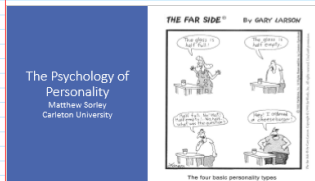


Personality

January 20, 2025 10:36 AM



definition:
individual's unique constellation of consistent behavioural traits.
ie. shyness could be described as "shy"
psychological fingerprint.

Personality: individual's unique constellation of consistent behaviour traits

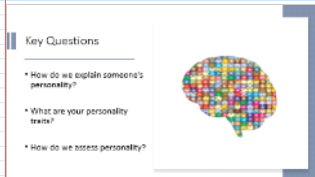
ie. Shyness could be described as a shy personality

Also - psychological fingerprint



- we present a "persona"
we have different persona's in different spaces. We have different personas for different situations

Personality - we present a 'persona' - a mask



- dominant approach to personality today.

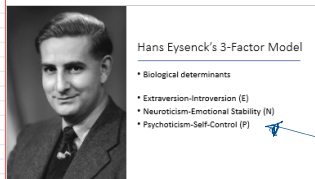
Trait approach is the dominant approach to personality today



Allport:
- met in Sigmund Freud. - rejected Freud
- went through dictionary for all words that could describe personality.
15000 → 4500 → 300 clusters.
remove synonyms. cluster by similarity / relations.
Cattell:
- conducts research in clusters.
- cooks down to 16 source traits.
- exist on continuum.

Early Trait approach models:

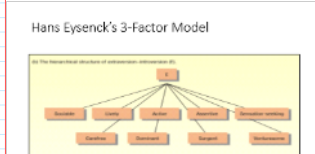
- Allport's disposition theory
 - Met with Freud but rejected his theories
 - Went through dictionary for all words that could describe personality, cooked them down to categories
 - Removed synonyms and clustered by similarities
- Cattell
 - Conducts research with clusters
 - Cooks them down to 16 source traits that exist on a continuum



Eysenck believes he can go further.
- grade school, believes teacher is bullying him
- bit the teacher.
- german tennis champ.
80 books + 1600 journal articles.
Biologically determined.
3 types

Hans Eysenck believes he can go further, creates a 3 factor model
- In grade school believed a teacher was bullying him so he bit the teacher
- Was a german tennis champion
- Wrote 80 books and 1600 journal articles

Biologically determined - 3 types =
Extraversion - Introversion
Neuroticism - Emotional Stability
Psychoticism - Self Control



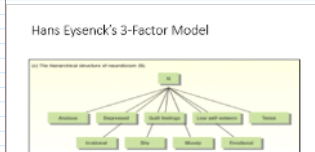
- lively in social groups
- physically active
- assertive
- sensation seeking
- ↓ anxiety
- control social situations.
- ↑ responsiveness (to social situations)
- try lots of new.

Extraversion:

- Lively in social groups
- Physically active
- Assertive
- Higher sensation seeking behaviour
- Lower anxiety
- Control social situations
- High Responsiveness (to social situations)
- Try new Things

Biological underpinnings

- Extraverts - neuro systems need more stimulation
- Intraverts - too much stimulation, need to minimize arousal



Biologically underpinnings.
Gero - neuro system needs more stimulation.
Intro - too much stim. - need to minimize arousal.
↑ neurotic
- ↑ anxiety.
- ↑ risk of depression.
- ↑ guilt.
- ↓ self esteem
- physiologically tense
- irrational beliefs.
- shy
- reliability to mood esp. extremes.
- ↑ range of emotions.
↓ neurotic = ↑ stability

Neurotic:

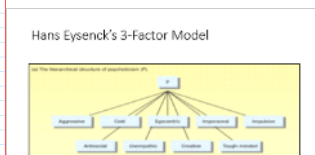
- High anxiety and risk of depression/guilt
- Low self esteem
- Physiologically tense
- Irrational beliefs
- Shy
- Volatile with mood extremes
- High range of emotions

After working in a psychiatric facility created the third factor:

Psychotic:

- Aggressive
- Cold/impersonal
- Self centered / unempathetic
- Impulsive
- Antisocial
- Creative
- Tough-minded
- Assertive
- Unyielding

Also biologically determined



↑ psychotic
- aggressive
- cold / impersonal
- self centered / unempathetic
- impulsive
- antisocial
- creative
- tough-minded
- assertive
- unyielding.

also biologically determined.

