

# 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 online sections: video camera and audio

#### **Textbook:**

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

Or

(eTextbook) Engler, B., *Personality Theories*. Belmont: Wadsworth/Cengage Learning, 9th ed., 2014. ISBN: 9781285691084

#### **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**

Course Major Topics

What is personality?

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

The Theories

**Notes to Instructors**

None

[ADA Statement \(PDF\)](#)

[Title IX Statement \(PDF\)](#)