

Chaminade University of Honolulu
Psychology 321: Psychology of Personality
Instructor: Karen Hoffman, MSCP
Contact Phone Number: 638-9468

Text: Personality and Personal Growth by James Fadiman and Robert Frager. Prentice Hall,
2002 Fifth Edition

Course Description:

An introduction to the major theories and concepts in the study of personality and personal growth, which will provide the student with a broad overview of a variety of personality theories. This knowledge will allow the student the opportunity to develop a better understanding of self and society.

Course Objectives:

The student will:

- Demonstrate knowledge of the scientific method.
- Demonstrate knowledge of the cross-cultural development of personality theory.
- Demonstrate knowledge of the basic concepts and principles of personality theory.
- Demonstrate an understanding of the major factors affecting personality theory and personal growth.
- Develop an appreciation of the processes by which personality is studied, analyzed, and interpreted.
- Be able to integrate knowledge about personality and personal growth into daily life, so as to enrich one's understanding of self and others.

Course Method:

The following teaching approaches will be utilized:

- Textbook reading
- Lecture/Discussion Format
- Audio/Visual Materials
- Small/Large Group Discussions
- Reflective Writing/Independent Study

Expectations For Students:

1. CLASS ATTENDANCE IS REQUIRED! Ten bonus points will be added to final grades for perfect attendance. In order to earn the ten bonus points, you must be on time and be present for the entire session. This includes returning from breaks on time.
2. READ AND STUDY ALL ASSIGNMENTS! You will be responsible for reading the course textbook and any additional readings given during the course. You are expected to be responsive to new ideas and participate in discussions and offer your own viewpoint. Attitude counts.

Course Requirements:

Tests:

Four examinations will be given. Each one will be worth a total of 50 points.

A Paper:

A Paper will be assigned relevant to course subject matter. The instructor must approve your topic. The paper should be typed, double spaced, and 5-7 pages in length. Be careful of grammar and spelling errors, as you will lose points for them. You also need to enclose a bibliography and cite references. Do not plagiarize!! NO LATE PAPERS WILL BE ACCEPTED!!!! Your paper will be worth 100 points.

Reflective Writing:

There will be several reflective writings assigned during class sessions.

Class Presentations:

Each week, students will take turns presenting what they have learned in a particular chapter. You will need to write out your presentation in advance because you will not be able to use your textbook during the presentation. The student will be required to share their impressions and experiences related to the chapter.

Class members are encouraged to join in the discussion and presentation and the instructor will make appropriate comments or add information as required. This portion of the class is meant to be lively and interesting. The presentations will allow students the opportunity to apply the information in each chapter to real life situations, which will make our study of psychology more meaningful. The presentations will also give the instructor insight into how much of the information the student is grasping and understanding. Presentations will be graded as follows:

Exceptional – 100-90

Above Average – 89-90

Average – 79-70

Below Average – 69-60

No Participation – 0

Course Grading:

After calculation the total possible points for the course, students will earn the following grade:

A – 400-360

B – 359-320

C – 319-280

D – 279-240

F – 239 & Below

Psy. 321 Psychology of Personality Syllabus

Week 1----Course Introduction, Requirements, Survey of Text
Chapt. 1-Introduction
Chapt. 2-Sigmund Freud and Psychoanalysis

Week 2----Chapt. 3-Anna Freud and the Post-Freudians: Melanie Klein, Donald Winnicott,
Heinz Kohut, and the Gestalt Therapy of Fritz and Laura Perls
Chapt. 4-Carl Gustov Jung and Analytical Psychology

Week 3----Chapt. 5-Alfred Adler and Individual Psychology
Chapt. 6-Karen Horney and Humanistic Psychologists
Review Chapt. 1-6

Week 4----Test 1 Chapt 1-6
Chapt. 7-The Psychology of Women
Chapt. 8-Erik Erikson and the Life Cycle

Week 5----Chapt. 9-Wilhelm Reich and Somatic Psychology
Chapt. 10-William James and the Psychology of Consciousness
Review Chapt. 7-10

Week 6----Test 2-Chapt. 7-10
Chapt. 11- B.F. Skinner and Radical Behaviorism
Chapt. 12-Applications of Cognitive Psychology

Week 7----Chapt. 13-George Kelly and Personal Construct Psychology
Chapt. 14-Carl Rogers and the Person-Centered Perspective
Review Chapt. 11-14

Week 8----Test 3 Chapt. 11-14
Chapt. 15-Abraham Maslow and Transpersonal Psychology
Chapt. 16-Yoga and the Hindu Tradition

Week 9----PAPER DUE---NO LATE PAPERS ACCEPTED!!!!!!
Chapt. 17-Zen and the Buddhist Tradition
Chapt. 18-Sufism and the Islamic Tradition
Review Chapt. 15-18

Week 10---Test 4-Chapt. 15-18
Present Papers Briefly
Closure