

*“Who looks outside, dreams;  
who looks inside, awakes.”  
(Carl Gustav Jung)*

PSYC-305A-98A (Distance Ed.)

# Personality Psychology by David King, PhD

Personality Psychology provides an introduction to the theory and research in the scientific study of human personality. Six domains of personality functioning will be explored: dispositional, biological, intrapsychic, cognitive/experiential, sociocultural, and health/adjustment (including personality disorders). To facilitate a broader understanding of the field, the course has been organized into 3 units: **(1) The Foundation**, **(2) The Abstract**, and **(3) The Application**. Case studies will be examined over the term in order to illustrate and apply course concepts. Students who successfully complete this course will be able to discuss current research in personality psychology, compare theoretical perspectives on personality, discuss associations between personality and life outcomes, and apply theory and research in their daily lives. To this end, students will be encouraged to consider concepts as they apply to them personally at various points in the course.



**YOUR INSTRUCTOR** David King, MSc, PhD

**Email:** [dbking11@psych.ubc.ca](mailto:dbking11@psych.ubc.ca)

**Skype:** Find me by using my UBC email address (noted above).

**My Website:** [www.davidbking.net](http://www.davidbking.net) | **My Blog:** [thestateofus.net](http://thestateofus.net)

**Virtual Office Hours:** Tuesdays/Thursdays 11:00 am – 12:00 pm, or by appointment, **via Skype**. Call me any time during these hours, or email me in advance to set up a Skype (or phone) meeting!

**TA. Adri Khalis, MA**  
[adrikhalis@psych.ubc.ca](mailto:adrikhalis@psych.ubc.ca)

**TA. Alison (Ali) Tracy, MA**  
[alison.tracy@psych.ubc.ca](mailto:alison.tracy@psych.ubc.ca)

**TA. Chantelle Cocquyt, BA**  
[ccocquyt@psych.ubc.ca](mailto:ccocquyt@psych.ubc.ca)

For Skype appointments with TAs, please email them directly. See course website for TA assignments.

**REGARDING EMAIL:** Please email us directly (not through Canvas) and include the course code in your subject line (PSYC-305A-98A). **Please allow 24 hours for a reply (48 hours on weekends & holidays)!**

## COURSE FORMAT

This course will be structured primarily around textbook readings and PowerPoint/lecture content, which is intended to summarize and expand upon textbook readings. PowerPoint/lecture content will be posted online and should be read in addition to the assigned textbook readings. Video files of lectures with instructor voice-over for each lecture will also be available. Both textbook readings and PowerPoint/lecture topics are indicated on the course schedule (see p. 8 of syllabus). This schedule should be your primary resource for staying organized in this course. You are also expected to participate in online discussions and submit 3 case studies over the term (1 per unit). Additional points of evaluation include quizzes and the final (cumulative) exam.

**COURSE WEBSITE:** This course uses *Canvas* (<http://canvas.ubc.ca>) to make important class announcements, facilitate online discussions, post PowerPoint/lecture/video files, administer quizzes, publish grades, and supply other relevant materials to students. Please ensure that you are registered on Canvas.

**COURSE MODULES:** Material will be presented in 10 modules (see schedule on p. 8). See **Modules** in Canvas.

## REQUIRED READING – YOUR TEXTBOOK

### Personality Psychology: Domains of Knowledge about Human Nature

by Randy Larsen, David Buss, David King, & Carolyn Ensley (1<sup>st</sup> Canadian Edition, 2017, McGraw Hill)

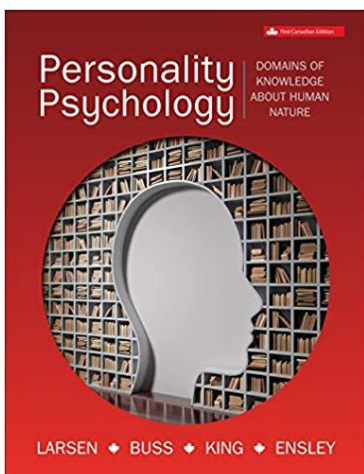
**TESTABLE CHAPTERS INCLUDE: 1, 2, 3, 4, 5, 6, 8, 9, 10, 11, 12, 13, 14, 16, 17, 18, and 19**

