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**Department of Applied Psychology**

**Bahawalnagar Campus**

**Class:** M.ScApplied Psychology **Session: Fall (**2019-2021)

**Course Instructor: Miss Ansa Ahmad Program:** Master

**Course Title:** Personality Psychology **Semester:** 2nd Evening

**Course Code:** PSY-26201 **Credit Hours:** 03

**Lecture Timing:**

Monday 4:00 Pm To 5:30 pm, Room # 04

Friday 4:00 pm To 5:30 pm, Room # 04

**Course Objectives:**

* This course provides basic knowledge on personality psychology.
* In focus of the course content are central theories within personality psychology and how these theories can be used to understand human behavior.
* The course examines theoretical explanations for understanding personality development and explores each theory.
* The course also investigates how personality is assessed.
* The focus is on approaches that psychology has developed for understanding personality and on applications for organizational processes.

**Course Outcomes:**

After completion of the course, the student will be able to:

* Recognize various theories suggested for personality development.
* Explain the role of personality theory in psychology.
* Demonstrate some of the basic philosophical issues on which personality theorists differ.
* Defend the utility of each personality theory they selected to research and discuss.

**Methods of Teaching**

* Assigned Reading
* Audio visual aids lectures
* Frequent questions during/after lecture
* Group activities & Discussions

**Book Prescribed**

1. *(2007). Personality, Individual Differences and Intelligence (1st edition).*

*(Fifth edition) personality classic theories and modern research Howard S.Friedman/Mariam W. Schustack*

**Office Help Hours:** Friday 12:00 pm to 4:00 pm

**SEQUENCE OF TOPICS TO BE COVERED**

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| **Session** | **Topic** | **Chapters** |  |
| 1st & 2nd Session | Introduction/Overview |  | Question and Answer Session/General Discussion |
| 3rd & 4th Session | * What is Personality? * Personality and Science * Preview of Perspectives * History of Personality psychology * Personality in Context | Chapter 1,2 |
| 5th & 6th Session | * How is Personality studied and Assessed? * Measuring Personality * Bias * Varities of personality Measures * Etics of Personality testing | Chapter 3 |
| 7th Session | * Psychoanalytic Aspects Of Personality * Psychosexual Development * Defence Mechanisms * Contributions and Limitations of Freudian Psychoanalysis | Chapter 4 |
| **8th Session** | **Quiz** | All covered chapters | |
| 9th & 10th Session | * Biological Aspects of Personality * Direct genetic Effects * Twins as a source of Data * Sexual Identity and Homosexuality * Mediated Effects of Biology * Sociobiology and Evolutionary Personality | Chapter 5 | Question and Answer Session/General Discussion |
| 11th & 12th  Session | * Neo-Analytic and Ego Aspects of Personality : Identity * Carl G Jung and Selfhood * Alfred Adler Theory * Karen Horney Theory * Erik Erikson Theory * Modern Approaches to Identity | Chapter 6 |
| 13th & 14th Session | * Cognitive and Social- Cognitive Aspects of Personality * Roots of cognitive Approaches * Cognitive and Perceptual Mechanisms * Social Intelligence * Julian Ratters and Albert Bandura cognitive Theories | Chapter 7 |
| **15th and 16th Session** | **Mid-Term Revision** | All covered chapters | |
| 17th & 18th Session | * Trait Aspects of Personality * Gordon Allports trait Psychology * The big Five Trait Approaches * Personality Judgments * Motives * Types | Chapter 8 | Question and Answer Session/General Discussion |
| 19th and 20th Session | * Humanistic ,Existential, and Positive Aspects of Personality * Existentialism, Humanism * Responsibility: Carl Rogers * Anxiety and Dread * Happiness and Positive psychology | Chapter 9 |
| 21st and 22nd Session | * Male Female Differences * History of Gender Differences in Personality * Cross cultural Studies of Gender Differences * Love and Sexual Behavior | Chapter 10 |
| 23rd Session | * Personality disorders | Notes |
| **24th Session** | **Quiz** | All covered chapters | |
| 25th and 26th Session | * The Application of Personality and Intelligence in Education and the Workplace | Chapter 12 | Question and Answer Session/General Discussion |
| 27th and 28th Session | * Individual differences * Embarrassment, Shyness and Social Anxiety * Disease- Prone Personalities * The Human Termites * The Influence of Humanistic and Existential Aspects on Understanding Self-Healing | Chapter 13 |
| 29th & 30th Session | Presentation | |
| **31st and 32nd Session** | **Final-Term Revision** | All covered chapters | |

**Student Evaluation Criteria:**

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| Attendance | 5% |
| Workshop/Assignments/Case study | 5% |
| Surprise Test/Sudden Test, Quizzes | 5% |
| Class Participation | 5% |
| Mid Term Paper | 30% |
| Final Term Paper | 50% |
| Total | 100% |

**Student Responsibilities:**

Student must attend class. Failure to attend class may result in failure in the course. Students must also arrive on time and remain in class for the entire period. Cellular phones and beeper must be turned off (proper classroom decorum {behavior} adopts, Course outlines and calendars explain requirements and assignments, students are responsible for knowing what they say. Students are also responsible for doing work on time. Excessive absence will result in “F” Grade”. Students may prepare Sketchbook for taking notes and for references.

**Instructor/Tutor**