# Personality & Individual Differences
## E-116-SAEI

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| **Year** | 1 |
| **Semester** | Spring |
| **Type of course** | Core |
| **Prerequisites** | None |
| **Schedule** | 4 hours per week for 12 weeks, 6 ECTS |
| **Lecturer** | Erla Sigríður Grétarsdóttir and Magnús Blöndahl Sighvatsson |

**Content**

This course will focus on individual differences and how they can affect behaviour, thoughts, decisions, and health. Personality theories and personality assessments will be reviewed. Topics that will be covered include: Is personality inherited? Can personality be changed? Does personality affect what we become (e.g., criminal, nurse, physicist). What type of research has been used to study personality?

**Learning outcome - On completing the course, each student should be able to:**

- Have basic understanding of the main theories on personality.
- Define and explain important concepts in personality psychology.
- Assess whether personality can be changed and, if so, how.
- Evaluate whether personality has an influence on behaviour, condition, thought, decisions, and health.
- Be familiar with the main personality measurements in personality psychology.
- Write a paper where students select one theory in personality psychology and use it to explain the behaviour of individuals.
- Give a presentation on the topic of the paper.

**Course assessment**

Three in class exams, research paper and final exam. Grades are given on a $0 - 10$ point scale. The minimum grade to pass the course is 5.0. The student needs to get a minimum grade of 5.0 in the final exam and a minimum average grade of 5.0 for all course assessment.

**Reading material**

Carver, C. S. and Scheier, M. F. (2009). *Perspectives on Personality* (7. ed). Boston: Pearson Education Inc.

Holt, N., Bremner, A., Sutherland, E., Vliek, M., Passer, M., and Smith, R. (2012). *Psychology: The Science of Mind and Behavior* (2. ed). Berkshire: McGraw-Hill Education.

**Teaching and learning activities**

Lectures, in class exercises and discussions.

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| **Language of** | English |

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