



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYD-310	Individual Differences	10
Prerequisites	Department	Semester
PSYD-100	Social Sciences	Fall
Type of Course	Field	Language of Instruction
Compulsory	Psychology	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Menelaos Apostolou	3 rd
Mode of Delivery	Work Placement	Corequisites
Distance Learning	None	None

Course Objectives:

The main objectives of the course are to:

- Explore individual differences in human behavior and personality.
- Survey the major historic and contemporary theories of personality and individual differences 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.
- Investigate how differences in the learning process can lead to differences in behavior.
- Introduce the main approaches to the study of human learning, including behaviorist views, cognitive views and social cognitive views.
- Discuss complex learning and cognitive processes and appreciate the role of social processes in the construction of knowledge.

Learning Outcomes:

After completion of the course students are expected to:

- Demonstrate an understanding of major theoretical perspectives in the study of personality and individual differences
- Provide an overview of the historical development of personality theory
- Identify and discuss contemporary and historic personality theorists
- Identify methods of assessing personality characteristics

- Explain the major advantages and disadvantages of differing research methods
- Explain theoretical underpinnings of clinical psychology interventions
- Discuss how knowledge of learning theories can be used in real life settings (i.e. outside the laboratory), such as the classroom and work environment
- Discuss and critically evaluate the contribution of behaviorism, cognitivism and social cognitive theory on our understanding of human learning
- Discuss, how differences in the learning process can account for observed individual differences

Course Content:

1. Introduction to personality and individual differences
2. Individual differences assessment and measurement
3. Stability of individual differences during the lifespan
4. Genetics and individual differences
5. Evolutionary perspectives on individual differences
6. Psychoanalytic approaches to individual differences
7. Sex differences
8. Individual differences and social interaction
9. Cognitive topics in individual differences
10. Introduction to human learning
11. Classical conditioning
12. Instrumental conditioning
13. Complex learning processes

Learning Activities and Teaching Methods:

Presentations, Assignments, Discussion forums, Videos, Practical Exercises

Assessment Methods:

Quizzes, Homework Assignments, Papers, Final examination

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Personality Psychology	Larsen, R. & Buss, D.	McGraw-Hill	2013	ISBN-10: 007803535X/ISBN-

				13:978-0078035357
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Recommended Textbooks / Reading:

Title	Author(s)	Publisher	Year	ISBN
Behavioral Genetics	Plomin, R., DeFries, J., McClearn, G., & McGuffin, P.	Worth Publishers	2016	ISBN-10: 1464176051/ISBN-13: 9781464176050
Human Learning	Ormrod Jeanne, E.	Pearson: Prentice Hall	2015	ISBN-10: 0134040996/ISBN-13: 978-0134040998