

Virginia Western Community College

PSY 225

Theories of Personality

Course Prerequisites/Corequisites

PSY 200 or equivalent

Course Description

Prerequisites: PSY 200. Studies the major personality theories and their applications. Includes psychodynamic, behavioral, cognitive, and humanistic perspectives. Lecture 3 hours per week.

Semester Credits: 3

Lecture Hours: 3

Required Materials

1. Textbook
2. Internet access
3. Canvas
4. Powerpoint and Microsoft word
5. Synchronous sections: video cameral and audio

Textbook:

Engler, B., *Personality Theories*. Belmont: Wadsworth/Cengage Learning, 9th ed., 2014. ISBN: 978-1-285-08881-5

Other Required Materials:

Online Study Guide for Engler's Personality Theories (ISBN: 9780547148410) (**optional**)

General Course Purpose

This course presents an overview of the major personality theories, their applications, and their implications for human behavior.

Course Objectives

Upon completing the course, the student will be able to:

Critical Thinking

- Identify strengths and limitations of the major theories of personality
- Analyze and apply theories to situations and individuals

What is personality?

- Define personality.
- Describe what personality psychologists do.

Evaluation of personality theory – How is personality studied and assessed?

- List the basic assumptions concerning human nature as they relate to the study of personality and research in the area.
- Recognize and evaluate how research methodology is used and helps us understand personality.

The Theories: Psychoanalytic, Neo-Psychoanalytic, more recent trends in Psychoanalytic Theory (the Ego and object relations), Behavior and Learning Theories, Trait Theories, Biological Basis of Personality, Humanistic, Existential, Cognitive and Cognitive Behavioral

- Identify the strengths and limitations of the major theories.
- Explain the basic concepts and processes of the various personality theories.
- Differentiate between the major personality theories.
- Identify and discuss and apply various personality concepts, terms and theories to different environments, situations, understanding of people and themselves.
- Apply theories and acquired insight to describe and explain personality theory in action in various situations and cases.

Major Topics to be Included

What is personality?

Evaluation of personality theory – How is personality studied and assessed?

The Theories

Notes to Instructors

None