

Course Syllabus
Psychology 3000
Personality and Adult Development

Spr 2020

Tu/Th 12:30-2:15 (Section 2)

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.

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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

5.

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.

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Course-at-a-Glance

“Levels” (or Layers) of Personality

Level 1

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

Level 2

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

Level 3

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

Level 4

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

7.
Section 2

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

Week 1

Thrs Jan 16

“Know Thyself”

What Do We Know When We Know a Person?

Overview of the Course

Week 2

Tues Jan 21

Framework for Studying Personality

“Levels” and “Perspectives” of Personality

Read Before Class: (Text) Ch. 1, pp. 3-11; 21-26 AND (Reader) *Prologue*

Level 1

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

Thrs Jan 23

The “Story” of Who I Am

(And, Why Story a Life)

Read: (Text) Ch. 10, pp. 386-396

Quiz #1 on Reading for Today

Autobiography assigned in class; Due Jan 30 (10 pts)

Week 3

Tues Jan 28

The “Grammar” of Your Life Story

(And, the Story that Lives in You)

Read: Ch. 10, pp. 404-423 AND Ch. 11, 451-455

Thrs Jan 30

Identity and Intimacy

“Chapters” of Young Adulthood

Read: Ch. 9, pp. 345-362

Autobiography due in class (10 pts.)

8.
Sec 2

Week 4

Tues Feb 4

Who Cares?

Generativity as the Pinnacle of Adult Maturity

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

Thrs Feb 6

Exam 1 (covers Weeks 1-4)

Level 2

Person as “Social Actor”

Personality Traits and Styles of Personality

(Trait Perspective)

Week 5

Tues Feb 11

The Trait Perspective and Overview of the “Big 5” (FFM)

What is a Trait?

Read Before Class: (Text) Ch. 4, pp. 107-114

Homework “Lab” assigned in class: Trait Paper, due Tues Feb 18 (10 pts.)

Thrs Feb 13

No Class

Week 6

Tues Feb 18

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

E: Extraversion as Positive Affectivity

Read for Class: (Text) Ch. 5, pp. 156-163

Trait Paper Due in class

Thrs Feb 20

“Big 5”

N: Neuroticism as Negative Affectivity

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

Due in Class: “Big 5” Trait paper

9.
Sec 2

Week 7

Tues Feb 25

Other “Big 5” Traits

And, the “Nature-Nurture” of Personality Traits

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

Thrs Feb 27

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 (Group Quiz)**

Week 8

Tues Mar 3

Big 5 Traits, Personality Styles, and Disorders

What’s Your Style?

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

Thrs Mar 5

Exam 2 (covers Weeks 1-4)

Week 9

Happy Spring Break

Level 3

Person as “Motivated Agent”

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

Week 10

Tues Mar 17

Person as “Motivated Agent”

Are There Universal Motives and Needs of Personality?

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

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

Thrs Mar 19

Implicit Motives

The “Big 3”

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

10.
Sec 2

Week 11

Tues Mar 24

“True Self” and the Motive to Self-Actualize
The Highest Reaches of Human Nature

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

Thrs Mar 26

Types of “Selves” and Motivational Processes
Self-Regulation and Self-Discrepancy

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

Bring Reader to class (Group Quiz)

Week 12

Tues Mar 31

The Science of Virtue
New Frontier in Personality Psychology

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

Thurs Mar 2

Exam 3 (Covers Weeks 10-12)

Level 4

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 13

Tues Apr 7

“Those Things We Can’t Remember Yet Never Forget”
(Or, Why the Psychoanalytic Tradition Just Won’t Go Away)
DVD

Thrs Apr 9

No Class Easter Recess

Week 14

Tues Apr 14

“Reports of My Death Are Greatly Exaggerated”
Introduction to the Psychoanalytic (Depth) Tradition and “Topographic” Model
Read: Ch. 7, pp. 255-265

11.
Sec 2

Thrs Apr 16

"Classical" Psychoanalytic Theory-1

The "Structural" and "Psychosexual" Models

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

Week 15

Tues Apr 21

"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 Apr 23

Ghosts of Relationships Past

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 16

Tues Apr 28

"The Secure Base"

Attachment Theory and Adult Relationships

Read: (Text) Ch. 2, pp. 57-64; Ch. 8, pp.334-342

Thrs Apr 30

No Class Dr. Leffel at WPA

Final Exam (Explained in class)