

Personality Psychology (Psychology 305A), Section 901 Winter 2020/2021, Term 1 (Fall)

Acknowledgement

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəy̓əm (Musqueam) people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on their culture, history, and traditions from one generation to the next on this site.

Class Times

Thursdays 5:00-7:30 pm

Location: ONLINE:

<https://us02web.zoom.us/j/85347395274?pwd=eGUrcTV3RDJ0aHd2enI1SU8rMnY2Zz09>

Meeting ID: 853 4739 5274

Passcode: 240725

Credits: 3

Pre-requisites: Either (a) PSYC 100 or (b) two of PSYC 101, PSYC 102, PSYC 205, PSYC 207, PSYC 2008, PSYC 216, PSYC 217

Co-requisites: None

Office Hours and Contact Information

Instructor: Professor Tracy

Contact by email: jltracy@psych.ubc.ca

Given the unusual online nature of this class, I will be carving out time during each class for optional office hour discussion. Most weeks this will be Thursday from 7-7:30 pm, but it may vary slightly (see syllabus for details). If you want to attend office hours to ask a question or listen to others' questions and my answers, you are always welcome. Office hours will be held at this link:

<https://us02web.zoom.us/j/81120729292?pwd=QTVqaFhqcmclTE9rbGkwSFNCdS9sdz09>.

Meeting ID: 811 2072 9292

Passcode: 126474

If this weekly time does not work for you, please email me to make an appointment.

About Me:

I am a professor in the UBC Psychology Department, and have been here since 2006. I am a social-personality psychologist, and my research focuses primarily on emotions and self-processes; my area of greatest expertise is in the self-conscious emotions of pride and shame. For more information on my research and lab, see www.ubc-emotionlab.ca. I have taught Personality Psychology at UBC regularly since 2006.

Teaching Assistant

Eric Mercadante (eric.mercadante@psych.ubc.ca)

Office Hour: Mondays 12-1 pm, at

<https://ubc.zoom.us/j/65687479839?pwd=aEE3YXV6aEJyY01ROW45bWZzT0xXUT09;>

password: 793923

Also feel free to email Eric for an appointment if you can't make his office hour.

Course Description

This course is an introduction to the study of personality. Personality refers to consistencies in people's thoughts, feelings, and behavior over time and across situations. Topics will include methods of personality research and an overview of the primary theoretical perspectives and major research findings in the field. The course will consist of one class per week, which will include a live synchronous component, including lecture, film clips, discussion, and in-class exercises, as well as video recorded (asynchronous) lectures and film clips. You are welcome to watch the asynchronous videos anytime you like after the synchronous component, but I will expect that you have watched each of these BEFORE the subsequent class date. Each class that includes asynchronous content will be followed, the subsequent week, by synchronous class time devoted to Q&A about that content.

If you cannot attend a synchronous class time, you can watch a recording of it, which will be posted online within 24 hours after the class. However, because I plan to include class discussion during the synchronous meetings, it is essential that most of you are present at every synchronous session. You will therefore receive course credit for your attendance; see information on grading below to learn more about this. If you need to miss more synchronous sessions due to a COVID-related situation (e.g., if you are living somewhere now where class time is between the hours of midnight and 6 am), please let me or Eric know and we will try to find a way for you to make up these participation points, if you would like to do that. In order to give you credit for attendance, you need to use your real name when you sign into the zoom meetings, so we can see that you are there.

Important note: all video-recorded class material – both synchronous lectures and asynchronous course content – will be available on Canvas for only two weeks after the class date. After two weeks, we will take down all recordings, so as to create space online for new ones. You should therefore be sure to watch all class videos within 2 weeks of the date of the class.

Trigger warning: Please note that this course will cover material that some people might find uncomfortable, difficult, offensive, or possibly triggering. It's impossible to avoid these topics while covering personality psychology, which involves understanding how past events, including traumatic ones, shape current behavior. Given that everyone differs in what they find troubling, I won't be alerting the class to the potentially troubling nature of any particular topics before I cover them; please just be aware that, at certain times in the course, you might find yourself reading or hearing about matters that may make you uncomfortable.

Required Reading

Buss, D. M., Ensley, C. E., Larsen, R. J., & King, D. B. (2017). *Personality psychology: Domains of knowledge about human nature* (Second Canadian Edition). New York:

McGraw Hill. [NOTE: earlier and U.S. editions are fine too.] The book is expensive so feel free to search online for less expensive editions or used copies. We will also make a couple copies of the book available at the library for 2-hour loan.

Films

We will be viewing one 2-hour film during the term, as well as shorter video clips. These films are part of the course content; we will discuss them in class, and material covered in the film and class discussions will be included on exams. If you miss a film clip, it is your responsibility to learn about its major themes.

