

# PSYC A220: PSYCHOLOGY OF PERSONALITY

Item	Value
Curriculum Committee Approval Date	03/12/2025
Top Code	200100 - Psychology, General
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 4 Social and Behavioral Sciences 4C Behavioral Science (OD3)
Associate Science Local General Education (GE)	• Area 4 Social and Behavioral Sciences (OSD)
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 4 Social & Behavioral Sciences (4) • Cal-GETC 4I Psychology (4I)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 4 Social&Behavioral Sci (4) • IGETC 4I Psychology (4I)
California State University General Education Breadth (CSU GE-Breadth)	• CSU D9 Psychology (D9)

## Course Description

A survey of classical and contemporary personality theories, research, and applications. This course may also be offered online. PREREQUISITE: PSYC C1000 or PSYC C1000H. Transfer Credit: CSU; UC: Credit Limitation: PSYC A110 and PSYC A220 combined: maximum credit, 1 course.

## Course Level Student Learning Outcome(s)

1. Students will be able to critically evaluate theoretical perspectives, research, and applications in personality psychology.

## Course Objectives

1. Describe the history of personality theory.
2. Differentiate between western and eastern personality theories.
3. Use theoretical concepts to better understand one's own personality.
4. Identify the concepts associated with personality theories and be able to differentiate between them.
5. Synthesize theories and relate them to daily life.

6. Discuss the emergence of newer theories within the context of contemporary society and culture.
7. Explore both requirements and opportunities within a professional major of psychology.
8. Compare and contrast theories relating to one's own belief about the nature of the human being.

## Lecture Content

I. Understanding Personality  
 a. Defining personality  
 b. Theoretical models and historical context  
 c. Research and science  
 d. Assessment  
 e. Historical and contemporary applications  
 f. Multicultural perspectives  
 II. Psychoanalytic Approach: Sigmund Freud  
 a. Origins of psychoanalysis and the unconscious  
 b. Assessment and research  
 c. Personality development and psychosexual stages  
 d. Personality structure  
 e. Defense mechanisms  
 f. Psychoanalysis III. Neopsychoanalytic Approaches  
 a. Carl Jung  
 1. Analytical Psychology  
 2. Personality structure and psychic energy  
 3. Levels of consciousness  
 4. Psychological types  
 5. Self-realization  
 6. Assessment, research, and applications  
 b. Alfred Adler  
 1. Individual Psychology  
 2. Inferiority feelings and striving for superiority  
 3. Social interests  
 4. Finalisms  
 5. Style of life  
 6. Assessment, research, and practice  
 c. Harry Stack Sullivan  
 1. Personality structure and interpersonal relationships  
 2. Anxiety, energy, defenses, and personifications  
 3. Participant observation  
 d. Karen Horney  
 1. Social Forces  
 2. Basic anxiety  
 3. Trends, modes, and orientations  
 4. Idealized self image  
 5. Feminine psychology  
 6. Research and application  
 e. Erich Fromm  
 1. Basic needs and personality structure  
 2. Character orientations  
 IV. Life-Span Approach: Erik Erikson and Ego-Analytic Psychology  
 a. Historical context  
 b. Understanding the ego  
 c. Psychosocial stages of development  
 d. Assessment and research  
 e. Contemporary applications  
 V. Behavioral Approaches  
 a. Ivan Pavlov and classical conditioning  
 b. John Watson and behaviorism  
 c. Dollard and Miller: Habits, drives, and therapy  
 d. B.F. Skinner  
 1. Law of effect  
 2. Operant conditioning  
 3. Reinforcement and punishment  
 4. Schedules of reinforcement  
 5. Shaping  
 6. Behavior therapy  
 VI. Social Learning Theories  
 a. Albert Bandura  
 1. Interactive perspectives on learning  
 2. Observational learning  
 3. Early research  
 4. Self-efficacy  
 5. Behavior modification  
 6. Current research applications  
 b. Julian Rotter  
 1. Locus of control  
 2. Predicting behavior  
 c. Walter Mischel  
 1. Behavioral specificity  
 2. Cognitive-Affective personality system  
 VII. Dispositional and Biological Theories  
 a. Gordon Allport  
 1. Nature of personality  
 2. States and traits  
 3. Functional autonomy  
 4. Nomothetic and idiographic research  
 b. Raymond Cattell  
 1. Personality and prediction  
 2. Trait types  
 3. Research and factor analysis  
 c. Big Five Personality Traits  
 1. Big Five Model  
 2. Five Factor Model  
 3. Five Factor Theory  
 4. Current research  
 d. Biological Theories and Personality Traits  
 1. Genetics and research  
 2. Biological factors and research  
 3. Evolutionary psychology  
 4. Therapeutic applications  
 VIII. Humanistic and Existential Theories  
 a. Abraham Maslow  
 1. Personality development and motivation  
 2. Hierarchy of needs  
 3. Research and self-actualization  
 b. Carl Rogers  
 1. Theory of personality development  
 2. Self-concept  
 3. Congruence and incongruence  
 4. Fully-functioning persons  
 5. Person-centered psychotherapy  
 6. Attitudes and responses  
 7. Assessment and research  
 c. Positive Psychology  
 d. Existentialism  
 IX. Cognitive-Behavioral Theories  
 a. George Kelly  
 1. Cognitive psychology  
 2. Personal constructs  
 3. The Rep Test  
 4. Research and applications  
 b. Albert Ellis  
 1. A-B-C theory of personality  
 2. Rational Emotive Behavior Therapy  
 c. Aaron Beck  
 1. Cognitive models  
 2. Automatic thoughts and distortions  
 3. Cognitive triad  
 4. Cognitive Behavioral Therapy (CBT)  
 d. Arnold Lazarus  
 1. BASIC-ID Theory of Personality  
 2. Multimodal therapy and eclecticism  
 e. Learned helplessness  
 f. Attribution theories and

