

Curriculum on Personality Development:

I. Introduction to Personality Development

- a. What is personality?
- b. Why does it matter?
- c. We are all unique.

II. The Developing Personality

- a. How do personalities develop?
- b. Multiple theories in psychology.
- c. Three main influences cited:
 - i. Heredity
 - ii. Environment
 - iii. Situations

IV. 'Need' a little personality?

- a. How needs impact personality
- b. Interactions
- c. Experiences
- d. Environmental influences

VI. Moral Development

- a. As related to personality
- b. Kohlberg's stages

VII. What's your personality type?

- a. What are the basic personality types?
- b. Quiz to determine personality type

IX. Personality and Career Choice

- a. Matching your career and personality
- b. Why it matters
- c. Self-efficacy

X. Changing Your Personality

- a. Can personalities change?
- b. Being yourself, being adaptable
- c. Positive attitude
- e. Controlling emotions

XI. Personality Disorders

- a. What they are and why understanding them matters
- b.. Causes
- c.. Treatments

XII. Do opposites really attract?

- a. Getting like personalities together, as well as opposites

- b. What can happen?
- c. Multiple personalities on the same team

XIII. Personal Growth

- a. Ways you can try to improve

XIV. Working on Personality Changes

- a. Focusing on attitude
- b. Staying motivated
- c. Increasing confidence
- d. Handling other people
- e. Watching body language

XV. What is BODY LANGUAGE?

How does it differ?

XVI. Contents of BODY Language.

How does it effect our verbal communication?

XVII. Putting it all together

- a. Knowing your own personality strengths and weaknesses