Some suggest 3 isn't enough.

But sometimes 3 isn't enough
- Today's magic number is 5

Contemporary Approaches to Traits

How many traits???

Some suggest 3 isn't enough.
Today, maybe it is 5

Costa & McCrae: Five Factor Model (The Big 5)

O	
C	
E	
A	
N	

O openness to experience.
C conscientiousness.
E extraversion.
A agreeableness
N neuroticism.



RESEARCH SUPPORT.

O - Openness to experience
C - Conscientiousness
E - Extraversion
A - Agreeableness
N - Neuroticism

Enjoys a high degree of research to support this theory

Costa & McCrae: Five Factor Model (The Big 5)

O openness to experience

- like new/novelty/variety
- curious/adventurous.
- independent.
- likes old/routine
- predictability.
- loves surprises.

Openness to experience
- Likes new / novel experiences and variety
- Curious and adventurous
- Independent personality

Vs.

- Prefers routine
- Predictability
- Doesn't enjoy surprise

Costa & McCrae: Five Factor Model (The Big 5)

C conscientiousness

- Punctual
- detail oriented.
- self discipline/control.
- flexible -
- less @ details, punctuality.
- impulsivity.
- less organized.

Conscientiousness:

- Detail oriented
- Punctual
- Self-disciplined / controlled
- Live longer, practice safe sex, more likely to follow exercise program

Vs.

- Flexible
- Less detail oriented
- More impulsive
- Less organized

Costa & McCrae: Five Factor Model (The Big 5)

E extraversion.

inner vs. outer stimulation

Extraversion

- Inner vs. outer stimulation

Costa & McCrae: Five Factor Model (The Big 5)

A agreeableness

- get along
- helpful
- easy to be around

Agreeableness:

- These people can get along
- Helpful
- Easy to be around

Costa & McCrae: Five Factor Model (The Big 5)

N neuroticism

Personal lvl of anxiety

- nervous
- worried
- lots perceived stress
- lots self-pity

calm
secure
lvl self satisfaction.

Neuroticism:

- Higher levels of anxiety
- Worried
- Higher levels of perceived stress
- Higher levels of self-pity

Vs.

- Calm
- Secure
- Higher levels of self satisfaction

Stable, reproducible, cross-culture

What Does the Big Five Say About You?

HEXACO Model – Ashton et al.

Big Five

Honesty-humility

People differ on sincerity

Honesty-humility - linked with low desire for wealth and power
Emotionality - basically neuroticism
Extraversion
Agreeableness
Conscientiousness
Openness

Psychodynamic Approach

Sigmund Freud

Psychoanalysis

Taken for granted (ie. ego, id, repression)

Early experience of poverty
Original passion was biology

Clients were middle->upper-class Austrian society

Ideas were panned by society, victorian society didn't like sexual suggestions

Psychoanalysis

Instincts

Libido - sexual energy

Emphasizing unconscious, irrational wishes, needs & conflicts

Instincts
Sexual (eros)
Aggressive (Thanatos)

Libido - sexual energy

Psychoanalysis

- Instincts
- Libido



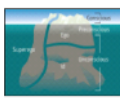
Emphasizing unconscious, irrational wishes, needs & conflicts

Instincts
Sexual (eros)
Aggressive (Thanatos)

Libido - sexual energy

Psychoanalysis – Structural Model

- Conscious
- Preconscious
- Unconscious




Conscious - what you're aware of right now
Not interesting for Freud - minor part

Preconscious - Unaware of at the moment but easily recalled
ie. What I had for breakfast - memories of birthday party

Unconscious - Outside of our awareness - inaccessible
Believed that this was truly important

