**Personality Unit Summary**

Our next unit is “Personality.” If someone were to describe your personality, how would they know what to say? What would you say? What would it be based on? It would be based on the way you typically act. Your book defines personality as a person’s *unique and relatively stable* patterns of behaviors. We will spend this unit discussing different personality traits and the multiple theories that are out there that attempts to explain how we get them. Specifically, we will talk about how much of our personality is nature vs. nurture, trait theory, psychodynamic theories, behaviorist/social learning theories, cognitive theories, and humanistic theories.

**Unit Objectives**

The following is a description of learning objectives for the major content areas covered in the AP Psychology Exam during this unit, as well as the approximate percentages of the multiple-choice section devoted to each area. This listing is not intended to be an exhaustive list of topics. All of these topics are likely to appear on the AP exam in some way, shape, or form. Other material we talk about and/or in your reading could also find its way on the unit assessment.

**Personality (5-7% of AP exam)**

In this section of the course, students explore major theories of how humans develop enduring patterns of behavior and personal characteristics that influence how others relate to them. The unit also addresses research methods used to assess personality.

AP students in psychology should be able to do the following:

- Compare and contrast the major theories and approaches to explaining personality; psychoanalytic, humanistic, cognitive, trait, social learning, and behavioral.
- Describe and compare research methods (e.g., case studies and surveys) that psychologists use to investigate personality.
- Identify frequently used assessment strategies (i.e. Minnesota Multiphasic Personality Inventory [MMPI], the Thematic Apperceptions Test [TAT]), and evaluate relative test quality based on reliability and validity of the instruments.
- Speculate how cultural context can facilitate or constrain personality development, especially as it relates to self-concept (e.g. collectivistic versus individualistic cultures).
- Identify key contributors to personality theory (e.g. Alfred Adler, Albert Bandura, Paul Costa and Robert McCrae, Sigmund Freud, Carl Jung, Abraham Maslow, Carl Rogers.)

**Key Terms**

You should eventually be able to properly and accurately use the terms at the beginning of Chapter 10 of Barron’s, as well as the terms in bold interspersed throughout the pages assigned in Coon, in written and verbal communication.

**Text Readings**

- Coon Chapter 12
- Barron’s Chapter 10

**Planned Assignments & Assessments (subject to change)**

- “Introduction, Trait Approach, and Psychoanalytic Theory” Reading Quiz (Coon p.388-404; corresponding content in Barron’s)
- “Behaviorist/Social Learning Approach, Humanist Approach, Assessment, and Shyness” Reading Quiz (Coon p.404-424; corresponding content in Barron’s)
- Personality Unit Test
- Personality Independent Investigation

**Current Timetable (subject to change)**

- Last day of unit planned for Tuesday March 10