



Утвърдил:

Декан

Дата

Sofia University "St. Kliment Ohridski"

Faculty: Philosophy

Specialty: Psychology

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Master program: General Psychology in English

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Discipline:

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Personality Psychology

Lecturer: Assoc. Prof. Daniel Petrov, PhD

| Educative workload | Form | Horarium |
|------------------------------------|---|------------|
| In-class auditorium | Lectures | 15 |
| | Seminars | 15 |
| Total in-class auditorium | | 30 |
| Outclass auditorium | Scientific essay | 50 |
| | Work with library and educational resources | 100 |
| Total out-class auditorium | | 150 |
| TOTAL AUDITORIUM | | 180 |
| Credits in-class auditorium | | 1 |
| Credits Outclass auditorium | | 5 |
| TOTAL ECST | | 6 |

| № | Elements of the final grade | % of the final grade |
|----|-----------------------------|----------------------|
| 1. | Weekly quizzes | 20 |
| 2. | Scientific essay | 20 |
| 3. | Exam | 60 |

Grading Criteria

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| Excellent 6 | Knowledge of historical roots and development of personality psychology Theoretical approaches in personality psychology - a comparative analysis Personality research methods - a comparative analysis Actual scientific status of personality theories Critical skills in interpreting approaches in personality psychology Scientific essay skills |
| Very Good 5 | Knowledge of the chronology of theoretical approaches in personality psychology |

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|-------------------|---|
| | Basic constructs of Personality psychology Research methods in Personality Psychology Actual scientific status of personality theories Basic critical skills in interpreting personality theories Scientific essay skills |
| Good 4 | Basic constructs and approaches of Personality psychology Research methods in Personality Psychology |
| Moderate 3 | Basic constructs and approaches of Personality psychology |

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| Annotation of the discipline: |
| The course provides a critical analysis of the most significant issues in the area of personality psychology. Topics include: main approaches in the science of personality; units for conceptualizing persons; the role of dispositions; evolutionary bases of individual differences; concept of the self; the meaning of normality, abnormality, and deviance; consistency in behavior; development and maintenance of personality problems; defense, coping and regulatory processes; emotion and motivation; personality and physical health; personality and ideological orientation. |
| Preliminary requirements: |
| None |
| Expected outcomes: |
| By the end of the semester students will be able to: identify research methodologies involved in personality psychology, compare and contrast major classical theories of personality, recognize the contributions of authors and researchers, develop critical thinking using the parameters of each approach. |

Syllabus

| № | Theme: | Horarium |
|----------|--|-----------------|
| 1. | Defining personality. The science of personality. Three research traditions: clinical, correlational and experimental approaches. Personality research methods. | 4 |
| 2. | Psychodynamic approach to personality: S. Freud, C.G. Jung, E. Fromm. Scientific status of psychoanalysis. The role of defense mechanisms in personality functioning. | 4 |
| 3. | The trait approach to personality – G.W. Allport, R. B. Cattell, H.J. Eysenck. The Five-factor Theory. The person-situation controversy. Some mechanisms linking traits and situations. | 2 |
| 4. | Cognitive units of personality – W. Mischel’s cognitive learning theory. A. Bandura’s social cognitive theory. Schemas, attributions and beliefs. | 2 |
| 5. | Humanistic approach to personality. The holistic-dynamic theory of A. Maslow. C. Rogers – Person-centered theory. | 2 |
| 6. | Biological and evolutionary theories of personality. Biological basis of personality. What is temperament? Evolution and behavioural genetics. Nature vs. nurture? | 2 |
| 7. | The concept of the self. Development and structure of the self. Individual differences in the self and self-processes. Self-presentation of personality. | 2 |
| 8. | Personality assessment methods. Purposes of personality assessment. | 2 |

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| | Ethical considerations in personality assessment. | |
| 9. | Personality and emotion. Basic emotions theory. Emotion regulation, coping with stress and adaptation. | 2 |
| 10. | Intrinsic and extrinsic motivation - self-determination theory. Social environments and motivation. Motivation and outcomes. Goals, motives, needs and outcomes. Motivation in work organizations. | 2 |
| 11. | Personality and psychopathology. The meaning of normality, abnormality, and deviance. Maladaptive personality functioning. Risk factors in personality. | 2 |
| 12. | Personality and health. Mechanisms relating personality and health. Risk factors – the case of cardiovascular disease, cancer onset and survival. Personality and longevity. | 2 |
| 13. | Personality and politics. Traits, values and ideological orientation. Personalization of contemporary politics. Some cases of psychobiography. | 2 |

Synopsis

| № | Theme: |
|-----|---|
| 1. | Defining personality. Research methods. |
| 2. | Psychodynamic approach to personality |
| 3. | The trait approach to personality |
| 4. | Cognitive units of personality |
| 5. | Humanistic approach to personality |
| 6. | Biological and evolutionary theories of personality |
| 7. | The concept of the self. |
| 8. | Personality assessment methods. |
| 9. | Personality and emotion. |
| 10. | Personality and psychopathology. |
| 11. | Intrinsic and extrinsic motivation - self-determination theory. |
| 12. | Personality and health. |
| 13. | Personality and politics. |

Bibliography

Required readings:

Feist, J. Feist, G. (2018). *Theories of personality* (9th ed.). Boston: McGraw-Hill.
 Heckhausen, J. & Heckhausen, H. (2018). *Motivation and action*. 3rd ed. Cambridge: Cambridge University Press.

Suggested readings:

Karabeliova, S., Petrov, D., Milanov, M., Ivanova, E. (2016) Personality traits and risky health behavior, *Psychological Problems of Development*, редактор/и: Kalchev, P., издателство: St. Kliment Ohridski, стр.:133-157,
 Pervin L.A. (2018). *Personality: Theory and Research*, 14th ed. New York: John Wiley.
 Schultz, D., Schultz, S. (2017). *Theories of personality*. 11ed. Belmont: Wadsworth.