

# PSYC 305A: Personality Psychology

University of British Columbia

2022 Winter Session 2

Section 005 Lectures: Tue/Thu, 15:30-17:00; Buchanan A102

While psychology is the scientific study of mind and behavior, personality psychology is the sub-discipline studying individual differences: psychology in general considers how we are the same; personality psychology studies how we are different, as individuals and groups. In this course, we will examine how humans vary psychologically, considering perspectives of biology, disposition, cognition, culture, and adjustment. Personality psychology is a young science, with multiple competing theoretical frameworks, so this course will engage critical thinking necessary for broader understanding.

A successful student in this course should be able to:

- Understand a dimensional perspective on human differences and the fallacy of typologies
- Appreciate the power and limitations of predicting behavior
- Explain multiple theories and perspectives on individual differences
- Develop greater curiosity and compassion for human variability

This course involves extensive reading: almost 600 pages of dense material, often two chapters per week. You should schedule at least 2 hours of preparatory reading for each 90-minute lecture.

## TEACHING TEAM



**Instructor:** Patrick Dubois, BSc, PhD, did his graduate studies at UBC. His research explored intelligence, cheating, education in general, and specifically errors in self-perception of knowledge and ability, the tendency for people to claim they know things they don't.

Patrick's office hours will be 5-6pm Tuesdays, Buchanan A102



**Teaching Assistant (TA):** Amanda Namchuk ([anamchuk@student.ubc.ca](mailto:anamchuk@student.ubc.ca))

Amanda earned her B.A. in Philosophy-Neuroscience-Psychology and Anthropology at Washington University in St. Louis and is now a graduate student in the Neuroscience program at UBC. Her research focuses sex-specific neuroinflammatory and neuroendocrinological mechanisms underlying early life stress, negative cognitive bias, and depression. "I am happy to chat about my research, my path to graduate school, or any particularly challenging/interesting course content!"

Amanda's office hours will be 12-1pm on Mondays in Kenny 4003.

## Contact

To receive class Announcements, make sure your Canvas settings are correct: go to Account > Notifications > Announcements > Notify immediately (for your selected email address).

The teaching team will hold office hours throughout the term. We will update Canvas with any changes to our schedule. If you need an alternate meeting time, send us an message on Canvas. We are here to help you, but don't wait until the last minute! Plan your crisis in advance! 😊

Note that the only way to view an exam you wrote is by visiting your TA. When reviewing your exams, you are not allowed to record the exam content in any way (e.g., writing notes, taking photographs). You cannot change responses to questions after the exam.

## Questions

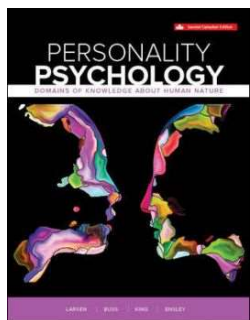
**First**, if the question is about course content or procedures, try posting your questions on a Canvas Discussion for all to learn from. Your TA will be monitoring this; you can get credit for helping other students!

**Second**, if your question couldn't be helped by the class, email your TA through Canvas. TAs will pass on messages to the instructor if appropriate.

**Third**, if your TA can't help you, email the Instructor through Canvas. If you are asking about a Concession or Accommodation (e.g., special situation) be sure to review the Course Policies (below) first!

## Required Course Materials

**Textbook:** *Personality Psychology: Domains of Knowledge about Human Nature* by Randy Larsen, David Buss, David King, & Carolyn Ensley (2nd Canadian Edition, 2020, McGraw Hill). This is available on the publisher's website:



<https://www.mheducation.ca/personality-psychology-9781260065770-can-group>

You probably only need the cheapest version (180-day eBook). You may be able to find hardcopies used, since this is the same edition used in previous versions of this course at UBC. NOTE: Due to significant updates and revisions to this edition, no other edition should be used.

**Canvas:** This course uses Canvas (<http://canvas.ubc.ca>) to make important class announcements, post lecture slides/notes, publish grades, and supply other relevant class material to students. Preliminary lecture outlines will be posted online prior to each lecture for your use as guides for taking notes. Please ensure that this course is registered in your Canvas account, and that you have set up notifications for announcements. *You are expected to keep up with any changes stated in Announcements!*

**iClicker Cloud:** Attendance in class is required for group discussions, and will be recorded via the free iClicker Cloud app. Set it up here: <https://lthub.ubc.ca/guides/iclicker-cloud-student-guide/> You will need to allow location sensing on your device for iClicker.

