18

“Reports of My Death Are Greatly Exaggerated”

Introduction to the Psychoanalytic (Depth) Tradition and “Topographic” Model

Read: Ch. 7, pp. 255-265

Week 9

Tues, Oct 23

“Classical” Psychoanalytic Theory-1

The “Structural” and “Psychosexual” Models

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

***Get Reading Handout for next class (Vaughn, *Half-Empty, Half-Full*)**

Thrs, Oct 25

“Classical” Psychoanalytic Theory-2

The “Dynamic” Model of the Mind

Read: Ch. 11, pp. 446-451 AND Handout on *Half-Empty, Half-Full*

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

Week 10

Tues, Oct 30

Faulty Foundations and Holes in the Bucket-1

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

Thrs, Nov 1

Faulty Foundations and Holes in the Bucket-2

Contemporary Psychoanalytic “Self” Theory

Read: (Text) Ch. 9, re-read feature box on p. 353-354 (on Kohut Self Psychology)

***Distribute IIP in class, complete and bring next class**

***Pick-up Reading Handout (Horowitz) for next class**

9.
Sec 1

Week 11

Tues, Nov 6

"The Secure Base"

Attachment Theory as Object Relations Model

Read: (Text) Ch. 2, pp. 57-64 AND Reading Handout distributed last class (on Attachment)

***Bring completed IIP to class for scoring today (5 pts)**

Tues, Nov 8

Attachment in Adulthood

Attachment Styles in Adult Relationships

Read: (Text) Ch. 8, pp. 334-342

Week 12

Tues, Nov 13

Exam 3 (covers 8-11)

Level 4

Becoming an "Autobiographical Author"

Developmental Themes and Chapters in Adult Development

(Narrative and Developmental Perspective)

Thrs Nov 15

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)

Week 13

Tues, Nov 20

TBD

Thrs Nov 22

Happy Thanksgiving Break!!

10.
Sec 1

Week 14

Tues, Nov 27

Story-ing a Life

Story Themes and Episodes

Read: Ch. 10, pp. 409-416

Thrs, Nov 29

Identity and Intimacy

"Chapters" of Young Adulthood

Read: Ch. 9, pp. 345-362

Autobiography due in class (10 pts.)

Week 15

Tues, Dec 4

Who Cares?

Generativity as the Pinnacle of Adult Maturity

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

Thrs, Dec 6

Conclusion and Review Session

Final Exam _____