



## COURSE UNIT INFORMATION SHEET (*SYLLABUS*)

2023/2024

**Study Programme** Undergraduate degree in Psychology

<b>Name</b> Personality and Individual Differences
<b>Teaching staff</b> (Also indicate the Professor in charge) João Moreira (Professor in charge), Maria Odília Teixeira, Maria João Afonso, Joana Henriques Calado
<b>ECTS</b> 6
<b>Functioning</b> One theoretical class and 4 practical classes, with limited enrollment
<b>Learning goals</b> <ul style="list-style-type: none"><li>• To understand the concept of personality and the main theoretical approaches to personality within psychology</li><li>• To understand in a critical way and to value the specificities of the different approaches to the study of personality</li><li>• To know the main methods used in the study and assessment of personality</li><li>• To know and value the implications and usefulness of the concepts and theoretical approaches to personality in the practice of psychology</li></ul>
<b>Skills to be developed</b> <ul style="list-style-type: none"><li>• Critically analyzing the main theoretical frameworks within personality psychology</li><li>• Comparing and articulating the main theoretical frameworks within personality psychology, as well as the concepts of personality and individual differences</li><li>• Locating, critically evaluating, analyzing, and integrating scientific information about the theme of the Course Unit</li></ul>



**Prerequisites (precedences) \***

Not applicable

**Contents**

1. The concepts of personality and individual differences: Historic and conceptual perspective
2. Differentialist perspectives on personality and the study of “traits”
3. Psychodynamic perspectives on personality
4. Phenomenological/humanist perspectives on personality
5. Cognitive/behavioural perspectives on personality
6. Cross-cutting themes in personality psychology
  - a. The constructivist approach to personality
  - b. Personality and self-regulation
  - c. Personality and cultural differences
  - d. The consistency of personality: Traits vs. states
  - e. Personality and adjustment: well-being, psychopathology and personality disorders
  - f. Applications of personality psychology: Psychological assessment and intervention

**Bibliography**

Chamorro-Premuzic, T. (2015). *Personality and individual differences* (3<sup>rd</sup> ed.). Willey.

Corr, P. J., & Matthews, G. (Eds.). (2020). *The Cambridge handbook of personality psychology*. Cambridge University Press.

Gaines, S. O. (2019). *Personality psychology: The basics*. Routledge.

Roberts, B. W., & Yoon, H. J. (2022). Personality psychology. *Annual Review of Psychology*, 73, 489–516. <https://doi.org/10.1146/annurev-psych-020821-114927>

Schultz, D. P., & Schultz, S. E. (2015). *Teorias da personalidade*. Cengage.

**Teaching methods**

Theoretical lectures, encouraging debate and student participation.

Practical classes with paper presentations, exercises, debate, and other pedagogical activities.

Practical works/papers prepared by student groups on themes related to the course, indicated by the teaching staff in the first week of classes. These may involve bibliographic search, critical analysis of texts, data analysis, etc. The papers will be presented (and discussed) in practical classes, and also in a written format, to be turned in two weeks after the class presentation.



### Evaluation Regimes (General and/or Alternative)

The General Regime is described in the following section.

In the Alternative Regime:

- Rules regarding attendance are not enforced
- Classroom presentation of the practical paper is not required and may be replaced by a discussion of the written version of the paper with one or more of the Professors, in a date agreed upon.
- Rules regarding the minimum number of elements in the group are not enforced, and the paper can be done individually.
- If it is not possible for the student to fulfill component 3 (of the following section), even if it is made available to the other students, the percentual weight of the exam will be 65%

Who can opt for the Alternative Regime:

- Students that during the semester are unable to attend classes because of being displaced, in a mobility program (Erasmus or similar), duly recognized by the Faculty
- Students that for other unsurmountable reasons (e.g., professional or health-related) are unable to attend classes. The actual unsurmountable character of the reasons presented will be judged by the teaching staff.

### Evaluation Elements

(Dates due, weights, minimum required grades)

1. Written exam covering the subject matter of both theoretical and practical classes (60% or 65% of the final grade, depending on whether the possibility of undertaking component 3 is offered in the given academic year).
2. Practical group paper, including the presentation and discussion in class and the written version (35% of the final grade)
3. Collaboration in a research project (if available; 5% of the final grade).

To be approved in the Course Unit, students must:

- Complete evaluation elements 1 and 2
- Obtain in the exam a minimum grade of 9,5 (of 20, with no rounding)

### Rules for grade improvement

Students wishing to improve their grade will be able to do so for any evaluation element, other elements having their grades transferred from the academic year and season in which they were obtained (up to the limit of three academic years). Each evaluation element can only be improved once, except if the previously obtained grade is below 10. Grade improvement in the practical group paper will imply the class presentation and discussion of a new paper, its theme being selected through the same process applied to all students in that



academic year, and the submission of the corresponding written version (the two components cannot be improved separately). A group paper improvement can be carried out in a group different from that in which the original grade was obtained. Special conditions provided for the Alternative Regime cannot be applied to group practical paper grade improvement, except if the previous grade is below 10.

#### **Rules for students having previously failed the course unit \***

In the case of students who have failed or could not be evaluated in previous academic years due to the absence of certain evaluation elements, the grades for evaluation elements already obtained will be transferred to subsequent academic years (up to the limit of three academic years), the possibility of improvement notwithstanding.

#### **Requirements on attendance and punctuality**

Students are required to be present in 2/3 of the theoretical classes and 2/3 of the practical classes.

#### **Rules for special students** (workers, elite athletes, student body leaders, military, fathers/mothers, with special needs) \*

Students in these conditions may have access to the Alternative Regime and/or take the exam in the special seasons they are entitled to, in addition to other rights that mandated by law or specific regulations

#### **Language of instruction**

Portuguese. Classroom paper presentations in other languages may be considered, on an exceptional basis, in the case of international students.

#### **Disciplinary violations and penalties**

According to the Evaluation of Learning Regulation of the Faculty of Psychology of the University of Lisbon, the following behaviors are considered as disciplinary offenses subject to disciplinary action:

- a) To use or attempt to use materials, information, notes, study resources or other objects and equipment not authorized in academic exercises;
- b) To help or try to help a colleague in committing a disciplinary offense;
- c) To submit the same written work for evaluation in different course units without permission from the instructors, even if with minor changes;
- d) To present someone else's work as one's own;
- e) To forge, or change without permission from the author, any information or citation in an academic work;
- f) To interfere, change or attempt to change grades;
- g) To try to prevent or interfere with the proper functioning of classes, research or other academic activities;



- h) To make false accusations regarding instructors, governance bodies, other students or non-teaching staff of the FPUL;
- i) To falsify signatures in attendance sheets, documents relating to evaluation elements or in any official document relating to an academic process or status.

Disciplinary offenses committed in any assessment element can lead to its annulment, and must be reported to the Pedagogical Council or, considering their gravity and repetition, may lead to other penalties, to be determined by the Rector of the University of Lisbon.

\* If applicable