

Personality Psychology (Psychology 305A), Section 901 Winter 2023/2024, Term 1 (Fall semester)

Acknowledgement

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəyəm (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

Tuesdays 5:00-7:30 pm

Location: HENN 201

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 (jltracy@psych.ubc.ca)

Phone: 604-822-2718

Room 4352 CIRS

Rather than hold an office hour that may work for only some of you, I try to meet with students at times that work for both of us – so please email me for an appointment. OR – I will always make myself available to chat after class, so stick around and feel free to come talk then.

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

Adelina Fedulina (afedulina@student.ubc.ca)

Office Hours: Tuesdays 11 am – 12 pm; Thursdays 2-3 pm, both on zoom.

Tuesday location:

<https://us04web.zoom.us/j/78388009855?pwd=mCWix4Dg5pnqhbmgBPDlgZsVFr2s3S.1>

Meeting ID: 783 8800 9855

Password: 8KyuAz

Thursday location:

<https://us04web.zoom.us/j/73098437968?pwd=bipajLLVjrCG2bYi0L0atX4GIzraST.1>

Meeting ID: 730 9843 7968

Password: 7FWfVh

Or, email afedul@student.ubc.ca for an appointment.

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 lectures, full-length films and film segments, exams, and class discussions in which student participation is encouraged.

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 video clips regularly throughout the term, as part of class lectures. 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, it is your responsibility to learn about its major themes. Please note that certain films may be difficult to find.

Course Requirements and Grading

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.

THERE WILL BE NO MAKE-UP EXAMS, EXCEPT IN CASES THAT MEET UBC GUIDELINES FOR ACADEMIC CONCESSION. For course policies regarding in-term

academic concessions, please refer to the relevant UBC calendar entry:

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0>. If you have a documentable medical or other emergency the TA will coordinate with you to arrange for a make-up exam. If you know now that you will need to miss an exam for a non-emergency reason, you should try to get into a different section of this course or sign up next year instead.

Grading: The two midterm exams will each be worth 30% of your total grade, and the final exam will be worth 40% of your total grade (adding up to 100% total).

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).

It is important to note that the slides posted on the web will not cover everything that is covered in class. If you miss class, you should download the slides **and** ask a classmate for additional notes. Please note that I will NOT respond to emails asking about the contents of lectures that were missed. If you email to find out what you missed in class, you will receive a reply along the lines of: "see lecture notes". If you don't know anyone in the class to get notes from, now is a good time to meet someone!

Email Policy: In general, I will provide only 1-sentence responses via email. If you have a question that cannot be answered in a single sentence or less, please see me after class, or make an appointment to come to office hours and I will be happy to discuss it with you. Except in special circumstances, emails requiring responses longer than 1-sentence will NOT be answered. For all email responses, please permit more than 24 hours before expecting a response (e.g., you are unlikely to receive a response the night before an exam). Emails will generally not be answered over the weekend.

In-class Laptop Policy

Unless necessary, laptop computers are not allowed in class. There is good evidence to suggest that laptops create a less ideal environment for the entire class (see here: http://www.washingtonpost.com/blogs/answer-sheet/wp/2014/09/25/why-a-leading-professor-of-new-media-just-banned-technology-use-in-class/?tid=pm_local_pop) and even for the learning of each student who uses one (i.e., you'll learn and remember material better if you take notes by hand; see here: http://www.npr.org/2016/04/17/474525392/attention-students-put-your-laptops-away?utm_source=facebook.com&utm_medium=social&utm_campaign=npr&utm_term=nprnews&utm_content=20170819).

If you have concerns with this policy, feel free to come talk to me about it. If there are reasons to make exceptions, I'm happy to do that, but please come discuss this with me.

Course Calendar

Week 1

Tues., Sept. 12th Review of syllabus
Overview of Personality
Begin Research Methods

Week 2

Tues., Sept. 19th Research Methods in Personality
Freud & The Psychoanalytic Approach to Personality
Reading: Larsen & Buss, Chapters 1, 2, & 9

Week 3

Tues., Sept. 26th Contemporary Psychoanalytic Approach
Motives and Personality
Phenomenological/ Humanistic Approach
Reading: Larsen & Buss, Chapters 10 & 11

Week 4

Tues., Oct. 3rd Self & Self-Esteem
Overview of Traits and Trait Taxonomies
Review for Exam 1
Reading: Larsen & Buss, Chapters 14 & 3

Week 5

Tues., Oct. 10th **5:00-6:30 MIDTERM EXAM 1**

Week 6

Tues., Oct. 17th Trait Taxonomies
Personality Change and Stability
Theoretical Issues in Trait Research
Reading: Larsen & Buss, Chapters 4 & 5

Week 7

Tues., Oct. 24th Genetic Approach to Personality
Physiological Approach to Personality
Reading: Larsen & Buss, Chapters 6 & 7

Week 8

Tues., Oct. 31st Evolutionary Approach to Personality
Learning and Behaviorism
Reading: Larsen & Buss, Chapters 8 & 12

Week 9

Tues., Nov. 7th Modern Cognitive Approach
Begin Emotions & Personality
Review for Exam 2
Reading: Larsen & Buss, Chapter 13

NO CLASS TUES NOV. 14TH – MID-TERM BREAK!

Week 10

Tues., Nov. 21st **MIDTERM EXAM 2**

Week 11

Tues., Nov. 28th Wrap up Emotions
Relationships and Social Interactions
Sex, Gender, & Personality
Reading: Larsen & Buss, Chapters 15 & 16

Week 12

Tues., Dec. 5th Wrap up Gender
Culture and Personality
Course overview
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](#).