For technical support in general see: <https://it.educ.ubc.ca/it-support-for-students/> The instructor probably can't help you. 😊

## COURSE STRUCTURE

This course is designed to support deep learning, and be easy to do well (with effort) but also easy to fail (without effort). You will have readings to study *before* each lecture. Lectures will cover content in the readings and extend on that. Reading a day or two before lecture is a far more efficient use of your time than reading after lecture. You are expected to not just remember content, but to develop deeper, critical understanding by working with material thoroughly. You are also expected to attend all lectures and participate in group discussions.

Midterms will be held in class and will be *mostly* on material presented since any previous exam. There are some things you'll need to understand to apply throughout the course. The final exam covers material since the last midterm, plus an overview of the whole course. All exams are multiple-choice, and will be challenging. There are no written assignments, but you will practice content summarizing and presentation in Canvas Discussions – this is where your communication skills can shine, helping others understand the material better, sharing your journey of discovery. This is also where you can get most of your questions answered fastest.

### Schedule

This course is designed to be heavier at the start than the end of the term when student anxiety tends to increase on average. Otherwise, pacing is fairly predictable: 1 chapter per class. Three midterm exams spread out testing load, increase practice, and reduce vulnerability to momentary misfortune. Keep up with reading, attendance, and participation on Canvas Discussions for the smoothest ride.

### Course withdrawal

To withdraw without any record of this course on your transcript, you must do so by January 21<sup>st</sup>. If you wish to withdraw with a “W” on your transcript, you must do so by March 4<sup>th</sup>.

*NOTE: The final exam will take place during exam period (April 12-27), which is announced separately by the university. DO NOT make plans for the final exam period until the schedule is announced. Pre-booked travel will NOT be accepted as a valid excuse to miss the exam.*

Week	Date	Lecture	Content
1	Jan-11	1	Orientation
1	Jan-13	2	Chapter 1
2	Jan-18	3	Chapter 2
2	Jan-20	4	Chapter 3
3	Jan-25	5	Chapter 4
3	Jan-27	6	Chapter 5
4	Feb-01	7	Midterm 1
4	Feb-03	8	Chapter 6
5	Feb-08	9	Chapter 7
5	Feb-10	10	Chapter 8
6	Feb-15	11	Chapter 11
6	Feb-17	12	Midterm 2
7	Feb-21		<i>Break</i>
8	Mar-01	13	Chapter 12
8	Mar-03	14	Chapter 13
9	Mar-08	15	Chapter 14
9	Mar-10	16	Chapter 15
10	Mar-15	17	Chapter 16
10	Mar-17	18	Chapter 17
11	Mar-22	19	Midterm 3
11	Mar-24	20	Chapter 18
12	Mar-29	21	Chapter 19
12	Mar-31	22	Chapter 20
13	Apr-05	23	New research
13	Apr-07	24	Review
14	Apr-12		<i>Exams begin</i>

### Assessment

Midterm results will be posted on Canvas as soon as possible. Other evaluations won't be available during the course. Individual components may have scores adjusted to ensure fair weighting across the course.

### Attendance

You are expected to be present at all lectures and participate in group discussions during those lectures. Your voice is needed! You must notify me in advance if you can't attend. Attendance is recorded by checking in to iClicker with your device's location sensing turned on. You are not allowed to switch sections for attendance without explicit permission.

<b>Component</b>	<b>Allocation</b>
Lecture attendance	10%
Canvas Discussions	10%
Midterm Exam 1	15%
Midterm Exam 2	15%
Midterm Exam 3	15%
Final Exam	25%
Knowledge Calibration	10%
<b>Total</b>	<b>100%</b>
HSP Optional Bonus	3%

### Canvas Discussion Contribution

Discussions on Canvas are your way of collaborating with other students for learning. If you have questions about the course, post your thoughts on a Discussion for others to answer. Read the Discussions to see what others think and offer help. Providing good answers and explanations will get you marks! But only up to a limit, so everybody has a chance to contribute. Your TA will be monitoring Discussions to see who is contributing, and assign grades accordingly.

