

Montgomery County Community College  
 PSY 136  
 Personality  
 3-3-0

**COURSE DESCRIPTION**

A comparison of major approaches to the study of the development, assessment and structure of normal personality. Topics include the applications of research to understanding and promoting mental health and human resilience. Consideration is given to the role of healthy personality in managing frustration, conflict, adjusting to predictable and unpredictable life changes, and achieving maximum well-being.

**PREREQUISITE(S):**

None

**CO-REQUISITE(S):**

None

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
1. Describe and give examples of the influences of individual, interpersonal and societal factors on personality and adjustment.	Lecture Discussion AV/Multimedia Materials	Quiz Group Presentation
2. Define and give examples of major concepts in the study of Personality including the Five Factor Model, social class, psychodynamic, Maslow's research, and behavior genetics.	Web based research	

LEARNING OUTCOMES      LEARNING ACTIVITIES

## LEARNING MATERIALS:

Weiten, W., Dunn, D; & Hammer, E. Y. (2015) *Psychology applied to modern life*.  
Stamford, Connecticut: Cengage Learning.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

## COURSE APPROVAL:

Prepared: Mary Lou Whitehill

Date: 2/2002

Reviewed: Elsa Rapp

Date: 2/2002

Revised: Mary Lou Whitehill

Date: 6/4/2014

VPAA/Provost or designee Compliance Verification:

Date: 6/9/2014



*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*