**Chapters 1 and 2 will be tested ONLY in Module Quiz 1 and will not appear on the final exam. You will NOT be tested on Chapters 7, 15, or 20 whatsoever. See the course schedule for assigned chapter readings and dates.**

*There are 3 formats to choose from, depending on your preference and needs...*

1. Paperback Printed Edition + McGraw Hill Connect with SmartBook<sup>†</sup> (ISBN 9781259649219)
2. Electronic Edition (including McGraw Hill Connect with SmartBook<sup>†</sup> (ISBN 9781259649189)
3. Paperback Printed Edition (Book Only) (ISBN 9781259649134)

*The e-book version may be best due to COVID-19!*



<sup>†</sup>McGraw Hill Connect with SmartBook is an online homework and assessment platform provided by the publisher. It includes electronic access to the textbook as well as self-study resources. Also included is an adaptive version of the textbook called SmartBook and **practice questions**. This material is optional for students seeking additional support. The class URL is: <https://connect.mheducation.com/class/d-king-summer-2020>

You will find a walk-through of the registration process at the following link: <http://bit.ly/StudentRegistration>

Two weeks of free courtesy access to McGraw Hill Connect are provided to all students at the start of the term at the unique registration URL included above. Full access may be purchased at any time.

**Other Study Resources:** You also have free access to glossary flashcards to assist your studying, located at the following link: [http://highered.mheducation.com/sites/125964913x/student\\_view0/index.html](http://highered.mheducation.com/sites/125964913x/student_view0/index.html)

**Other/Older Editions:** This is the first Canadian edition of this textbook. No other version should be used.

## COURSE EVALUATION *Students are expected to complete...*

**10 Module Quizzes** (to be completed by deadlines indicated) — **20% of final grade (2% each)**

*See section on 'Module Quizzes' for additional details and requirements.*

**3 Case Studies** (1 case study must be submitted per unit) — **15% of final grade (5% each)**

*See section on 'Case Studies' for additional details and requirements, including deadlines.*

**Online Discussion Participation** (5 comments total; max. 2 per unit) — **5% of final grade (1% each)**

*See section on 'Online Discussions' for additional details and requirements.*

**1 Final Exam, Cumulative** (to be scheduled by the university, Aug. 17–21) — **60% of final grade**

*See section on 'Final Examination' for additional details and requirements on final exam.*

*Module Quizzes* + *3 Case Studies* + *Online Discussion* + *Final Exam* = *Grade*

## MODULE QUIZZES

There will be one quiz for each of the 10 course modules. Quizzes will consist of 10 multiple choice questions addressing key concepts and material from course readings AND lectures. They are intended to improve learning and help you prepare for the final examination. Quizzes are timed; you will have 10 minutes to complete each quiz (average of 1 minute per question). Quizzes will be available on Canvas (see *Quizzes*) and must be completed by the deadlines indicated (one week after the start date of that module). If you do not complete a quiz by the deadline, you will receive a grade of '0' on that quiz. In cases of medical emergencies, concessions may be offered, but sufficient explanation must be provided and you must contact me within 24 hours of the quiz deadline. If approved, your quiz grade may be re-weighted.

## CASE STUDIES

You are required to submit 3 'case studies' over the course of the term (1 case study must be submitted for each unit of the course according to the course schedule and dates indicated below, no exceptions). **Case studies are not meant to be summaries of course material. Rather, they are intended to give you the opportunity to apply concepts and theories learned in the course.**

For each unit of the course, you are provided with a list of well-known or influential people (see below). **From this list, you must choose one individual to analyze further according to any ONE (and only one!) concept or theory learned in the respective unit.** (So over the course of the term, you will be analyzing 3 different individuals, one per unit.) Your goal is to consider the concept or theory within the context of the person's life; and/or to interpret their behaviour or experience according to the concept or theory. You may focus on the individual's personality development, their current state, or a specific aspect of the individual's life. It is recommended that you choose a fairly specific concept (or part of a theory in cases of complex theories, such as Freudian theory), as each assignment can be no longer than one page in length (double-spaced). **The audience should be someone who has completed PSYC-305A**, so there shouldn't be too much time spent restating what has already been stated. A sample case study assignment will be provided on Canvas.

