

Montgomery County Community College
 PSY 136
 Personality
 3-3-0

COURSE DESCRIPTION

A comparison of major approaches to the study of the development, assessment and structure of normal personality. Topics include the applications of research to understanding and promoting mental health and human resilience. Consideration is given to the role of healthy personality in managing frustration, conflict, adjusting to predictable and unpredictable life changes, and achieving maximum well-being.

PREREQUISITE(S):

None

CO-REQUISITE(S):

None

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
1. Describe and give examples of the influences of individual, interpersonal and societal factors on personality and adjustment.	Lecture Discussion AV/Multimedia Materials	Quiz Group Presentation
2. Define and give examples of major concepts in the study of Personality including the Five Factor Model, social class, psychodynamic, Maslow's research, and behavior genetics.	Web based research Completing and summarizing self-assessments Lecture Viewing video clips	Quiz Paper summarizing web-based research
3. Summarize research on the causes and effects of stress including examples of unhealthy vs. healthy coping behavior.	Lecture Guided viewing of videos Discussion Case Study	Case Study Quiz

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Apply personality assessments and describe results on topics including self-concept, self-esteem, parenting, attribution theory, gratification deferment and persistence.	Complete assessments and summarize results. Class Presentations Journaling	Class Presentations Journals Essay
5. Outline the differences between peer reviewed research findings based the Scientific Method and bogus research in “pop” psychology.	Case Studies Discussion	Case Study
6. Present a self-study applying major concepts from Positive Psychology.	Journaling Completing self-assessments Discussion	Quiz Journal PPT Presentation

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Adjusting to Modern Life
2. Theories of Personality
3. Stress, Its Effects and Coping Processes
4. What Is the “Self?” How is it Shaped and Why Does It Matter?
5. Social Thinking and Social Influence
6. Interpersonal Communication
7. Friendship and Love
8. Marriage and Intimate Relationships
9. Gender and Behavior
11. Careers and Work
12. Psychological Disorders and Psychotherapy
13. Positive Psychology

LEARNING MATERIALS:

Weiten, W., Dunn, D; & Hammer, E. Y. (2015) *Psychology applied to modern life*.
Stamford, Connecticut: Cengage Learning.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared: Mary Lou Whitehill

Date: 2/2002

Reviewed: Elsa Rapp

Date: 2/2002

Revised: Mary Lou Whitehill

Date: 6/4/2014

VPAA/Provost or designee Compliance Verification:

Date: 6/9/2014



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.