



Personality
What makes us who we are?

Welcome to Psychology 305A

PERSONALITY PSYCHOLOGY

Instructor: Professor Jessica Tracy

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Introductions

- Instructor: Professor Jessica Tracy
 - Research interests: personality, self, emotion
 - www.ubc-emotionlab.ca
 - **Email: jltracy@psych.ubc.ca**
 - **Phone: 604-822-2718**
 - **Office hours: come see me after class on Wednesdays, or email for an office appt.**
 - **Room 3515 Kenny**
- Graduate Student Teaching Assistants
- Conor Steckler, conor.steckler@psych.ubc.ca
 - Office Hours: Mondays 11-12, Kenny 1101
- Simon Ho, simon@psych.ubc.ca
 - Office Hours Mondays 3-4, Kenny 3508
- Or, email either for an appointment.

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Required Reading

Larsen, R. J., & Buss, D. M. (2010). *Personality psychology: Domains of knowledge* (4th Edition). Boston: McGraw Hill.

- purchase at UBC Bookstore
- on-line (Amazon) may be cheaper, but try to get the 3rd, 4th, or 5th edition!
- also will be available at library reserve desk for 2-hr loan

** note that you can use earlier editions, but be aware of differences

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On-Line Resources

- Lectures posted on-line after class (within 1 day)
- Syllabus also available on-line
- <http://ubc-emotionlab.ca/psyc305a-personality/>.
- Password to get in: **personality**
- Page numbers on slides to help with notes
- If you miss class, download lecture from the web **AND** ask a friend to fill you in
 - Be sure to make a friend in this class if you don't have one! Not everything you need to know will be on slides

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Course Requirements

- Bi-Weekly Exams (100% of final grade)
 - 3 of the exams will be all MC
 - 3 of the exams will be MC + short essay
 - Each exam will be worth 16.67% of your grade
 - NO MAKE UP EXAMS! If you need to miss an exam due to illness, I will waive that exam grade—but you will need a dr's note
 - Each exam will be somewhat cumulative, but will largely focus on the material covered in the previous 2-3 weeks
 - There will not be a final exam during Finals Period!
- Be sure to check the syllabus for exam dates and note them now!

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Grading

- 6 exams: 100% of final grade
- PLUS: 3 Extra credit points available through participation in psychology experiments
 - <http://hsp.psych.ubc.ca>

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Human Subject Pool



What is it?

A chance for YOU to participate in Psychology research and gain first-hand experience in how research is conducted!

How can you participate?

Go to <https://hsp.psych.ubc.ca/> and create a personal profile. It's quick and easy but you must do it by **Sept 27th, 2013**.

What then?

You can view all available studies, sign-up for them, and earn credits towards your course grade.

Earn your first ½ credit towards your course grade – Its Easy!

How?

Participate in the Psychology Human Subject Pool Pre-screening Questionnaire!

Where?

Online @ <https://hsp.psych.ubc.ca/>

When?

By **Sept 27th 2013**

It only takes
30 minutes!



Research Assistant and Directed Studies Positions Available!

- Several projects in my lab need help from volunteer RAs or DS students
 - Range of topics, including emotions, nonverbal expression, and personality
 - Must have 72% GPA
- Email: jeff.emoselflab@gmail.com
- Available at www.ubc-emotionlab.ca/participate/

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Topics We'll be Covering in this course

- **Approaches to studying personality**
 - Research methods
 - Psychoanalytic Approach
 - Freudian theory of personality
 - Hidden desires, unconscious motives
 - Phenomenological Approach
 - The subjective experience of personality
 - Conscious goals, motives, needs
 - Trait Approach
 - Descriptive terms (e.g., nice, friendly, outgoing, shy)

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Topics We'll Be Covering

- **Approaches to studying personality**
 - Biological Approach
 - genes, physiology, evolution
 - Cognitive Approach
 - learning, thinking, feeling (emotions)
 - Personality and the Social World
 - Relationships, gender, culture

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Other Syllabus Issues

- Films in class
- A word on the email policy
- Class is full! If you're not in, keep checking registrar for drops

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Questions?

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A Movie Break

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The Royal Tennenbaums and Themes in Personality

- Individual differences
- Motives, goals, and emotions
- Personality change and continuity over time
- Childhood influences adulthood
- How can we come to know a person?

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What is Personality?

- Descriptive characteristics (i.e., traits)
 - intelligent, hard-working
- Motives and goals
 - achievement-motivated
- Values
 - Honest, loyal, selfish
- Emotional tendencies
 - moody, anxious, optimistic
- Memories/Life Stories
 - “their father only took their younger brother on outings”

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Next Class

- Overview of Personality Psychology
 - Homework: Larsen & Buss, Chapter 1

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