



Ball State Philosophy Outreach Project Lesson Plan

Topic: Personality

Time: 45-60 min

Materials:

1. [Personality Assessment](#)
2. Internet access

Activity: 5-10 minutes

Students will take the [Personality Assessment](#). Then students should have time to reflect on their results independently, while waiting for their peers to finish up the same assessment.

Discussion: 40-55 minutes

Ask students the following questions. Throughout the conversation follow the student's lead and ask them to expand on and justify their responses. Also be sure to reference key concepts and figures from the glossary as the students touch on them.

Reflection Questions:

- Do you think your results matched your actual personality?
 - Why or why not?
 - Which parts did you agree and disagree with?
 - Why?
- How did it feel to take the personality test?
 - Did the answers come naturally, or did you have to think about them for a minute?
 - What did you think about when deciding how to answer?

Defining Personality Questions:

- What is personality?
 - Why do you think this?
- What goes into your personality?
 - Why do you think this?

When they respond, you may reference concepts from the glossary below.

Key Questions:

- Is there a difference between personality and identity?
 - If so, what is it?
 - What is your personality made up of?
 - What is your identity made up of?
- Is personality written in our genes or shaped by the environment?
- Are all personalities unique or are there similarities between us?
 - If everyone is unique, can we actually measure personality?
 - Think about all of the ways we attempt to “measure” personality
 - Myers-Briggs, the Enneagram, astrology, etc. -- Do you think these are accurate?
 - Why do you think there is such a fascination with trying to measure/understand personality?
- Do you think we have control over creating or changing our personality?
 - If I’m an introvert, can I change myself into an extrovert?
 - If so how?
 - This could be tied into virtue ethics — Aristotle says by habituation we can become more virtuous (more honest, courageous, trustworthy, etc.), so does that mean we can change our personality?
 - Do we have control over all aspects of our personality or just some?
- Do certain aspects of our personality sometimes contradict each other?
 - For example, I may be quiet and shy when I’m around new people or in a new environment, but when I’m with friends or family or somewhere I feel comfortable, I could be very outgoing and talkative. So which am I? Shy or outgoing?
 - How would you describe your personality? Do you think anyone in your life would be surprised to hear you describe it that way?

Glossary

Key Theories

-Psychoanalysis

Key thinker is Sigmund Freud, who believes the self is divided between the id, ego, and superego (Id - basic instinct, Superego - morality, Ego - Balancing the two/Reality)

Unconscious manifests itself through our dreams

-Big Five Personality Traits or OCEAN model

The traits include openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism.

-Humanism

Key thinker is Abraham Maslow, who created a hierarchy of needs. He argued that everyone drives toward self-actualization. The needs include physiological needs, safety needs, love/belonging, esteem, and then self-actualization.

-Social-Cognitive Theory

Key thinker is Albert Bandura. Theory emphasizes how behavior, cognition, and the environment influence our personalities.