**CASE STUDY OPTIONS:** You may choose one of the following people to analyze in each unit...

Unit 1 Case Study Options	Unit 2 Case Study Options	Unit 3 Case Study Options
<i>Assignment Due Date: June 15</i>	<i>Assignment Due Date: July 13</i>	<i>Assignment Due Date: Aug. 13</i>
Ellen DeGeneres	Stefani Germanotta (Lady Gaga)	Joseph A. M.-P. ("Joe Exotic")
Whitney Houston	Adolf Hitler	Ted Bundy
Steve Jobs	Michael Jackson	Laverne Cox
Kim Jong-Un	Lhamo Thondup, 14 <sup>th</sup> Dalai Lama	Wim Hof ('The Iceman')
Elon Musk	Donald Trump	Autumn Peltier
Oprah Winfrey	Malcolm X	Malala Yousafzai

**CASE STUDY REQUIREMENTS:** Case studies must be typed, double-spaced (with 1-inch margins), in 12-point Times New Roman or similar font, and **NO MORE THAN ONE PAGE IN LENGTH (any additional content will be ignored!)**. First-person perspective should be used minimally, formal/academic tone should be used (i.e., tone should NOT be conversational), and direct quoting of course material should be avoided in papers of this length. No references or citations are required. Regarding information or facts about the famous people in question, you do not need to provide formal citations—you may assume that the information is known. Case studies do not require a title page, abstract, running head, headings, or reference section (let’s keep it as simple as possible—one page only). **You must include the unit number and subject’s name at the top of your case study along with your name and student ID number.** You should also very clearly state the concept you will be focusing on in the first sentence. *This is an example of how the top of each assignment should appear (a complete sample case study is also available on Canvas—you should format yours the same as the sample):*

**Unit 1 Case Study: Steve Jobs** John Smith (Student ID: 12341234)

Steve Jobs is an interesting individual to examine according to Eysenck’s notion of *psychoticism*. This

**CASE STUDY SUBMISSION:** Case studies must be submitted for each unit no later than 11:59 PM on the posted deadline (see course schedule and dates noted above). **Electronic copies must be uploaded through Canvas (see Assignments) in PDF file format. You are welcome to submit a case study at any point during the respective unit but no later than the indicated deadline.** If you do not submit a case study by the unit’s deadline, you will receive a grade of ‘0’ for that unit. In cases of medical emergencies, concessions may be offered, but sufficient explanation must be provided and you must contact me within 24 hours of the deadline. If your concession is approved, a late submission may be accepted or your case study grade may be re-weighted such that it is based on the remaining units.

**CASE STUDY GRADING:** Case studies will be graded primarily on critical thinking, insightfulness, originality and creativity, and clarity of thought. Although grammar, spelling, and formatting are not crucial concerns, they are nevertheless important and should be at a level such that they do not compromise the clarity of your thoughts. Each case study will be assigned a point grade out of 100 to reflect a percentage score. Case studies will account for 15% of your final grade in the course (i.e., 5 % each). Grades for case studies will be posted on Canvas as soon as they are available. Feedback will be provided directly on Canvas. Please allow 2 weeks for grades to be posted following the submission deadline.

**WRITING SUPPORT:** UBC students may obtain assistance with writing through the UBC Centre for Writing and Scholarly Communication (<http://learningcommons.ubc.ca/improve-your-writing>). The UBC Library (<http://www.library.ubc.ca>) also provides online information to assist students in research and writing.

## ONLINE DISCUSSIONS

Throughout the course, numerous discussions will be started on Canvas (see *Discussions*). These discussions may involve course content and/or new theories or research related to course content. You are expected to participate **occasionally** in these discussions by making **5 original and meaningful comments over the course of the term, with a maximum of 2 comments per unit eligible for points**. (Original comments on discussions and responses to other students' comments are equally acceptable and eligible for points.) You do not have to comment on every single discussion that is posted, and 2 comments on the same discussion are acceptable (e.g., in an ongoing conversation). You are welcome to comment on discussions more than the minimum requirement, but **only your first 2 comments will count towards your grade** for any given unit. **For a comment to receive a point, it must reflect some degree of critical thinking about the topic or contribute positively to the discussion**. If a comment is deemed to be of little insight or value, then it will not receive a point. This doesn't mean that your comments must be really long. Shorter comments, if meaningful, are acceptable.

