



Course Syllabus

Course Code	Course Title	ECTS Credits
PSY-250A	Psychology of Personality	6
Prerequisites	Department	Semester
PSY-110 & PSY-111	Social Sciences	Fall
Type of Course	Field	Language of Instruction
Elective	Psychology	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Dr Menelaos Apostolou	2 nd
Mode of Delivery	Work Placement	Co-requisites
Face-to-face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Explore the major historic and contemporary theories of personality such as the psychoanalytic, behavioral, existentialist phenomenology, humanistic, trait and social-cognitive research paradigms.
- Examine theoretical limitations that have led to divergent approaches.
- Explore personality structure, development, and dynamics and discuss some methods of personality assessment and research.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Demonstrate an understanding of major theoretical perspectives in the study of personality and individual differences
2. Provide an overview of the historical development of personality theory
3. Identify and discuss contemporary and historic personality theorists
4. Identify methods of assessing personality characteristics
5. Explain the major advantages and disadvantages of differing research methods

6. Explain theoretical underpinnings of clinical psychology interventions

Course Content:

1. Personality assessment, measurement, and research design.
2. Traits and trait taxonomies.
3. Theoretical and measurement issues in trait psychology.
4. Genetics and personality.
5. Evolutionary perspectives on personality.
6. Psychoanalytic approaches to personality.
7. Motives and personality.
8. Cognitive topics in personality.
9. Personality and social interaction.
10. Sex gender and personality.
11. Stress, coping, adjustment, and health.
12. Disorders of personality.

Learning Activities and Teaching Methods:

Lectures and Assignments

Assessment Methods:

Participation, Paper, Mid-Term, Final Exam.

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Personality Psychology, 7/E	Randy Larsen, David Buss	McGraw-Hill	2020	978-1260570427

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Foundations of Behavior Genetics	Scott F. Stoltenberg	Cambridge University Press	2022	978-1108487979