

DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES

COURSE OUTLINE – FALL 2026

PY3330 (A2): Personality Theories – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land, and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR:	Dr. Ali M. AL-Asadi	PHONE:	780-539-2061
OFFICE:	C-311B	E-MAIL:	aalasadi@nwpolytech.ca
OFFICE HOURS:	By appointments		

CALENDAR DESCRIPTION: This is an introductory survey of representative theoretical points of view and research relevant to the major problems of the study of personality.

PREREQUISITE(S)/COREQUISITE: PY2230 or permission of the instructor

REQUIRED TEXT/RESOURCE MATERIALS:

- Hergenhahn, B. R., Olson, M. H., & Cramer, K. (2003). **An Introduction to Theories of Personality (Canadian Edition)**. Pearson Education Canada Inc., Toronto, Ontario, Canada. The 2020 (9th American edition) of Theories of Personality by Olsen, M. H., Favero, D., & Hergenhahn, B. R. is also sufficient.
- A collection of reading materials, articles, and other resources based on open-source texts will be posted to this course's D2L site at:
<https://myclass.nwpolytech.ca/d2l/home>

DELIVERY MODE(S): On-Campus. Also, recorded lectures are posted to myClass for your convenience.

LEARNING OUTCOMES: As a result of taking this course, students will gain the ability to:

- Articulate fundamental knowledge and comprehension of major concepts in each personality theory.
- Discuss and explain how the principles of these personality theories explain the everyday personality characteristics and traits we see in ourselves and others.
- Identify and incorporate the elements of each personality theory to explain psychological attributes,
- Apply and evaluate knowledge of the basic elements of each theory to predict future behaviours,
- Demonstrate a basic level of understanding of various research methods used in scientific investigations of personality research and critically evaluate these methods.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide at

<https://transferalberta.alberta.ca/transfer-alberta-search/#/searchTypeStep>

**** For courses with alpha (letter) grading, a grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

EVALUATIONS:

Exam 1	20%
Exam 2	20%
Final Exam	30%
Paper Assignment	20%
Attendance, Class Participation, and Case Analysis	10%

Paper: This is a reflective and introspective essay. It would be best to keep a daily journal of the concepts and activities presented and discussed in class. You must relate these activities and concepts to yourself or someone in your environment. In your writing, try to analyze behaviours, thoughts, and emotions in the context of several theories. In other words, how would Freud, Jung, Erikson, Rogers, and others view and analyze the person about whom you are writing? Essentially, it involves applying various personality theories and perspectives to oneself or a person of interest.

* Remember, all exams may include questions from lectures that the reading materials may not cover.

GRADING CRITERIA:

Please note that most institutions will not accept your course for transfer credit **IF** your grade is less than C-.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	66-69
A	4.0	90-94	C	2.0	63-65
A-	3.7	85-89	C-	1.7	60-62
B+	3.3	80-84	D+	1.3	55-59
B	3.0	75-79	D	1.0	50-54
B-	2.7	70-74	F	0.0	00-49

*This grading criterion is specific to this course and differs from the general criteria.

COURSE SCHEDULE/TENTATIVE TIMELINE:

*Please note that the dates and the sequence of chapters are tentative and may change.

Dates	Topics	Evaluation
Week 1	What is Personality	
Week 2	Freud's Psychosexual Theory	
Week 3	Freud's Psychosexual Theory Horney's Contributions	
Week 4	Jung's Analytical Theory	
Week 5	Adler's Individual Psychology	
Week 6	Exam 1 Erikson's Psychosocial Theory	E1 (20%)
Week 7	Erikson's Psychosocial Theory	
Week 8	Trait Theory (Allport, Cattell, & Eysenck)	
Week 9	Trait Theory (Allport, Cattell, & Eysenck)	
Week 10	Exam 2 Learning & Behaviourism (Skinner, Dollard & Miller)	E2 (20%)
Week 11	Social Learning Theories (Bandura & Mischel)	
Week 12	Sociobiology (Wilson & Barash)	
Week 13	Phenomenological and Humanism (Kelly, Rogers, & Maslow)	
Week 14	May's Existentialism	

	No Classes. Final Exam Period	E3 (30%) Final Exam
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STUDENT RESPONSIBILITIES:

Each class's assigned readings and exercises should be completed before attending that class. As this course depends heavily on discussion and, at times, practice exercises and illustrations, attendance at all sessions is required and is critical to the student's success in the course. In the event of illness or an emergency, please notify the instructor as soon as possible. If you have difficulty in this course, please contact me for assistance. Please let me know if you want to discuss any aspect of the course or your aspirations.

You are accountable for delivered lectures, assigned readings, and any announcements that will occasionally be made in class. If you are unable to attend a particular class, it is your responsibility to find out what was missed. For optimal learning and readiness for class participation, you are expected to attend class regularly (with a minimum attendance rate of 80%) and read the assigned chapters/topics before class on the dates indicated in the timetable. Past course records show that class attendance is highly correlated with the final grade in the course.

If you anticipate being unable to take a test or exam at the scheduled time due to illness or an emergency, please notify me immediately, preferably at least one day in advance. Please talk to me in person or via e-mail (aalasadi@nwpolytech.ca) to arrange an alternative date to write the test, if feasible. Failure to notify the instructor will result in a grade of zero for the missed tests unless proof is presented that you were physically or mentally unable to do so due to a sudden illness, emergency, or unavoidable circumstances beyond the student's control.

All students are expected to display a professional attitude and behaviour in the classroom. This includes reliability, respect for and cooperation with fellow students and the instructor, attention to fellow students' questions and the instructor's response, determination to achieve first-class work while meeting deadlines, and constructive response to criticism.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/polytechnic-leadership/policies-directory>.

****Note:** all Academic and Administrative policies are available on the same page.

Additional Information

MOST IMPORTANT: Instructors reserve the right to use electronic plagiarism detection services on written assignments. **Instructors also reserve the right to ban the use of any form of electronics (cell phones, Blackberries, iPods, tablets, scanning pens, electronic dictionaries, etc.) during class and exams.**

Cell phones, tablets, notebooks, laptops, and other electronic devices are strictly forbidden in my classes and exams. Also, I use plagiarism and AI detection software for all written assignments and essays.

In Addition:

1. The format of each exam will be discussed in class.
2. Exam grades are final, and there is no substitute work for your poor exam grade.
3. The nature and topics of your written paper will be discussed in class
4. It is your responsibility to read every chapter and assigned reading (if any) and attend all lectures.
5. Lectures will not always cover the reading materials. Lectures may cover topics and include information that is not covered by your reading materials. Therefore, it is imperative that you attend every class, as your exams may include materials from the lectures that are not covered by the reading materials.
6. Students are expected to display a professional attitude and behaviour. These attitudes and behaviours are many and will be discussed in class. Any violation or misconduct may result in dismissal from the class.
7. Talk to me if you have concerns or if you are experiencing difficulties that may have a negative impact on your academic performance.

IMPORTANT: Please remember this is a university course, and you are a university student.

Please keep this course information sheet for future reference.