An ideal Discussion posting (for marks) will be well-written (good grammar, structure, clarity, etc.) and reference specific parts of the text, Discussion statements, weblinks or other sources. Act like you are part of an academic community of specialists. Casual commentary is also welcome (scientists are human, too), but should be relevant and constructive.

### Exams

There are four exams overall. These will consist of single-answer, multiple-choice questions only. For all exams, bring your Student ID (required), a soft pencil and good eraser. Every year, somebody shows up at an exam without these and has to run get them at the last minute. Don't be one of them! Also, don't expect to use any electronic devices or notes.

All written exams in this course will be marked on forms for optical scanning and computer scoring. This ensures efficient, objective, and fair evaluation of all exams. You are responsible for correctly filling in the forms! Every year, some students lose marks because they clearly didn't fill in the forms correctly – don't be one of them!

If you encounter what you believe to be a faulty question on an exam, raise your hand and ask for clarification during the exam. Any disputes about exam content or grading should be addressed as soon as possible. The instructor welcomes feedback about exam questions!

Don't be late for exams. Do a bathroom check first. You may not be allowed to take the exam if you arrive more than 15 minutes late, or after anyone has left the room. Removing a copy or portion of any exam (or quiz), physically or virtually (e.g., digitally), from the room is THEFT, a serious offense with serious consequences that can ruin your academic career. Leaving during an exam (e.g., bathroom breaks) is not permitted unless you have a documented medical reason for doing so, presented to your instructor at least 24 hours in advance. In such cases,

you will receive an escort to the bathroom. During an exam, no cell phones, laptops or any electronic or communication devices are permitted, and any instructor or invigilator reserves the right to move you to a new seat without providing an explanation. Failure to follow these rules or the instructions of an invigilator during an exam, or any evidence of cheating, may result in you losing some or all credit for that exam.

### Knowledge Calibration (KC)

Each multiple-choice exam question will have an "I Don't Know" option. Your challenge is to answer questions correctly as much as you can (to get marks), but to admit ignorance if you don't know the answer. This is a useful meta-cognitive skill that relates broadly to personality and academic performance. Your KC grade will be (negatively) influenced by how many questions you answer incorrectly, i.e., you thought you knew but you didn't. The more you can correctly answer questions you know and admit ignorance on what you don't know, the better your overall grade. This is to practice your ability to self-assess your knowledge and develop self-awareness and critical thinking skills. My research has shown that this ability relates to better academic performance overall, so the skills you develop here may help you for the rest of your career.

### Human Subject Pool (HSP)

You can get bonus marks added to your overall course grade! To support experiential learning of the scientific process in psychology, the psychology department provides you with the opportunity to participate in studies conducted by UBC researchers and coordinated through the human subject pool (HSP). This provides you with the opportunity to experience the research process directly and to contribute to psychological science at UBC. As encouragement, this course gives you bonus marks for HSP participation: Each hour of participation gets you 1 HSP credit which is 1% added to your course grade. To get these extra credits, you must register with the system, sign-up for studies, allocate them to this course, and attend the studies and debriefings. You should begin this within the first month of your course. Please note that any inquiries about HSP credits should be directed to HSP and/or the experimenters that you worked with, not to the instructor or TA. It is your responsibility to ensure credits are properly administered in the HSP system. We only get their credit information after the term is over, and cannot help you resolve any issues. More information can be found at:

<https://psych.ubc.ca/hsp>.

As an alternative to participating in studies, you may choose to complete library writing projects in which you read and summarize a research article; each article summary counts as one hour of research participation. More information about this option can be found at the above link.

All of your HSP credits will be added to your final course grade, after any scaling that may have been applied: One percentage point is added to your final grade for each credit earned. Credits can be recorded and tracked via the HSP website. If you do not correctly assign your credits to this course, you will not receive credit so please make sure you have done this properly.

The last day to earn and assign HSP credits is the final day of classes. However, in the last few weeks of classes, there may be fewer studies to participate in, so plan ahead!

