



<b>Course Code</b> PSY-250ADL	<b>Course Title</b> Psychology of Personality	<b>ECTS Credits</b> 6
<b>Department</b> Social Sciences	<b>Semester</b> Fall	<b>Prerequisites</b> PSY-110 and PSY-111
<b>Type of Course</b> Major Elective	<b>Field</b> Psychology	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 2 <sup>nd</sup>	<b>Lecturer(s)</b> Dr Menelaos Apostolou
<b>Mode of Delivery</b> Distance Learning	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

### **Objectives of the Course:**

The main objectives of the course are to:

1. survey the major historic and contemporary theories of personality such as the psychoanalytic, behavioral, existentialist phenomenology, humanistic, trait and social-cognitive research paradigms.
2. examine theoretical limitations that have lead to divergent approaches.
3. 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:

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 Contents:**

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/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Randy Larsen, David Buss	Personality Psychology, 4/E	McGraw-Hill	2010	ISBN-10: 0073370681 ISBN-13:

### **Recommended Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Robert Plomin, John DeFries, Gerald McClearn, Peter McGuffin	Behavioral Genetics, 5/E	Worth Publishers	2008	ISBN-10: 1429205776 ISBN-13: 978- 1429205771