

**Psychology 321-50 : Psychology of Personality**  
**Tuesdays 5:30-9:40**

Instructor: Ms. Dylan Gaffney, M.S.C.P.  
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Required Text: Personality & Personal Growth by Frager & Fadiman, 4th edition, Longman Publishers

Course Description:

Personality Psychology can be defined as the scientific study of the psychological forces that make people uniquely themselves. In this course we will cover the various aspects of inquiry that lead to the major theorists and theories. You will also be looking at your own personality, and defining your own theory of personality used in making decisions about behavior, attitude, friendships, career choices, as well as other aspects of life. This course will extend beyond the usual confines of personality theory to include Eastern theories.

Expectations and Objectives:

Students are expected to attend all classes, to read the assigned material, participate in class discussions and activities and to ask questions when not clear. Student will demonstrate knowledge of covered topics through examination, reflective writing, research, presentations and group discussions.

Students are also expected to be on time and alert. This is an experiential class, with many activities and discussion and your participation is vital. Not only for your own learning process, but for the whole class.

Being on time and fully alert (drink caffeine if need be.)

## SYLLABUS (MAY CHANGE WITH NOTICE:)

- Jan 12** Review course structure, guidelines, ground rules and syllabus  
Introductions  
Lecture: The History, Criteria and Development of Personality Theory  
Read for next time: Chap 1 & 2, and handout
- Jan 19** **Sigmund Freud**  
Lecture  
Journal Making  
Journal Writing: Recalling your first memory  
Read for next time: Chap 3
- Jan 26** **Carl Gustav Jung:**  
Lecture  
In class exercises: Archetypes, Shadow etc.  
Trait: Myers Briggs
- Feb 2** In Class Meditation-"Safe Place"  
Journal Writing  
Individual Psychology  
Post-Freudians  
Presentation (**Alfred Adler**) \_\_\_\_\_  
Presentation (**Fritz Perls**) \_\_\_\_\_
- Feb 9** Humanistic Psychology  
Developmental Psychology-Conversations w/Morrie  
Presentation (**Karen Horney**) \_\_\_\_\_  
Presentation (**Erik Erikson**) \_\_\_\_\_
- Feb 16** Somatic Psychology  
The Psychology of Women  
The Psychology of Consciousness  
Presentation (**Wilhelm Reich**) \_\_\_\_\_  
Presentation (**CHAPTER 9**) \_\_\_\_\_  
Presentation (**William James**) \_\_\_\_\_

- Feb 23** Behavioral Psychology  
Cognitive Psychology  
Presentation (**Pavlov & B.F. Skinner**) \_\_\_\_\_  
Presentation (**George Kelly & Aron Beck**) \_\_\_\_\_  
Presentation (**Bandura & Albert Ellis**) \_\_\_\_\_
- March 2** Person Centered Psychology  
Transpersonal Psychology  
Presentation (**Carl Rogers**) \_\_\_\_\_  
Presentation (**Abraham Maslow**) \_\_\_\_\_
- March 9** Eastern Traditions  
Presentation (**Yoga & Hindu**) \_\_\_\_\_  
Presentation (**Zen & Buddhist**) \_\_\_\_\_  
Presentation (**Sufism & Islamic**) \_\_\_\_\_
- March 16** Final Projects Due  
Course "wrap-up"

## GRADING: COURSE REQUIREMENTS

### **Grading Philosophy of the Instructor:**

An "A" represents outstanding an unusual degree of intellectual initiative. It represents excellence and those who receive it overcome challenges that might hinder successful completion of the course. "A" students are motivated and have adequate personal and life circumstances to support the pursuit and completion of the work. "A" students do not have excuses for not attending or completing work. If you have circumstances that keep you from performing well in this course, you have my sympathy, but you do not have the grade. I wish you all well and expect the best, on a level playing field.

### How the Points Work:

#### **1. Reflective Writings, Journal Writing & Class Participation: 150 points**

Each week we will engage in the nature of Personality Theory with in-class exercises specifically designed for the course, and reflective writing. The title of your text book reflects the course philosophy, that of "Personal Growth."

Among other things, you are to identify one challenge you face, one aspect of your personality or life that you would like to look at. At the end of each class session you are to address this challenge taking on the role of a therapist who practices under the influence of the particular theorist. You are to imagine the conversation regarding the particular challenge, and write it in your journal.

A note on "Class Participation." It can mean different things to different people. For this class it means:

- Active engagement in class exercises and discussions
- Attendance, being on time and fully alert

#### **2. Presentation: 200 points**

In order to take an upper level class you must have completed both English 101 and 102, and Com 140 (the speech class.) With that in mind, **your presentation is very important in your grading** and I expect a full, considered and professional presentation. See the enclosed page for further clarification and criteria for your presentation.

#### **3. Final Project: 100 points**

Because we all have an inclination towards one theory or group of theories, it will be up to you to piece together a theory of your own. There will be is specific criteria for this. Opinions are fine, but for this project you will be expected to glean from the theorists, putting together a model that fits your personality. **NO LATE PAPERS WILL BE ACCEPTED. MANAGE YOUR TIME.**

#### **4. Quizzes: 50 points**-In class quizzes taken from the presentations.

500-450=A  
450-400=B  
400-350=C  
350-300=D  
300 and below=F

**As adult students you will be expected to meet your academic obligations and BE READY FOR YOUR PRESENTATION.**