HSP credits are easy marks. Every year there are students who fail a course, but could have passed if they had all their HSP credits. Don't be one of them!

## COURSE POLICIES

### Classroom Conduct

Our classroom is a place where you, and everyone, should feel safe and respected. It should also be a safe place for challenging ideas, learning, and intellectual inquiry. Any behaviour on your part that compromises that environment will not be tolerated and you may be asked to leave at the instructor's discretion. *You are solely responsible for your feelings and actions.* Lectures may be recorded in case someone who can't be there needs them. They will not be released publicly, and IT IS ILLEGAL for you to copy or distribute any portion of lectures, however recorded. Taking notes for your own study, however, is highly recommended!

### Health Safety

For the latest information about COVID-19 policy at UBC, see <https://covid19.ubc.ca/> This course must follow those policies, so please read that carefully.

Your safety and well-being are primary concerns for UBC. The pandemic has created a lot of anxiety for many people, but you can rest assured that you are safe in British Columbia. The BC Centre for Disease Control reports that, before vaccinations began, the impact of COVID-19 was no more than that of seasonal flu, and nobody under age 30 died from it! You are safe here. Anxiety interferes with learning, so relax! Remember that an individual's vaccine status is a matter of personal privacy: It is not appropriate to ask people about their medical history. If you feel sick (e.g., persistent cough, fever), you should stay home, but let your instructor know as soon as possible.

### Technology

Laptops, phones, and similar devices can be helpful for learning, and may be required for participation. However, they can also be distracting. If you are using them for other tasks during class, it can be disturbing for those around you. Be considerate. If you plan to use a device for non-class-related purposes, please sit towards the back of the room. If technology is impeding students' learning, the instructors may re-seat students or ask them to leave the classroom.

### Lecture Content

Lecture content (presentation slides) will be made available on Canvas, typically just before the lecture is presented, so you can use them to support your note-taking. Recordings of lectures will typically only be available to those unable to attend in person and who have asked for that accommodation. NONE of the lecture content is for distribution to anyone outside the course!

### Copyright

All materials of this course (course handouts, lecture slides, assessments, online material, live or recording video, etc.) are the intellectual property of the instructor or licensed to be used in this course by the copyright owner. Redistribution of these materials by any means without permission constitutes a breach of copyright and may lead to academic discipline. Students



must request and receive verbal or written permission for any copies/recordings. If you have any questions about this, please ask!

### Academic Integrity

Cheating, plagiarism, collusion, and other forms of academic misconduct are serious concerns and will not be tolerated by the University. This includes but is not limited to: dishonest or attempted dishonest conduct at tests (e.g., unauthorized use of books, notes, or other aids, communicating with others for purposes of obtaining information, copying from the work of others, or exposing or conveying information to other students taking the test) or in-class quiz/poll, changing test answers once tests are marked, and handing in papers with sections prepared by others. Please review UBC's Calendar entries on Academic Honesty, Academic Misconduct, and Disciplinary Measures,

(<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,54,111,958>) and see the Student Declaration & Responsibility

(<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,285,0,0>). The Department uses software that can reliably detect cheating on assignments and exams, including multiple-choice exams. Evidence of cheating or plagiarism may result in a zero credit for the work in question and a report to the department head, a failing grade for the course, suspension from the University, cancellation of scholarships, and/or a notation added to a student's university transcript. All graded work in this course, unless otherwise specified, is to be original and your own work, and must be referenced fully and appropriately. See also

<https://students.ubc.ca/ubclife/academic-integrity>

### Grading

In order to reduce grade inflation and maintain equity across multiple course sections, all psychology courses at UBC are required to comply with departmental norms regarding grade distributions. Statistical adjustments may be made to ensure separate components are graded fairly and comparably. This ensures you get the most fair grading, but it also means that simply adding up your marks won't always give you the precise end result. Regardless, you can rest assured that overall grading for this class will be comparable to other psychology courses, no better and no worse.

### Concessions (for missed classes, quizzes, or seminars)

Life happens, and not everything goes according to plan. If you find yourself unable to participate in a way that may affect your grades, start by asking for a concession (accommodation) here: <https://www.arts.ubc.ca/degree-planning/academic-performance/academic-concession/>

There will be no make-up exams. Any compensation will be at the instructor's discretion. If you anticipate missing something, email your instructor as soon as possible. Any potential concession is at their sole discretion. In general, you will not be penalized for bad luck, but you may be for bad planning!