**Three or more new discussions will be posted on Canvas at the beginning of each module. In order to be eligible and count towards your grade, comments must be made no later than one week after the discussion is started on Canvas. Discussions will be closed after one week.** Extra points will NOT be assigned for additional comments made above and beyond the maximum of 2 per unit or 5 total. You should participate in discussions according to what you find interesting or intellectually stimulating. Please do not wait until the very end of each unit to participate! Concessions may be offered in outstanding circumstances (e.g., illness).

**RESPECT & DECENCY:** I will only ever tolerate an inclusive, respectful, and safe learning environment, and this includes our online discussions. **The opinions and perspectives of all individuals are valued and respected, no matter their age, sex, ability, ethnicity, culture, religion, sexual orientation, or gender identity.** All individuals should feel safe to express their thoughts and opinions without judgment, ridicule, or discrimination. As such, thoughts and opinions should only ever be shared in a **respectful and polite** manner. Students should read UBC's policy on maintaining a Respectful Environment: <http://www.hr.ubc.ca/respectful-environment>

## FINAL EXAMINATION

**There is one final exam in this course (2 hours in length), to be scheduled during the university exam period.** (It is up to you to ensure that you are available during that period; final exam dates are announced mid-term.) The exam will be completed and submitted electronically on Canvas (see Quizzes on Canvas). The final exam is cumulative and will consist of 100 multiple choice questions. These questions will be based on both textbook and lecture material from all 3 units. The course units will be evenly represented on the exam, with an equal number of questions from each. **The exams will cover both textbook and PowerPoint/lecture/ video material.** The purpose of the lecture and video files is to explain and expand upon the textbook readings. Although there will be overlap between the two sources, there will also be material that will be covered in one area that is not covered in the other. For instance, there will be textbook content not discussed anywhere else.

**ON EXAM DAY:** At the time of the exam (to be announced), you must log in to Canvas, click on the **Quizzes** tab in the course homepage, and then click on the "Final Exam" link. Once you start, you will have 2 hours to complete the exam (note that some additional time will be given to get started, but you will only have 2 hours once started). **IMPORTANT: The exam will be scheduled according to Pacific Standard Time (PST, i.e., Vancouver/British Columbia Time).** Students in other time zones should make the appropriate adjustments in order to ensure that the exam is completed by the scheduled time according to Pacific Standard Time.

**REMOTE PROCTORING:** *Proctorio*, a remote proctoring extension, will be enabled for the final exam (but NOT quizzes), in order to maintain academic integrity. This Canvas extension locks your web browser during the exam (in order to prevent access to other programs and search engines) in addition to activating your computer's webcam. **All students must complete the practice quiz in advance of the exam in order to ensure that any issues with Proctorio are resolved in a timely manner.** (It is your responsibility to ensure that everything is working properly in advance of the final exam! Multiple attempts for the practice quiz are allowed.) Additional information on Proctorio will also be provided on Canvas. Technical support is provided by Proctorio Support (<https://proctorio.com/support>). **If you experience technical issues during an active exam, click the shield icon in the web browser address bar, then click Live Chat. Outside an exam, phone 1-866-948-9087 for assistance.** You may also email me and we will try to resolve the issue in a timely manner.

**MISSING AN EXAM:** The final examination will be given on the published date only. Exceptions will be made in cases of medical or health-related issues, certain conflicting responsibilities, and other emergency situations. If you miss the final exam, you must contact your Faculty Academic Advising office. Please refer to the UBC calendar entry on concessions: <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0>.

**EXAM GRADES:** Exam grades will be made available on Canvas as soon as possible (typically within 48 hours of the scheduled exam date). Additional feedback regarding exam performance can be provided upon request.

## DEPARTMENTAL POLICY ON GRADE DISTRIBUTION

Courses offered by the Psychology Department are required to meet a target grade distribution. This is done in order to ensure that all students are assessed fairly in relation to students in other sections of the same course and to students in other courses. The target grade distribution for 300-level psychology courses requires that the mean for the class fall between 66% and 70% (SD of approximately 13%). Accordingly, students should note that the Department may scale the final grades in this course up or down if the distribution of grades deviates substantially from the target. **Your grade is not official until it appears on your academic record.**

## CHEATING & ACADEMIC MISCONDUCT

Cheating, plagiarism, and other forms of academic misconduct are very serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. In the first place, the Department has implemented software that can reliably detect cheating on multiple-choice exams by analyzing the patterns of students' responses. In addition, the Department subscribes to *TurnItIn*--a service designed to detect and deter plagiarism. In all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the University. Strong evidence of cheating or plagiarism may result in a zero credit for the work in question. According to the University Act (section 61), the President of UBC has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension from the University, cancellation of scholarships, or a notation added to a student's transcript. All graded work in this course, unless otherwise specified, is to be original work done independently by individuals. If you have any questions as to whether or not what you are doing is a case of academic misconduct, please consult with me or a TA. UBC's policies on Academic Honesty and Standards as well as Academic Misconduct can be found here: <http://www.calendar.ubc.ca/vancouver> (click on Campus-Wide Policies and Regulations).

