

## PSYC 5601: TOPICS IN PERSONALITY PSYCHOLOGY – PERSONALITY AND THE ENVIRONMENT

<b>Course</b>	5601W
<b>Instructor</b>	John Zelenski
<b>Term</b>	Winter 2026
<b>Email Address</b>	John.zelenski@carleton.ca
<b>Office Location</b>	A525 LA
<b>Office Hours</b>	TBD

### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

The theme of this ‘topics in personality psychology’ course is ‘personality and the environment’. Personality is the stuff inside us; the environment is the stuff outside us. Our discussions will focus on their intersection. The content will be broad, yet idiosyncratic, and selected to provide an exploration of key issues in contemporary personality psychology via intriguing examples rather than complete (impossible) comprehensiveness. My goal is that the class be useful to psychology graduate students both with and without personality as key parts of their own research. Topics include key individual differences (traits and beyond), how they are assessed, and how they interact with physical and psychological environments or situations. Stability, change, and variability are key themes as people and their environments influence one another over time, both on short (minutes) and long (decades) timescales. We may devote some extra attention to a particular interpretation of ‘environment’ that I study, i.e., the natural environment (nature) and how personality psychology is useful in sustainable behaviour. Finally, as a research-based seminar, contemporary methods are another likely theme for discussion.

### EVALUATION

This is a seminar class where active participation will be important.

Evaluation will be based on active engagement, completion of assigned readings and small assignments, and one major paper.

## TEXT

Most readings will be primary source documents (journal articles, chapters), but likely also some less formal scientific discussions (e.g., academic blogs, popular press).