





# Psychology (PSYC) 356

## Introduction to Personality Theories and Issues (Revision 7)

**Status:**

Replaced with new revision, see the [course listing](#)  for the current revision 

**Delivery mode:**

Individualized study online  with eText 

**Credits:**

3

**Areas of study:**

Arts or Social Science

**Prerequisites:**

**PSYC 289** and **PSYC 290** are strongly recommended.

**Precluded:**

None

**Challenge:**

PSYC 356 has a challenge for credit option.

**Faculty:**

Faculty of Humanities and Social Sciences 

## Overview

This course examines a number of theories of personality, including the key theorists and concepts associated with each theory, along with the strengths and limitations of each theory.

## Outline

- Unit 1: Introduction
- Unit 2: Psychodynamic Theories
  - Freud, Adler, Jung, Klein, Horney, Erikson, Fromm
- Unit 3: Humanistic/Existential Theories
  - Maslow, Rogers, May
- Unit 4: Dispositional Theories
  - Allport, McCrae and Costa
- Unit 5: Biological/Evolutionary Theories
  - Eysenck, Buss
- Unit 6: Learning-Cognitive Theories
  - Skinner, Bandura, Rotter and Mischel, Kelly



## Learning outcomes

Upon completion of PSYC 356, students will be able to achieve the following learning outcomes:


- discuss the primary emphasis of each specific personality theory as well as the range and limitations of its applications,
- recognize and clearly define the key terms and concepts relevant to each theory,
- explain the elements of each major theory or approach to personality and compare and contrast them, and

- synthesize the broad scope of the field and demonstrate written skills of course integration and sound critical analysis.

## Evaluation

To **receive credit**  for the course, you must complete all quizzes and essays, receive a grade of 50 percent or better on the final assignment, and a composite course grade of at least **D (50 percent)** . The weighting of the composite grade is as follows:

Activity	Weight
5 Quizzes	5 x 5% = 25%
Essay 1	12%
Essay 2	13%
Essay 3	15%
Final Assignment	35%
<b>Total</b>	<b>100%</b>

To learn more about assignments and examinations, please refer to Athabasca University's **online Calendar** .

## Materials

Feist, G. J., Roberts, T.-A., & Feist, J. (2021). *Theories of personality* (10th ed.).

McGraw-Hill Education.  (eText)

Whedon, J. (Director). (2015). *Avengers: Age of Ultron* [Film]. Marvel Studios/

Walt Disney Pictures.  (Audio/Video)

### eText

Registration in this course includes an electronic textbook. For more information on **electronic textbooks** [↗](#), please refer to our **eText Initiative site** [↗](#).

## Other Materials

All other course materials are available online.

## Challenge for credit

### Overview

The challenge for credit process allows you to demonstrate that you have acquired a command of the general subject matter, knowledge, intellectual and/or other skills that would normally be found in a university-level course.

Full information about **challenge for credit** [↗](#) can be found in the Undergraduate Calendar.

### Evaluation





To **receive credit** [↗](#) for the PSYC 356 challenge registration, you must achieve a grade of at least 50 percent on the online exam and obtain a composite mark of at least **D (50 percent)** [📄](#) to pass.

Activity	Weight
Research Paper	50%
Online Exam	50%
<b>Total</b>	<b>100%</b>



**Challenge for credit course registration form**

## Important links

- › [Academic advising](#) 
- › [Program planning](#) 
- › [Request assistance](#) 
- › [Support services](#) 

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

*Opened in Revision 7, October 15, 2021*

*Updated October 22, 2024*

View [previous revision](#) 

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