Psychology of Personality (Psych. 305)

Study Guide

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Owned by:

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Purpose

The purpose of this study guide is to give students a summary of the terms and concepts that I expect them to have mastered for a basic course in Personality Psychology. Please be warned...while I have tried to include all of the concepts for which I will hold you responsible in this study guide, knowledge of the material in this handout will not compensate for through class notes and reading the text.

Recommendations for use

I suggest that you use this outline as a guide to make sure that you have mastered all of the terms and concepts I have covered in class. To do this I suggest that you

- 1. Review your notes.
- 2. Do the assigned reading. I plan to have at least 10% of the quiz items from the book.
- 3. Without using either the notes or your book, try to define as many of the terms in this guide as you can.
- 4. After trying to define as many terms as you can, then look through your notes and the text to identify those terms that you cannot recall.

Introduction

| Reading: H&O Chapter 1 | |
|---------------------------------------|--|
| Terms you should know. | |
| Personality | |
| P = f(P :: E) | |
| Determinism | |
| Free Will | |
| Paradigms/Approaches Psychodynamic | |
| Sociocultural | |
| Trait | |
| Learning | |
| Sociobiological | |
| Existential-Humanistic | |

| Cognitive | |
|-------------|--|
| Cognitive | |
| | |
| | |
| Nomothetic | |
| | |
| | |
| Idiographic | |
| idiographic | |
| | |
| | |
| Theory | |
| | |
| | |
| Hypothesis | |
| Trypotnesis | |
| | |
| | |
| Observation | |
| | |
| | |
| Zeitgeist | |
| Zeitgeist | |
| | |
| | |

Personality Psychology

Introduction

Concepts you should understand.

- 1. Be able to define and give an example of each of the major paradigms the influence personality theories.
- 2. Be able to give an example of how each of the following might influence a person's personality.
 - a. Genetics
 - b. Traits
 - c. Culture
 - d. Learning
 - e. Cognitive processes.
- 3. What is the difference between nomothetic and ideographic approaches to personality?

4. Why should a personality theory be able to both describe all people and at the same time be able to describe individuals uniquely?

5. Be able to describe how a person's personal history, culture, and zeitgeist would affect his/her ideas about personality development.

6. Is our behavior freely chosen or is it determined?