UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Personality Psychology

Academic Year 2025/2026

## 1. Organic Unit

Institute of Psychology and Educational Sciences

## 2. Course

PSYCHOLOGY

## 3. Cycle

1st

## 4. Course Unit

Personality Psychology (20313)

## 5. Scientific Area

## 6. Curricular Year

2nd

## 7. Type of Curricular Unit / Semester

2nd Semester



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## 8. Class type and workload (work time)

| | |
|---|---|
| Theoretical classes: | |
| Practical classes: | |
| Theoretical-Practical Classes | 30,00 |
| Tutorial Guidance: | |

## 9. ECTS Credits

3,00

## 10. Scientific Area Coordinator

## 11. Regent

Prof. Doutora ANA CRISTINA DOS SANTOS LOPES

## 12. Assistants

## 13. Teaching Language

Portuguese

## 14. General Objectives

1. To introduce the concept of personality, its components and its importance in the study of psychology.
2. To present the various theoretical approaches to the study of personality.
3. Promote the ability to integrate various ways of understanding the functioning of the person.

## 15. Specific Objectives

- To present the main models of personality understanding
- Promote the ability to critically analyse the literature in relation to the understanding of personality and the application of this knowledge in the various contexts of intervention of the psychologist.
- Promote the approach to the inner world of the Other and the respect for the difference

## 16. Skills to be acquired

- Know the personality construct, its components and the vicissitudes of the study of personality
- Relate the various ways of understanding personality
- Understand academic texts on personality and apply the ideas presented to concrete situations and the description of real cases
- Promote openness to the difference between people and the ability to contextualise the characteristics of others in their developmental path and socio-cultural context



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## 17. Teaching Methodology

- Oral presentation
- Presentation of audio-visual material
- Analysis and discussion of concrete situations and cases of real people in the light of the theories exposed
- Realisation of self-knowledge tasks and sharing of experiences in groups

## 18. Course Unit Program

1. Personality: the concept and its components
   1.1 The concept of personality
   1.2 Multiple definitions and theoretical approaches
   1.3 Constituent elements of personality: strengths, traits, cognition and narrative
2. Personality development and its determinants
   2.1 "Nature vs. nurture": heredity and the dialectic of the biopsychosocial being
   2.2 Identity, self-esteem and self-concept
   2.3 Personality development and formation
3. Theories of personality
   3.1 Psychodynamic theorie
      a. Freud and his theory of psychosexual development
      b. Non-Freudians and the object relations current
      c. The developmentalists and attachment theory: John Bowlby and D. Winnicott
      d. The contemporary psychoanalytic theory of Erik Erikson
      e. The personality structures of J. Bergeret
   3.2 The dissidents of the psychoanalytic movement
      a. Carl Jung
      b. Alfred Adler
   3.3 Cognitivism and trait theories
      a. Gordon Allport's structure theory of the individual
      b. The "big five" theory (Five Factor Model MCF)
      c. Meyers-Briggs personality types
   3.3 Bandura's behaviourism and social learning theory
   3.4. Humanism and the person-centred theory of Carl Rogers
   3.5. The socio-cultural construction of personality

## 19. Assessment Methods

- Attendance and participation in classes
- Completion of the tasks proposed throughout the semester
- Two mid-term written tests (without consultation)

## 20. Didactic Resources

1. Computer
2. Data-show projector
3. Paper and pen



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## 21. Sustainability Objectives

- By 2030, ensure equal access for all women and men to affordable quality technical, vocational and higher education, including university
- By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment, and promote mental health and well-being

## 22. Keywords

- Theories of personality
- Personality pathology



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## 23. Main Bibliography

| | | | |
|---|---|---|---|
| Author(s): | Gregory Feist, Tomi-Ann Roberts & Jess Feist | | |
| Title: | Theories of Personality | | |
| Edition: | 8ª | Year: | 2020 |
| Local: | New York | | |
| Publisher: | McGraw-Hill Education | | |

| | | | |
|---|---|---|---|
| Author(s): | D. P. Schultz & S. E. Schultz | | |
| Title: | Theories of Personality | | |
| Edition: | 11ª | Year: | 2016 |
| Local: | Boston | | |
| Publisher: | Cencage Learning | | |

| | | | |
|---|---|---|---|
| Author(s): | Susan C. Cloninger | | |
| Title: | Theories of Personality | | |
| Edition: | 6ª | Year: | 2012 |
| Local: | Boston | | |
| Publisher: | Pearson Education | | |

## 24. Complementary Bibliography

| | | | |
|---|---|---|---|
| Author(s): | Oliver P. John, Richard W. Robbins, Lawrence A. Pervin | | |
| Title: | Handbook of Personality | | |
| Edition: | 3ª | Year: | 2010 |
| Local: | New York | | |
| Publisher: | The Guilford Press | | |

| | | | |
|---|---|---|---|
| Author(s): | G. Carpara & D. Cervone | | |
| Title: | Personality: determinants, dynamics and potentials | | |
| Edition: | 1ª | Year: | 2000 |
| Local: | Cambridge | | |
| Publisher: | Cambridge University Press | | |



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| Autor / Author | Prof. Doutora ANA CRISTINA DOS SANTOS LOPES |
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| Colaborador(es) / Colaborator(s) | - |
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