

# PSY30008 Psychology of Personality

## Assignment 2016

### Using Personality Theories to Improve Academic Performance

In this assignment you will apply selected theories of personality and an understanding of your own personality to devise a plan to optimise your academic performance in this unit.

#### Learning Objectives

1. To understand Self-Regulation Theory, Trait Theory, Motivation Theory of Personality.
2. To understand how these three perspectives can be applied in real life.
3. To understand how your own personality interacts with your context to predict behaviour.
4. To be able to explain these ideas clearly and concisely.
5. To be able to present information in a logical way to build the argument for your conclusions.

#### The Assignment

The assignment will consist of three sections:

1. Your Goals (500 words max)
2. Your Personality (500 words max)
3. Your Plan (1000 words max)

**Note:** The maximum number of words is the absolute maximum. Markers will **stop reading at the word limit.** **Everything**, except the reference, list is included in the word count.

#### Section 1 – Your Goals (Max 500 words)

Using the self-regulation perspective, generate **one learning** and **one performance** goal for this unit.

**A learning goal** could be something related to the content (e.g. to fully understand the concept of self-actualisation) or something related to the unit process (e.g. to develop my skills at communicating with group members in the tutorials).

**A performance goal** should not be about a specific grade (e.g. I want an HD) but rather something about the way you behave in the unit (e.g. I want to keep up with my readings, or I want to have my assignment finished a week early to give me time to step back and review it with fresh eyes).

Be sure to cite several of the various theories and concepts from the self-regulation perspective chapter to explain your goals in detail including:

1. Intentions vs. behaviours
2. Attitudes
3. Norms
4. Your own desires vs. your desire to achieve to please someone else
5. Conflicting vs. compatible goals
6. How high to set your goals
7. Implementation Intentions
8. Mindsets

9. Feedback Control
10. Emotions
11. Expectations

**Learning Objectives Assessed:** You will be assessed on your ability to:

- Demonstrate your understanding of the theories and concepts and build a logical argument.
- Integrate the conceptual material (i.e. Self-regulation theories) with your own personal goals and your ability to convey this information clearly and concisely.

### **Section 2 – Self Assessment (max 500 words)**

Using the Trait Theory and the Motivation Theory as a guide, assess and describe your personality.

(1) Use the Australian Personality Inventory (API, Murray et al.) to assess your personality traits. Describe what your scores on the different personality factors mean for predicting your future behaviour. (2) Use the motivation theory of personality and describe your main motivations in life. Then explain how these motivations influence your behaviour. You do not need to use a formal assessment tool, but rather reflect on the theory and what your own motivations may be.

**\*\*You MUST cite the literature to support your predictions\*\***

**Learning Objectives Assessed:** You will be assessed on your ability to:

- Demonstrate your understanding of the theories and concepts and build a logical argument.
- Integrate the conceptual material (i.e. 5 Factor Model, Motive Theory of Personality) and your understanding of how these personality perspectives are/might be assessed.
- Interpret and describe your scores on a structured test and your ability to personally reflect on yourself in the context of a theory (i.e. Motivation Theory).
- To convey this understanding in a clear and concise way.

### **Section 3 – Plan for attaining your goals (max 1000 words)**

Given your personalised goals (section 1) and what you have learned about your personality (section 2), devise a plan to optimise the likelihood of attaining your goal.

You must clearly explain how your strategies are tailored to your personality as described in the preceding section. To do this, you must cite the theories provided and additional literature to clearly establish the rationale for why your plan suits you individually.

**Learning Objectives Assessed:** You will be assessed on your ability to:

- Demonstrate your understanding of the theories and concepts.
- Integrate the theories and your understanding of yourself to devise a clear and supported plan to meet your goals.
- To pose a clear and strong argument for why your plan is suited to your personality and how your plan will help you to meet your goals.
- Present a logical argument in a clear and concise manner.

## Marking Guide

<b>Pass</b>	<b>Credit</b>	<b>Distinction</b>	<b>High Distinction</b>
Inconsistent understanding of the concepts	Consistent Understanding of the concepts	Consistent understanding of the concepts and inconsistent application of the concepts	Consistent understanding of the concepts and consistent application of the concepts