Psychoanalysis – Structural Model

- Id (the "it")
- Ego (the "I")
- Superego (the "over I")
- Balancing act of the Ego



Id - pleasure principal

Source of instinctual energy
Sexual stuff
Gain pleasure, avoid pain
Immediate gratification or release
Doesn't care about trouble, no contact with reality

Superego (over I) - moral arm of personality

Conscience and ego-ideal
Makes us feel guilty if we do something unacceptable
(ie. Sexual desires)
Reminds us how to behave
Our ego-ideal is here ... what "should" we be, how "should" we act
Executive of personality

Ego ("I") - reality principal

Helps Id gain ends in socially acceptable ways
Delays impulse until it's appropriate
Sane/Rational - self preservation
Also deals with superego

Devil (ID), Angel (Superego) balancing act

Defense Mechanisms

- Repression
- Reaction formation
- Projection
- Displacement



Result of conflict between Id and Superego - Ego acts to protect anxiety

(all unconsciously) - deny and distort reality

Repression - big one - banishing negative thoughts into unconscious

Especially - trying to banish sexual impulses for a parent

Reaction formation - threatening impulses replaced by diametrically opposed beliefs

ie. Homophobia. Or abusing then over-protecting

Key = overemphasis of the opposite

Projection - projecting our unacceptable beliefs onto someone else

jealous boyfriend accuses partner of cheating when he wants to have an affair

Displacement - channel aggression on to safer option

Sublimation - redirect unacceptable urges into appropriate ways

Fighting in MMA when you're aggressive, writing erotic novels

Rationalization

Justify behaviour - "I'm doing this for your own good" - "everyone else is doing it"

Denial

Refusal to accept reality

ie. "I don't have a problem" with drug problem

Intellectualization

Emotions connected with event repressed and it looked at intellectually


ie. Focusing on details when someone dies

Defense Mechanisms

- Sublimation
- Rationalization
- Denial
- Intellectualization



So What Of Freud?




Dogmatic - should accept principals on blind faith

If someone argued and disagreed, obviously they were repressing

Opposed experimental exploration of his ideas

Neo-Freudians




Believed he didn't provide enough attention to social and emotional factors

Adler, Jung, Erikson, Horney

Analytic Psychology

- Carl Gustav Jung
- Originally a disciple of Freud's
- Personal and collective unconscious



All men were religious pastors - he went into medicine - decided to become psychoanalyst
He and Freud were friendly - Freud thought he had found a successor in Jung
1914 - parting of ways bc. Jung wanted to decrease importance of sex

Analytic Psychology - personal unconscious (our own) - collective unconscious (we share an unconscious mind with the rest of human kind - generational)

Archetypes - images that represent important aspects

Psychic inheritance

Interpret experiences in certain ways to help process world

- Dreams
- Religious symbols

Archetypal symbols:

Hero - Harry Potter
Wise old person - Gandolf
Shadow - dark & sinister - Darth Vader
Mother - mother nature, the idea of nature & care
God - higher power

Personality types - where we direct our energy - Extraversion/Introversion

- believed extraverts talk more than read, jump topics, energized in public
- Spoke more slowly and softly, think before speaking, stay on topic, preferred written comm. More cautious


Analytic Psychology

- Archetypes
- Extraversion, Introversion



Individual Psychology

- Alfred Adler



We should all be acting in the social interest - we are weak individually and need the social group
We strive for superiority - we want to be significant, contribute, matter (should be guided by social interest) - striving for self is pathological

Inferiority complex - provides fuel we need to strive - okay to feel inferior from time to time, but not in cases of persisted states

Style of life - living off of others, not socially acceptable.

Importance of birth order - only children would be more socially mature - also believed only-children would demand more attention - 1st born would be pushed for more leadership, would be resentful of subsequent children. 2nd born would be more relaxed but might feel the need to compete. More = last-born would be pampered.

