

INTRODUCTION

We have designed this workbook to accompany John D. Mayer's textbook, *Personality Psychology: A Systems Approach*. It is our hope that these assignments will not only encourage you to think analytically about the concepts discussed in the textbook but also to apply these concepts to your own experiences. By doing this, we believe you will gain an understanding of the material that will stay with you far longer than the day after of your final examination.

The assignments in this workbook have been developed through several years of teaching personality psychology to undergraduates. We start off by asking you to describe your personality. You will refer back to this written description a few times throughout the course to analyze your personality more deeply. We then provide four assignments for each subsequent chapter: self, real world, media, and research. The 'self' assignment asks you to directly apply personality concepts to your own life. For example, after reading about Consciousness in Chapter 7, we ask you to describe a time when you experienced "flow" and to consider how you might increase the amount of flow in your life. The second question asks you to relate concepts about personality to the 'real world'; this includes family, friends, movie and book characters, and other famous personalities. For example, in Chapter 2, we ask you to explain how different sources of information provide a richer description of people's personalities. The third, 'media' question, offers an interactive and hands-on approach to learning. For example, while reading about the "Big Five" personality traits in Chapter 8, we direct you to a website offering a test on these traits and ask you to comment your scores. Finally, the fourth activity gives you the opportunity to read an interesting research article on one of the topics that is related to the material in the chapter. These articles, most of which are easily downloaded from your library database, were chosen for their accessibility and appeal to students. They offer a great supplement to the textbook, providing in-depth coverage of a variety of issues including Robert Sternberg's theory of successful intelligence, accuracy in personality judgment, and personality development.

We hope you enjoy the assignments in this workbook and your personality psychology class!

Sincerely,

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