

Course Type	Course Code	Name of Course	L	T	P	Credit
OE	HSO 310	Psychology of Everyday Life	3	0	0	9

### Course Objective

The central objective of the course is to have a general understanding of the concepts in personality psychology

### Learning Outcomes

Upon successful completion of this course, students should:

- have a general understanding of the different theories of personality with a focus on key influential theorists
- be able to use the understanding of personality psychology concepts in their everyday lives in personal, relational and professional spheres.

Unit No.	Topics to be Covered	Lecture Hours	Learning Outcome
1	<b>Personality</b> Nature of personality, Assessment of personality	4	Understanding the definition and nature of personality along with assessment of personality
2	<b>Psychoanalytic perspective and the Neo-psychoanalytic perspectives</b> Freud, Jung, Adler, Erikson, Horney, Kohut	9	Understanding Freudian and Neo-Freudian perspectives of personality
3	<b>Humanistic/Existential perspectives</b> Maslow, Rogers, Rollo May	7	Understanding the humanistic approach to personality
4	<b>Trait perspectives</b> Allport, Cattell, Eysenck	4	Understanding personality through the trait theories
5	<b>Social-behavioural perspectives</b> Watson, Skinner, Rotter, Bandura	7	Understanding the social and behavioural approaches to personality
6	<b>Cognitive perspectives</b> Kelly	3	Understanding the cognitive approach to personality
7	<b>Personality Disorders</b> Diagnosis and assessment of personality disorders	4	Understanding different personality disorders and the various assessment tools to diagnose these disorders
8	<b>Applied Personality Psychology</b> Personality in educational psychology, Personality at work	4	Understanding the application of personality research across various domains of life

### Text Book

1. Ryckman, R. M. (2008). Theories of personality (9th edition.). Wadsworth/Thomson Learning.

### Reference Books

1. Schultz, D., & Schultz, S. (2013). Theories of Personality (10<sup>th</sup> edition). Cengage Learning