Karen Horney

- Importance of parent-child relationship
- Paranoia



Emphasized parent-child relationship - healthy portion of psychological energy is to deal with our

insecurities and anxieties

Identified a number of personality types (coping styles)

- Compliant - moving towards others - seeking love & affection & approval - connection
- Detached - moving away from others - adult loner - isolated
- Aggressive - moving against others - very abrasive or hurtful - ie. Child bullying other child



Karen Horney

- * Importance of parent-child relationship
- * Personalities

Emphasized parent-child relationship - healthy portion of psychological energy is to deal with our insecurities and anxieties

Identified a number of personality types (coping styles)

- Compliant - moving towards others - seeking love & affection & approval - connection
- Detached - moving away from others - adult loner - isolated
- Aggressive - moving against others - very abrasive or hurtful - ie. Child bullying other child

Much higher importance on emotions

Humanistic Approach

- * Human nature is inherently healthy, we are free to focus on self-change & growth
- * Self-actualization



- not interested in unconscious
- interested in potential
- free will
- optimistic + creative
- capable of learning + growth
- making decisions towards growth

- * Potential
- drive to self-actualization

Humanists are not interested in the unconscious

Instead, they are interested in human potential and free will

Believe people are optimistic and creative, capable of learning and growth

- And making decisions to move towards learning and growth

They have potential

There is a drive towards self-actualization



Humanistic Approach

- * Abraham Maslow
- * Hierarchy of Needs

Russian immigrant → Brooklyn.

- considered religion
- parents wanted him to be a lawyer
- decided on psychology - ↑ self direction

Physiological:-

Safety - stability (lean towards stability)

Love/Belonging - connecting to others - respect, love, etc.

Esteem - confidence - good @ something - ↑ have it recognized by others

Cognitive - ↑ int. stim. - we want knowledge

Aesthetic - beauty etc

Self-Actualization - realized potential

- spontaneous self-determined, pursuing social interest

- suggests very few become

Self, others, circumstances push away fr. Self act. -

Physiological Needs - safety & stability (lean towards stability)

Love/Belonging - Connecting with others - love, respect etc.

Esteem - confidence - be good at something and have it recognized by others

Cognitive - high intellectual stimulation - we want knowledge

Aesthetic - beauty, design, pretty shit around us

Self-actualization - realized potential - spontaneous, self determined, pursuing social interest (very few ppl get here) Other needs constantly push us away from self-actualization

Hierarchy of Needs

Transcendence



Carl Rogers

- * Person-centered
- * Self-concept
- * Incongruence

- often considered one of the 2 most influential psychologists in history

- person-centered approach - didn't want to dehumanize "client"

- Rochester NY - 1000s of clients -

- records + transcribes sessions - ↑ case files

Interested in how we see ourselves - therapy was to be day in self-concept

Incongruence

- our belief != how others perceive us

- goal to minimize ↑ incongruence

- Positive Regard = love + respect (ideally unconditional) - not always how it works

- conditions of worth = what's required to be valuable

ideal self = person we want to be / wish we were

perceived self = how we regard ourself

instead of an achievement - self actualization = process = fully functioning

- not hiding behind masks - more genuine

- free fr. cond. of worth + ppl. who would impose them

not interested in unconscious, potential, beliefs only interested in behaviors

Considered 1 of 2 most influential psychologists in history

Person-centered approach - didn't want to dehumanize "client"

Recorded thousands of clients and transcribed the records

Interested in how we view ourselves - therapy was in order to be okay with our self-concept

Incongruence was seen as a major issue

- If our belief is inconsistent with reality there is an issue
- Goal is to minimize incongruence

We want love and respect (ideally unconditionally)

- Ideal self = person we want to be
- Perceived self = how we actually regard ourself

Instead of an achievement, self actualization is a process ... calls people at this stage "Fully functioning"

Person-Centred Approach

- * Need for positive regard
- * Absence of conditions of worth
- * Ideal vs. perceived self
- * Fully-functioning person



