



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
 - Office hours: come see me after class on Wednesdays, or email for an office appt.
 - Room 3515 Kenny
- Graduate Student Teaching Assistants
- Patrick Dubois, patrick.dubois@psych.ubc.ca
- Daniel Sude, dsude@psych.ubc.ca
- Office hours:
- Patrick: Mondays 1-2 pm, Kenny 3522
- Daniel: Tuesdays 11am-12pm, Kenny 1111
- 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

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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 access the site: **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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Bi-Weekly Exams

- Will total 100% of final grade
- 3 exams will be all multiple choice
- 3 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 doctor's note
- Each exam will be somewhat cumulative, but will largely focus on the material covered in the previous 2-3 weeks

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Bi-Weekly Exams

- Pedagogical benefits
- No exam will cover a massive amount of material
- Grading benefits
- 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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Human Subject Pool

What is it?

A chance for you to participate in psychology research and experience how psychology research is conducted.

How can you participate?

It's quick and easy! Visit hsp.psych.ubc.ca and create a personal profile by **January 30, 2015**.

And then what?

Check out all available studies, sign-up for them, and earn credits towards your course grade.

You can earn up to 3 extra credit points to your final grade!

UBCPsychology



Earn your first **½ credit** towards your course grade!

How?

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

Where?

Visit hsp.psych.ubc.ca

When?

Try to do by Jan. 30

Official deadline is April 10



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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 will 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

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Topics We'll Be Covering

- **Approaches to studying personality**
 - Trait Approach
 - Descriptive terms (e.g., nice, friendly, outgoing)
 - 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
- Laptop policy
- A word on the email policy

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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, relationship-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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