Course Structure, Requirements and Grading

Synchronous lectures and discussion: I typically lecture in a way that involves student participation; I prefer to hear from you all as I'm lecturing, rather than simply talk at you all for some period of time. Of course, in an online class, this is more difficult, but because our class is fairly small in size I'm hoping we can make it work. For each class session, there will be some synchronous lecture and discussion, during which I expect you to be present online, and participate in discussion by clicking the hand raise button or using the comment box on zoom. I will call on students as I would in a regular live class. When I call on you, please make sure your mic is on, and ideally your computer's video camera too, so everyone can hear and see you. Please be sure to mute your mic after you have spoken.

Exams: This course will have 3 exams—2 midterms and 1 final. Each exam will cover the section of the course that immediately preceded it; in other words, the final exam will focus largely on the final third section of the course, and will be only a bit longer than the other 2 exams (each midterm will be approximately 1 hour, 30 minutes long; the final exam will be approximately 1 hour, 45 minutes long). However, each exam will also be somewhat cumulative in that it will call for knowledge acquired across the course thus far (that's just how psychology, and all sciences, works; you need to have knowledge of certain topics in order to write or learn thoughtfully about other topics). Exam questions (multiple choice and short essay) will be based on material from the lectures, readings, and in-class films, with greatest emphasis on the lectures.

Because you will be taking these exams on-line, they will be open-book. However, the time limit for each exam (typically 1 hour, 30 minutes for midterms; 1 hour, 45 minutes for the final exam) will be **STRICTLY ENFORCED** via Canvas. This means that if you do not study for an exam and instead assume that you can do well by looking up all material from lecture slides and your textbook during the exam time, you will likely run out of time before finishing the exam.

Make-up exams: Make up exams will be permitted for students who cannot take an exam at a regular exam time due to an extreme time difference. If this is your situation, please get in touch with me and Eric to make arrangements for make-up exams as soon as possible.

If you need to miss an exam due to illness, please send me a note from your doctor verifying the situation and we will schedule a make-up exam for when you are feeling better.

Grading: The two midterm exams will each be worth 27.5% of your total grade, and the final exam will be worth 35% of your total grade (adding up to 90% total). Attendance in synchronous class sessions will be worth 10% of your final grade. I understand that most people need to miss

a synchronous class time at some point, so if you miss 1 or 2 classes, you will still get full attendance credit. However, if you miss more than 2 synchronous classes you will lose points, according to this system:

- 3 classes missed: 2% off final grade
- 4 classes missed: 3% off final grade
- 5 classes missed: 4% off final grade
- 6 classes missed: 5% off final grade
- 7 classes missed: 6% off final grade
- 8 classes missed: 8% off final grade
- 9 classes missed: 9% off final grade
- 10 classes missed: 10% off final grade

You also may receive up to **3 extra credit points** (for a total of 103%) for participating in the Department of Psychology's subject pool. You will receive 1 extra credit point for every hour you participate in an experiment. To receive credit for experiment participation, you will need to sign up and receive credit through the Dept. subject pool website: <https://ubc-psych.sona-systems.com/>.

Please note that final grades (and only final grades) may be scaled, according to department policy.

Web Resources: Slides from each lecture (and this syllabus) will be posted on the web after each class; you should download these files and use them as study guides (they will be on the course website on Canvas). I will also post video-recordings of all synchronous lectures and discussions; anyone who cannot make a particular synchronous discussion is strongly encouraged to watch the recording of it, as the material discussed will be covered in exams. Asynchronous course content will be posted online by the beginning of the synchronous class time each day (i.e., by 5 pm that day). You can watch these videos immediately after the synchronous class, or any other time that week, up until the following class time. Videos will stay online after subsequent classes, but it is expected that you will have watched each asynchronous lecture prior to the subsequent week's synchronous lecture.

Course Calendar

Week 1

Thurs., Sept. 10th

Synchronous lecture:

Review of syllabus

Overview of Personality Part 1

Asynchronous lecture:

1) Overview of Personality Part 2

2) Research Methods Part 1: Overview and Self-Report Methods

7 pm: Optional office hour

Week 2

Thurs., Sept. 17th

Synchronous lecture

Q&A on last week's asynchronous lectures

Research Methods Part 2: Observer Reports, Test Data, and Life History Data

Research Methods Part 3: Evaluating measures (validity and reliability)

Asynchronous lectures:

- 1) Research Methods Part 4: Best practices in social and personality psychology
- 2) Freud & The Psychoanalytic Approach to Personality Part 1
- 3) Freud's Theory of Personality

