

Course Code: PSY 201

Course Title: Theories of Personality

Department: Arts, Media, and Social Sciences

Effective Date: Summer 2026

PCS Code: 1.1 - Baccalaureate/Transfer

CIP Code: 42.0701

Repeatability: 0

Credit Hours

Catalog Notation: 3-0-3

Credit Hour Distribution:

Lecture: 3

Lab: 0

Clinical: 0

Total: 3

General Course Information

Catalog Description

Scientific approach to the study of personality. Theories and research findings that focus on the variables related to normal personality development and change.

General Course Objectives

To apply various theories of personality to normal human development. The learning outcomes listed below are the minimal outcomes required for every section of this course. Any additional learning outcomes are determined by the instructor.

Minimum Placement Levels

English	Reading	Math
Placement out of ENG 099	None	None

Prerequisites

Credit in PSY 101

Methods of Evaluation

3-4 exams (objective, comprehension, and application-level multiple choice and/or short answer), 4-6 application activities and/or writing assignments.

Instructional Materials and Additional Supplies

Personality, current edition. By Jerry Burger.

Course Content

General Learning Outcomes (GLOs)

- Critical Thinking and Information Literacy: Students will demonstrate the ability to evaluate perspectives, evidence, and implications, and to locate, assess, and use information effectively.
- Global Awareness and Cultural Reasoning: Students will demonstrate their understanding of global issues, gender and sexual orientation, and multicultural perspectives.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
The Study of Personality (assessment, research, and theory)	1. Discuss how different approaches view and define personality. 2. Explain how personality can be studied using different research methods. 3. Discuss why reliability and validity are important in personality assessments.	4	0	0
The Psychoanalytic Approach	1. Describe Freud's theory of psychoanalysis and discuss its weaknesses and its importance in the field of personality psychology. 2. Discuss the relevant research on Freud's theory.	6	0	0
The Neo-Freudian Approach	1. Describe the important elements of the Neo-Freudian theories and the current research on these theories. 2. Explain the important differences between the Neo-Freudian theories and Freud's psychoanalysis.	6	0	0
The Trait Approach	1. Explain how personality can be described and measured using traits. 2. Discuss the relevant research on individual differences in personality.	6	0	0
The Biological Approach	1. Explain how biology and genes contribute to personality as described by the biological theories of personality. 2. Describe the relevant research findings about the inheritance of personality.	6	0	0
The Humanistic Approach	1. Discuss the key elements and the prominent personality theories of the humanistic approach. 2. Describe the relevant research on topics related to humanistic psychology.	6	0	0
The Behavioral and Social Learning Approach	1. Describe the role of various types of learning in personality and the theories that use learning principles to explain how personality is shaped. 2. Discuss the research on learned behaviors.	6	0	0
The Cognitive Approach	1. Describe how personality is viewed and measured according to the cognitive approach. 2. Explain the application of cognitive behavior therapy. 3. Discuss the research on the role of cognition in personality.	5	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
45	0	0