Behavioural Approach

- * Focusing on observable behaviour and our environment
- * Influence of conditioning processes
- * Learning and experience



not interested in unconscious, potential, beliefs only interested in behaviors

Not interested in unconscious, potential, beliefs - only behaviour

Social Cognitive Approaches

- * Albert Bandura
- * Reciprocal determinism
- * Observational learning
- * Self-efficacy

behaviors matter / Environment matters

- we bring personality

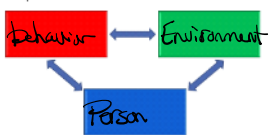
Reciprocal Determinism - behavior influence environment

Behaviours and environment matter

We bring personality

Reciprocal determinism = behaviour is modified by environment (observation) and behaviour modifies environment

Reciprocal Determinism



We shape the things that also shape us.

We shape the things that also shape us

Observational Learning

- * We observe models and note their consequences



- what happens to others is important to our decisions

What happens to others is important to our decisions.

When efficacy is low, look @ the sources to determine why.

Performance is affected by belief

- goal to have, where does it come from?

- performance accomplishment (previous success)

Performance is affected by belief - if you believe you can or can't...

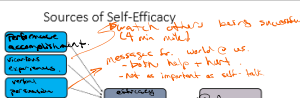
Good to have, where does it come from?

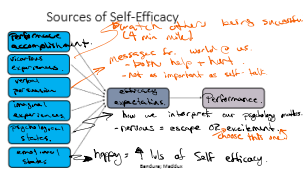
- Performance accomplishments / previous success

How can individuals get success?

- Do it yourself, not have others do it ... having others do it is a recipe for anxiety

Negative self talk is harmful





Performance is affected by belief
 - goal to have, where does it come from?
 - performance accomplishment (previous success)
 how can individual get success?
 - have others do it - recipe for anxiety
 - self talk is harmful

Performance is affected by belief - if you believe you can or can't...

Good to have, where does it come from?
 - Performance accomplishments / previous success
 How can individuals get success?
 - Do it yourself, not have others do it ... having others do it is a recipe for anxiety
 Negative self talk is harmful

When efficacy is low, look to the sources to determine why. The sources:
 - Performance accomplishment
 - Vicarious experiences
 - Verbal persuasion
 - Imaginal experiences
 - Psychological states
 - Emotional states

Locus of control - how we explain events of our lives (especially if negative or unexpected)
 - Internal - you believe you are in control of "why"
 - External - you believe you are not in control of "why"

She believed we have patterns, people tend to lean more in one direction than the other

Locus of Control

Julian Rotter
 Our behaviour: Why?
 Internal vs. External

how we explain events of our lives: i.e. why
 esp. if we + unexpected
 internal - you believe you are in ctrl of "why"
 external - you believe you are not in ctrl of "why"
 believed we have patterns - ppl tend to lean more in 1 direction

Personality Assessment

Objective tests
 Projective tests
 Standardization
 Norms

objective: ltd # of responses. T/F, mcs (most are this way)
 projective: asked to describe what you see. (Rorschach test)
 Standardization: uniformed method of administration + scoring.
 Norms: over time you develop norms + understand what scores indicate.

Personality assessments:
 Objective - limited number of responses - tend to be true/false and multiple choice
 Projective - asked to describe what you see
 Standardization - uniformed method of administration & scoring
 Norms - over time norms develop and researchers can understand what scores indicate

MMPI

Minnesota Multiphasic Personality Inventory

widely used.
 - classic version had 567 "I" statements + 10 clinical scales. (generally T/F)
 - patterns of responses depending on specific pathologies.

MMPI
 - Is widely used
 - Classic version had 567 "I" statements and 10 clinical scales
 - Believed patterns of responses depended on specific pathologies

Clinical Scale	Interpretation of High Scores
1	Over concerned with physical health, symptoms
2	Dependent, distressed, feel hopeless
3	Frequent symptoms with no organic cause
4	Adventurous, disregard for social or moral standards, shallow emotional relationships
5	Provide indication of "traditional" gender interests

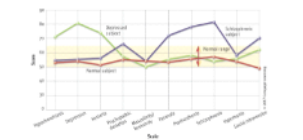
- 1 Hypochondriasis - feel weak all the time
- 2 Depression - difficulty starting to do things.
- 3 Hysteria - I sometimes become flushed for no apparent reason
- 4 Psychopathic deviancy - often in school I was in trouble and don't understand why.
- 5 Masculinity/Femininity - psychopathology fr. gender based questions.

