

Academic Year/course: 2022/23

## 31208 - Psychology of Personality

### Syllabus Information

**Academic Year:** 2022/23

**Subject:** 31208 - Psychology of Personality

**Faculty / School:** 301 - Facultad de Ciencias Sociales y Humanas

**Degree:** 613 - Degree in Psychology

**ECTS:** 6.0

**Year:** 1

**Semester:** Second semester

**Subject Type:** Basic Education

**Module:**

## 1. General information

### 1.1. Aims of the course

The specific objectives of the subject Personality Psychology are:

Learning and developing a critical perspective about the different personality theoretical approaches

Developing a concept of personality as a source of individual differences

Learning to assess and interpret the scores obtained in different personality assessment tests

These approaches and objectives are aligned with the following Sustainable Development Goals (SDG) of the Agenda 2030 of the United Nations (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the learning outcomes of the subject provides training and competence to contribute in some way measure their achievement:

Objective 3: Good Health and Well-being

Objective 4: Quality Education

### 1.2. Context and importance of this course in the degree

The subject Personality Psychology is part of the second semester of the first year of the degree in Psychology. Because personality is an ubiquitous aspect of psychological functioning, and because it has a close relationship with multiple areas of study in psychology, it is essential that the student is introduced to the scientific study of this construct at an early stage of the degree in Psychology.

### 1.3. Recommendations to take this course

To take the course successfully, it is recommended:

- Having in mind the psychology paradigms and the scientific methodology that the student is working in other subjects.
- An adequate use of the Moodle platform. In this platform students will find the materials of interest for the development of the subject and will hand over class assignments. Moodle also allows students to access virtual tutorials with the teacher and to participate along with the rest of the students and with the professor in chats and forums about the subject.
- To have English knowledge skills, because it will facilitate the handling of a larger bibliography.

## 2. Learning goals

### 2.1. Competences

Upon passing the subject, the student will be more competent to:

- Develop a notion of the scientific concept of personality

- Understand the different theoretical personality models
- Know, assess and interpret the scores obtained in different personality assessment tests

## 2.2. Learning goals

To pass the course, the student must demonstrate the following results:

- Understand the historical antecedents on Personality Personality
- Understand the concept of personality and its relationship with other basic psychological processes
- Understand the most relevant personality theories
- Understand the genetic and environmental underpinnings of personality
- Understand how to identify and interpret the results of different types of personality assessment tests

## 2.3. Importance of learning goals

Due to its influence and its relationship with a myriad of psychological processes, the scientific study of personality is essential to acquire a better understanding of individual differences, and of how these differences affect other psychological processes (eg., learning, attention, psychopathological processes, etc.). Therefore, the competences and learning results achieved with this subject are essential to develop a basis on the scientific study of personality that will facilitate a better understanding of other subjects of the degree in Psychology.

## 3. Assessment (1st and 2nd call)

### 3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

Theoretical part. The theoretical part will be evaluated using a multiple-choice question test about the contents taught in theory classes. It represents 60% of the final grade.

Practical part. The practical part may be evaluated through different activities, such as the delivery of reports, oral presentations and other activities on the contents worked on in the practical sessions. Additionally, the students may have to complete a group assignment that would be handed over at the end of the semester. It represents 40% of the final grade.

To pass the subject it will be necessary to obtain at least a score of 5 out of 10 in each part (theoretical and practical). In the event that either of the two parts is failed, the grade obtained in the passed part will be saved for the next call within the same academic year.

In any case, the students will have the right to a global evaluation of all the contents of the subject in which they will be able to opt for the highest grade.

For more information, see the Regulations for Learning Assessment Standards of the University of Zaragoza at the following link: <http://tud.unizar.es/docs/ReglamentodeNormasdeEvaluaciondelAprendizaje.pdf>

In the event of a health alert, classes and exams would take place in streaming.

## 4. Methodology, learning tasks, syllabus and resources

### 4.1. Methodological overview

To promote the correct development and assimilation of the subject, a number of methodologies will be used. The theoretical contents will be taught using master classes, with the support of audiovisual material (slides, videos, etc.). In order to make the theoretical classes more dynamic and promote the understanding of the theoretical contents, the professor will stimulate active participation through questions, debates, online quizzes, etc. The practical contents will take place in different subgroups of students. These sessions will focus on practical exercises such as the administration and correction of personality tests and/or case resolution/problem-solving. Reflection and debate will be promoted in these sessions using questions, videos, and so on. Additionally, the students might have to complete a group assignment that would be handed over at the end of the semester.

### 4.2. Learning tasks

The program offered to the student to help achieve the previous results includes the following activities:

Lectures

Theory sessions

Practice sessions

Autonomous work

Tutorials

### 4.3. Syllabus

The contents of the subject are as follows:

1. Introduction to personality psychology
2. Historical antecedentes and approaches in the study of personality
3. Assessment and research design in personality psychology
4. Personality taxonomies
5. Personality dispositions over time: stability, change and coherence
6. Genetics, environment and personality
7. The social-cognitive paradigm in the study of personality
8. Personality, health and psychopathology

#### **4.4. Course planning and calendar**

Key dates and timetables can be found on the Faculty of Social and Human Sciences website (<http://fcsch.unizar.es/psicologia>)

#### **4.5. Bibliography and recommended resources**

Bibliography can be found in the link below:

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=31208>