PERSONALITY PSYCHOLOGY (BOOK NOTES)

1. Chapter One: The Study of the Person, Pages 1-15
   a. Science doesn’t have to be interesting to be valuable
   b. Psychological triad: 3 essential topics of psychology: how people think, feel, and how they behave
   c. Personality psychology overlaps with social and abnormal psychology

2. The Goals of Personality Psychology (Page 5)
   a. Personality: an individual’s characteristic patterns of thought, emotion, and behavior; together with the psychological methods behind these patterns
   b. Mission Impossible (Page 5)
      i. You can’t understand everything about someone all at once.
      ii. Basic approach (paradigm): theoretical view of personality that focuses on some phenomena and ignores others; includes trait, biological, psychoanalytic, phenomenological, learning, and cognitive.
         1. Scientists often cluster inside these groups and hold their own position above the positions of everyone else.
      iii. Trait approach: conceptualization or measurement of individual differences
      iv. Biological approach: anatomy, physiology, genetics, evolution
      v. Psychoanalytic approach: unconscious mind, internal mental conflict
      vi. Phenomenological approach: conscious awareness/experience, humanistic or cross-cultural psychology
      vii. Learning and Cognitive approaches: behaviorism, social learning theory, cognitive personality psychology
   c. Competitors or Complements? (Page 7)
      i. Many people within different approaches claim all other approaches are incorrect
      ii. In reality, many of the approaches complement each other because each address different questions
      iii. Each approach has its strengths and weaknesses
   d. Distinct Approaches vs the One Big Theory (Page 9)
      i. A device that does many things probably doesn’t do all of them very well
         1. Multiple distinct approaches probably explain the human mind better than One Big Theory would
      ii. Many psychologists believe that their approach is the One Big Theory and that it can explain all aspects of the human mind.
   e. Advantages as Disadvantages and Vice Versa (Page 10)
      i. In life (and psychology), advantages and disadvantages are inseparable
         1. Something that is an advantage in one situation can be a disadvantage in another
            a. If you’re a very giving person, other people may really like you because you’re so generous (good). However, some people may take advantage of your generosity and end up screwing you over (bad).