## SUPPORTING STUDENT SUCCESS

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 and cultural 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 here: <https://senate.ubc.ca/policiesresources-support-student-success>. Further details follow...

## ACADEMIC ACCOMMODATION

The University accommodates students with disabilities who have registered with the Centre for Accessibility (<http://students.ubc.ca/about/access>). Please let me know in advance, preferably within the first 2 weeks of class, if you require any accommodation on these grounds.

## ACADEMIC CONCESSION

During your time in this course, if you encounter medical, emotional, or personal problems that affect your attendance or performance, please notify me. You may be able to obtain academic concession from the Dean of your Faculty. For further information on academic concession, please consult Policies and Regulations in the UBC Calendar (<http://www.calendar.ubc.ca/vancouver/index.cfm>).

## LEARNING RESOURCES

Learning Commons (<http://learningcommons.ubc.ca>) is an online resource designed to provide UBC students with learning and study support. It is an interactive website that provides access to information on exam preparation, tutoring, on-campus learning workshops, study groups, and technical tools. The University of Northern British Columbia (UNBC) also has a number of useful learning resources available for students online. They can be found at: <http://www.unbc.ca/lsc/index.html>.

## HEALTH & WELLNESS RESOURCES

**BC Crisis Center:** Non-profit, volunteer-driven organization that provides emotional support to youth, adults, and seniors in crisis in BC. Crisis line available 24/7. Website: [crisiscentre.bc.ca](http://crisiscentre.bc.ca) | Phone: 604-872-3311

**Centre for Accessibility:** The Centre for Accessibility provides accommodations for UBC students living with physical or mental disabilities. Website: [students.ubc.ca/about/access](http://students.ubc.ca/about/access) | Phone: 604-822-5844

**Distress Line:** If you are in distress or are worried about someone in distress who may hurt themselves, call 1-800-SUICIDE 24 hours a day to connect to a BC crisis line, without a wait or busy signal.

**Kaleidoscope:** A confidential peer-run mental health support group that takes place on campus at least once a week. You may attend the group if you are experiencing any kind of mental health related challenges, or if you're just feeling stressed about school in general. Website: [the-kaleidoscope.com](http://the-kaleidoscope.com)

**Wellness Centre at UBC:** Speak with other UBC students about tips for managing stress, keeping healthy sleep and eating patterns, concerns about safe sex, etc. Website: [students.ubc.ca/health/wellness-centre](http://students.ubc.ca/health/wellness-centre)