### Section switching

Both sections of this course are at maximum capacity. Do NOT attend during another section's time without explicit permission, *especially* for exams!



## Accommodations

Accommodations are available for any students with physical or learning disabilities. If you believe you fall in this category, please contact the Centre for Accessibility <https://students.ubc.ca/about-student-services/centre-for-accessibility> to make any arrangements for alternative test-taking arrangements. These arrangements can NOT be made through the instructors or TA.

Accommodations and concessions are also available if course requirements conflict with a student's religious or family responsibilities. If this applies to you, please email your instructor as soon as possible. More information is available here: <https://equity.ubc.ca/resources/days-of-significance-calendar/>

## Early Alert

We participate in the Early Alert program, which helps us support students who are facing difficulties that are interfering with their education, their wellness or both. For answers to frequently asked questions regarding the early alert program, please visit <https://facultystaff.students.ubc.ca/systems-tools/early-alert/information-students/students-frequently-asked-questions>.

## University Values & Policies

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: <https://senate.ubc.ca/policies-resources-support-student-success>

## Psychology Department's Position on 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. 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. All materials (term papers, lab reports, etc.) that students submit for grading will be scanned and compared to over 4.5 billion pages of content located on the Internet or in TurnItIn's own proprietary databases. The results of these comparisons are compiled into customized "Originality Reports" containing several sensitive measures of plagiarism; instructors receive copies of these reports for every student in their class.

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 even a borderline case of academic misconduct, please consult your instructor. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>) and read the University's Policy 69 (available at <http://www.universitycounsel.ubc.ca/policies/policy69.html>).

## RESOURCES

In addition to your instructor and TA, the course Canvas website, and your fellow classmates, the following are some external resources that may help you get the most out of your UBC experience.

### UBC Learning Commons

The learning commons website provides a wide selection of academic resources. From tutoring information to studying tools, it's a great place to check out if you have questions:

<https://learningcommons.ubc.ca/>

### UBC Library Resources

The UBC Library has put together a page to specifically aid psychology students with research. This is a great place to start searching for good, peer-reviewed sources of information:

<https://guides.library.ubc.ca/psychology>

### UBC Information Technology Support

For technical support in general (not specific to this course) see <https://it.ubc.ca/got-question-about-it-products-and-support>

### Wellness Resources

UBC wants you to have a great experience here. You can find support for academic, financial, health, immigration, housing, or career issues, or for dealing with sexual assault, discrimination, or harassment here: <https://students.ubc.ca/support>.

Some more resources available to you if you are struggling in any way with responsibilities and life stresses, school-related or otherwise:

**UBC Wellness Centre:** <https://students.ubc.ca/health> - a resource hub that provides students with information to help improve physical and mental well-being.

**The Kaleidoscope:** <http://the-kaleidoscope.com/> - peer support group.

**SHARE:** <https://vivreshare.org/> - self-harm support.

**UBC Mental Health Awareness Club:** <http://blogs.ubc.ca/ubcmhac/>

**Survival Manual:** <http://survivalmanual.org/> - "a compilation of services for anybody facing change, addiction, a crisis situation, homelessness, hunger or anything urban living throws our way."

**AMS Student Services:** <https://www.ams.ubc.ca/student-services/> - "all the student-run services, support, and resources you need to thrive at UBC."

**UBC Psychology Clinic:** <https://clinic.psych.ubc.ca/> - "an outpatient mental health and state-of-the-art training clinic in the Department of Psychology".

**BC Crisis Center:** <https://crisiscentre.bc.ca/> (604) 872-3311 - Crisis line available 24/7.

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**Territory Acknowledgement:** UBC's Point Grey Campus is located on stolen land: [xʷməθkʷəy̓əm](#) (Musqueam) [Traditional, Ancestral and Unceded](#) Territory.

**Acknowledgment:** *This syllabus was constructed with reference to material from Dr. Steven Barnes, Dr. David King, and syllabi from previous iterations of PSYC 305A delivered at UBC.*