Clinical Scale	Interpretation of High Scores
Paranoia	Guilty, suspicious, feel persecuted.
Psychasthenia	Nervous, rigid, tense, worrying, obsessive, compulsive.
Schizophrenia	Social withdrawal, bizarre thoughts, hallucinations
Hypomania	Highly excitable, extremely impulsive.
Social introversion	Shy, withdrawn, reluctant to social relate

- 1 - not safe to trust anyone these days.
- 2 -
- 3 - I seem to hear things that others cannot.
- 4 - I sometimes take on more loads than I could possibly do
- 5 - combines shy + social anxiety.

Hypochondriasis - feel weak all the time
 Depression - difficulty starting to do things
 Hysteria - I sometimes become flushed for no reason
 Psychopathic deviancy - often in school I was in trouble and don't understand why.
 Masculinity/femininity - pathology from gender based questions
 Paranoia - not safe to trust anyone these days
 Psychasthenia - anxious, rigid, tense, worrying, obsessive compulsive
 Schizophrenia - I seem to hear things that others cannot
 Hypomania - easily excitable, recklessly impulsive, hyperactive
 Social introversion - combines shy + social anxiety

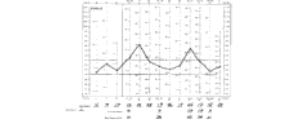
MMPI Profiles



struggled to figure out what low results indicate.
 - could be improper answers.

MMPI:
 Low results aren't indicative of anything

MMPI Profiles



38 yo w recent trauma.
 depression + psychasthenia.
 Jeffrey Dahmer
 = psychopathic deviancy.

MMPI Validity Scales

K scale (Defensiveness scale)
 L scale (Lie scale)
 F scale (Frequency scale)
 "Cannot say" scale, and more

Tendencies undermine validity of test
 ∴ checks are used.
 30 qs. to detect defensiveness (K).
 - "feel bad @ criticism"
 - "wish I was a child."
 L scale (lie scale)
 - false impression.
 - impression mgmt.
 - "I smile @ everyone I meet"
 - "I get angry sometimes"
 F scale (frequency)
 - claim false psychological problems.
 - "intl plot against me."
 "Cannot say" scale
 - unanswered questions.
 - look @ relatedness btwn Qs.
 - evasion of Qs.
 - trend.

Tendencies undermine validity of test

30 questions to detect defensiveness (K)
 - Feel bad about criticism
 - "I wish I was a child"
 L scale (lie):
 - False impression
 - Impression management
 - "I smile at everyone I meet"

F Scale (frequency)
 - Claim false psychological problems
 - "there's an international plot against me"
 "Cannot say" scale
 - Unanswered questions
 - Look at relatedness between questions
 o Evasion of questions
 o Trend

MMPI

MMPI-2-RF
 Restructured Form
 MMPI-3
 2020

subsequently reduce at and specificity by adding more scales.

335 items + 52 scales in MMPI-3

Tests generally evolve w understanding.

Subsequently reduced numbers of questions and increased credibility by adding specific scales

NEO-PI-R

Neuroticism Extraversion

NEO-PI-R
 Assesses 5 factor model

NEO-PI-R

* Neuroticism Extraversion Openness Personality Inventory (Revised)

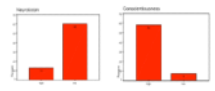


Assess 5 factor model.

NEO-PI-R
Assesses 5 factor model

NEO-PI-R

Neuroticism Extraversion Openness Personality Inventory



Commercial airline pilots


NASA tested commercial airline pilots.

↓ Neuroticism

↑ Conscientiousness.