copings. X. Non-Western Approaches. a. Zen Buddhism. b. Characteristics of existence. c. Zen practiced. Eastern psychotherapy

## Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

## Instructional Techniques

1. Lectures presented using any of the following methods: PowerPoint, computer-assisted learning, web-based learning (e.g., Internet, online instructional websites), overhead transparencies, dry-erase boards, demonstrations of course content, and audio-visual aids 2. Demonstration of course content using: Guest speakers Visual and auditory demonstrations Research lab activities 3. Textbook and other written materials (e.g., handouts, articles). 4. Ongoing student learning outcome assessment using any of the following methodologies: classroom activities, discussions, group projects, student presentations, verbal and written feedback, demonstrated critical thinking skills based on performance on written assignments, and exam preparation and post-exam reviews.

## Reading Assignments

2 hours per week reading from the assigned textbook and supplementary materials

## Writing Assignments

2 hours per week writing paper analyzing topics in psychology of personality Written assignments: essay paper(s) and/or in-class assignments.

## Out-of-class Assignments

2 hours per week completing out-of-class homework assignments

## Demonstration of Critical Thinking

Written assignments: essay paper(s) and/or in-class assignments.

## Required Writing, Problem Solving, Skills Demonstration

Minimum of three exams consisting of any of the following question formats: true-false, multiple choice, short answer, matching, and/or essay. Discussion and participation: in-class discussions and/or group discussions. Written assignments: essay paper(s) and/or in-class assignments.

## Eligible Disciplines

Psychology: Master's degree in psychology OR bachelor's degree in psychology AND master's degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Master's degree required.

## Textbooks Resources

1. Required Allen, Bem P. Personality Theories: Development, Growth, and Diversity, 5th ed. Boston: Pearson Education/Allyn Bacon, 2006. Rationale: . 2. Required Cloninger, S. Theories of Personality: Understanding Persons, 7th ed. Upper Saddle River: Prentice Hall, 2018. Rationale: . 3. Required Engler, B. Personality Theories: An Introduction, 8th ed. Boston: Houghton Mifflin, 2009

## Other Resources

1. Handouts of articles and other written material