7 pm: Optional office hour

Reading: Larsen & Buss, Chapters 1, 2, & 9

Week 3

Thurs., Sept. 24th

Synchronous lecture

Q&A on last week's asynchronous lectures

Contemporary Psychoanalytic Approach: Repressed memories, Cognitive Unconscious, Ego Psychology, & Narcissism

Asynchronous lectures:

- 1) Contemporary Psychoanalytic Approach: Object relations (attachment theory)
- 2) Motives

7 pm: Optional office hour

Reading: Larsen & Buss, Chapters 10 & 11

Week 4

Thurs., Oct. 1st

Synchronous Lecture:

Q&A on last week's asynchronous lectures

Wrap up Motives

Phenomenological/ Humanistic Approach

Self & Self-Esteem (live lecture & discussion with videos)

7 pm: Optional office hour

Reading: Larsen & Buss, Chapters 14 & 3

Week 5

Thurs., Oct. 8th

Synchronous Lecture

Q&A on last week's asynchronous lectures

Traits and Trait Taxonomies

Asynchronous Lectures

Major Trait Taxonomies [Eric/Zak]

Personality Change and Stability [Eric/Zak]

Theoretical Issues in Trait Research

7 pm: Review for Exam followed by optional office hour

Reading: Larsen & Buss, Chapters 4 & 5

Week 6

Thurs., Oct. 15th

5:00-6:30: MIDTERM EXAM 1 (open book)

Week 7

Thurs., Oct. 22nd

Synchronous Lecture

Review difficult exam questions

Genetic Approach to Personality

Asynchronous Lectures

1) Physiological Approach to Personality

2) Evolutionary Approach to Personality Part 1

7 pm: *Optional office hour*

Reading: Larsen & Buss, Chapters 6 & 7

Week 8

Thurs., Oct. 29th

Synchronous Lecture

Q&A on last week's asynchronous lectures

Evolutionary Approach to Personality Part 2

Learning and Behaviorism

Asynchronous lectures

1) Social learning approach

2) Real world examples of social learning: early altruism, violent media, shaming sentences

3) Modern Cognitive Approach: locus of control and explanatory style

Reading: Larsen & Buss, Chapters 8 & 12

Week 9

Thurs., Nov. 5th

FILM: *Shattered Glass*

Reading for AFTER THE FILM (or else you'll get spoilers!):

Hanna Rosin, "Hello, My Name is Stephen Glass, and I'm Sorry", *New Republic*, Nov. 10, 2014 [will be available for download on course website]

Week 10

Thurs., Nov. 12th

Synchronous lecture:

Discuss Film

Emotions & Personality

Emotion expression and sexual attraction

Asynchronous lecture:

1) Relationships and personality: assortative mating

2) Personality predictors of successful relationships

3) Emotional and personality predictors of divorce

7 pm: Review for Midterm 2 followed by optional office hour

Reading: Larsen & Buss, Chapter 13

Week 11

Thurs., Nov. 19th

MIDTERM EXAM 2

Week 12

Thurs., Nov. 26th

Synchronous lecture:

Review difficult exam questions

Sex, Gender, & Personality

Culture & Personality Part 1

7 pm: Optional office hour

Reading: Larsen & Buss, Chapters 15 & 16

Week 13

Thurs., Dec. 3rd

Asynchronous Lecture (available online by 5 pm Friday Nov. 27):

1) Culture and Personality Part 2: The Big 5 across cultures

2) Culture and Personality Part 3: Cultural Syndromes and personality

Synchronous Lecture (at 5 pm Thursday)

Q&A on Asynchronous lectures on culture

Biculturalism

Course overview

Review for Final Exam followed by office hour Q&A

Reading: Larsen & Buss, Chapters 17 & 20

University Policy

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions.

Details of the policies and how to access support are available on [the UBC Senate website](#).

Statement regarding online learning for international students

From Andrew Szeri, Provost and Vice-President Academic, UBC Vancouver, September 2, 2020

The COVID-19 pandemic has created challenges with respect to online and remote learning, particularly for international students who will not be residing in Canada this fall. There exists

potential restriction and/or censorship of online course content by the governments of some foreign countries where international students reside. The Provost's office has developed the following statement pertaining to the potential restrictions to international students' online learning experiences as a result of remote learning:

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit: <http://academic.ubc.ca/support-resources/freedom-expression>

In any UBC course, students should be mindful that when they partake in class discussions or communicate to the members of the class, that for some students living abroad, sensitive material might result in repercussions. Please note that while a Virtual Private Network (VPN) may make it more difficult to access personal information, it does not make it impossible, and students' identity may be known to other students in your class regardless."