## PSYC-305A Personality Psychology Course Schedule & Assigned Readings

	<b>Start Date:</b>	<b>Module # &amp; Topics:</b>	<i>Keep up with your readings &amp; quizzes! →</i>	<b>Readings:</b>
UNIT 1	<b>UNIT 1 → The Foundation: <i>Basic Principles &amp; Considerations</i></b>			
	May 11	<b>1. INTRODUCTION TO PERSONALITY PSYCHOLOGY</b>		<b>Chs. 1*, 2*</b>
		<i>Syllabus Review; Defining Personality; Personality Assessment</i>		
	May 18	<b>2. GETTING ORGANIZED &amp; CLASSIFIED</b>		<b>Ch. 3</b>
		<i>Personality Traits &amp; Trait Taxonomies; Leading Models of Personality</i>		
	May 25	<b>3. ARE WE STUCK? PERSONALITY IN SPACE AND TIME</b>		<b>Chs. 4, 5</b>
	<i>Person-Situation Interaction; Stability across Situations; Stability over Time</i>			
June 1	<b>4. DETERMINING NATURE, NURTURE, &amp; NECESSITY</b>		<b>Chs. 6, 8</b>	
	<i>Behavioural Genetics, Genetic &amp; Evolutionary Perspectives on Personality</i>			
<b>June 15 Final Deadline for Unit 1 Case Study Submission! <i>Submit via Canvas.</i></b>				
UNIT 2	<b>UNIT 2 → The Abstract: <i>Exploring Psyche, Self, and Mind</i></b>			
	June 15	<b>5. PROBING THE PSYCHE: THE WORK OF S. FREUD &amp; C.G. JUNG</b>		<b>Ch. 9</b>
		<i>Psychoanalytic &amp; Analytical Theories of Personality &amp; Development</i>		
	June 22	<b>6. EXPANDING PERSPECTIVES: BEYOND FREUD &amp; THE UNCONSCIOUS</b>		<b>Chs. 10, 11</b>
		<i>Neo-Analytic Contributions; Motivational &amp; Humanistic Perspectives; Narcissism</i>		
June 29	<b>7. NAVIGATING SELF, FROM COGNITION TO SELF-AWARENESS</b>		<b>Chs. 12, 14</b>	
	<i>Cognitive Psychology; Approaches to the Self; The Notion of Authenticity</i>			
<b>July 13 Final Deadline for Unit 2 Case Study Submission! <i>Submit via Canvas.</i></b>				
UNIT 3	<b>UNIT 3 → The Application: <i>Society, Culture, and Health</i></b>			
	July 13	<b>8. SOCIALIZED &amp; SYSTEMIZED: PERSONALITY IN CONTEXT</b>		<b>Chs. 16, 17</b>
		<i>Sex, Gender, &amp; Sexual Orientation; Intersectionality; Culture &amp; Personality</i>		
	July 20	<b>9. MANAGING THE DAY-TO-DAY: ADJUSTMENT &amp; RESILIENCE</b>		<b>Chs. 18, 13</b>
		<i>Stress, Coping, &amp; Health; Emotion &amp; Personality; The Concept of Disorder</i>		
July 27	<b>10. FROM SUFFERING TO THRIVING: PERSONALITY IN EXTREMES</b>		<b>Ch. 19</b>	
	<i>Personality Disorders; Positive Psychology and Personality; Conclusions</i>			
<b>Aug. 13 Final deadline for Unit 3 Case Study Submission! <i>Submit via Canvas.</i></b>				
<b>Aug. 17–21 FINAL EXAM (2 hours in length, to be scheduled during university exam period)</b>				

\*Chapters 1 and 2 will only be tested in Module Quiz 1; final exam content will not include these chapters.



## PSYC-305A Personality Psychology Navigation & Management Tips

Here are some additional points to help you navigate the course and manage your time...

Please ensure that you have read the course schedule in detail! The course is organized into 3 units:

**Unit 1. The Foundation includes 4 course modules (modules 1—4).**

**Unit 2. The Abstract includes 3 course modules (modules 5—7).**

**Unit 3. The Application includes 3 course modules (modules 8—10).**

**One week** is dedicated to each learning module. Beginning on a Monday, each module will include 1 lecture file (PDF) as well as a video file of the lecture with instructor voice-over (found in **Media Gallery**), plus either 1 or 2 assigned chapters from the textbook that must be read that week. Each module ends with a **quiz** which becomes available on Friday and closes on the following Monday.

Three or more new **Discussions** will be posted at the start of each module. You are expected to make 5 original/meaningful **comments** (or responses to other comments) over the term (maximum 2 per unit, only first 2 eligible for points). All discussion comments are also due one week after being posted.





**IMPORTANT:** You should notice that module quizzes and discussion comments are **both due on the same date for any single module – one week after module start date (Monday) at 11:59PM.**

A case study is also due at the end of each of the 3 units (see deadlines in course schedule). At the end of Units 1 and 2, you will see that there is an extra week before the start of the next unit. You may use this extra time to complete your case studies or to get ahead.

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**ON CANVAS:** In addition to the **Course Modules** tab, which will help you stay organized, the **Course Summary** located at the bottom of the Home page will help you keep track of deadlines. It looks like this:

### Course Summary:

Date	Details
Mon May 18, 2020	 Discussion: Group Differences & "Averages" due by 11:59pm
	 Discussion: How enduring is personality, do you think? due by 11:59pm
	 Discussion: In what environment is personality most relevant? due by 11:59pm
	 Module 1 Quiz due by 11:59pm

Also refer to the **Study Guide** on Canvas for more tips on how to study the textbook and lectures and better for the final exam!