NASA tested commercial airline pilots:
They were low in neuroticism and high in conscientiousness

Myers-Briggs Type Indicator



* Based on analytic psychology

* 4 personality dimensions, 16 types

ala Karl Jung.


- career exploration.

extraversion - introversion

Myers-Briggs Type Indicator:
Based on analytic psychology (Karl Jung)
Used for career exploration

Lower stability and consistency than some others.
Less resolution than some other tests

Myers-Briggs Type Indicator



Lower stability + consistency than some others.

less resolution

Extraversion - Introversion:
Energy related
Extroverts + people = energy
Introverts + alone time = energy

Sensors - Intuitive:
Sensors:
Clear tangible data
All about tangibles
Realistic and pragmatic people
Practical solutions to problems

Intuitive
Tend towards conceptual information, they like abstract
Think about possibilities and the big picture
Imaginative, creative and artistic

Myers-Briggs Type Indicator



* Where does your energy come from?

Energy.

- battery analogy.


- extroverts + ppl = energy.
- introverts + alone = energy.

Thinker - Feeler:

Thinkers:
Objective decision making
Rational, analytical and logical
i.e. pros/cons
Perceived to be business like

Feelers:
Sensitive, tactful and cooperative
Concerned with effects of decisions on others
Don't want to cause harm

Myers-Briggs Type Indicator



* How do you perceive information?

S = clear tangible data.

- facts / figures
- all i.e. tangibles.
- realistic + pragmatic. FPL.
- practical soln to probs.

N = conceptual info - like abstract.
- possibilities, big picture
- imaginative, creative, artistic

Judges - Perceivers:

Judges:
Want to be prepared
Organized and planning
Stick to plans
Don't like loose ends/unfinished business

Perceivers:
More flexible/adaptable
Spontaneous
Would rather experience life than manage it
Closure is unnecessary
Tolerate uncertainty

Myers-Briggs Type Indicator




* How do you make decisions?

T = objective decision making
- rational, analytical, logical.
- i.e. pros/cons.
- perceived @ business like.

F = sensitive, tactful + cooperative.
- concerned to effects of decn on others
- don't want to cause harm.

Myers-Briggs Type Indicator



* How do you orient toward the outer world & approach structure?

J = want to be prepared
- organized + planning
- stick to plans.
- don't like loose ends / unfinished business.

P = more flexible
- spontaneous.
- adaptable / flexible.
- rather experience than manage it.
- closure if need.
- tolerate uncertainty.

16 Personality Factor (16 PF)

* Personality net psychopathology

* 187 multiple choice questions

* Used extensively by marriage and vocational counsellors

* Developed profiles of success for various occupations

Vocational

Relatns counselling.

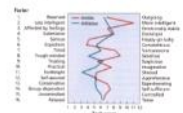
Personality profiles to FPL who are 4 performers.

new candidates can be compared to ↑

16PF:

- Often used for relationship counselling
- Personality profiles to people who are high performers
- New candidates might be compared to high performance candidates to determine if they're likely to succeed

16 Personality Factor (16 PF)





- Projective tests:
 - We project based on the stories that we create
 - Deemed to reveal our needs

- Example: Thematic Apperception Test (TAT)



- Permed to reveal our needs
- 20 pics of ppl in ambiguous sit.
- what's happening
- what events led to this
- who is the person?
- how do they feel
- how does the situation resolve



- Ten inkblots
- Tell what...
- Scoring systems and/or clinical judgement
- Like most projective tests, not especially...



- Is our personality stable?
- What about the power of the situation?

Group	Correlation
Children	0.35
College	0.55
20-year-olds	0.65
50-70-year-olds	0.75

Fabrizio & Delicaccio

* The Maturity Principle

- * *How to Override Your Own Personality*
- * *Personal Projects: What you do*
- * *Importance of the situation*

- PSYC 2600 [0.5 credit]
Introduction to the Study of Personality

Introduction to the study of personality: including a survey of theories, issues, methods, and findings. Explores the factors that contribute to people's personality and influence how they interact with others. Topics may include traits, motives, the self, physiology, the unconscious, relationships, stress and coping.