PERSONALITY PSYCHOLOGY: FOUNDATIONS AND FINDINGS is an evidence-based text with integrated cultural references and excellent coverage of the key building blocks of the subject matter—namely, the “foundations” (traits, genetics, self and identity, neuroscience, intrapsychic aspects, regulations and motivation, and cognition as it applies to the human personality) and the “findings” (the cutting edge research in each of these areas in which personality psychologists are actively engaged every day).

**Pedagogy**

- **Opening Chapter:** Each chapter begins with an eye-opening study to make students curious about the topic of the chapter.
- **Special Research Methods Illustrated Section:** The authors have integrated research methods into Chapters 1 through 11.
- **Then and Now:** Chapters 1 through 11 include this feature that presents an in-depth view of a research method or paradigm over time.
- All chapters feature a special *The Personality of Everyday Life box*, and include margin exercises titled SEE FOR YOURSELF to help students experience, apply, and ultimately make sense out of the findings discussed in the text.

**Instructor Resources**

- Instructor’s Manual
- MyTest
- Test Item File
- PowerPoint Presentations
- Image Bank
**Brief Contents**

Chapter 1  Who Am I? Understanding the Building Blocks of Personality  
Chapter 2  Personality Traits: A Good Theory  
Chapter 3  Personality Traits: Practical Matters  
Chapter 4  Personality Assessment  
Chapter 5  Intrapsychic Foundations of Personality  
Chapter 6  Self and Identity  
Chapter 7  Genetics  
Chapter 8  The Neuroscience of Personality  
Chapter 9  Regulation and Motivation: Self-Determination Theory  
Chapter 10 Cognitive Foundations of Personality  
Chapter 11 Gender and Personality  
Chapter 12 Sexual Orientation: An Integrative Mini-Chapter

**Chapter Content Summary**

- Chapter 1 - A discussion of the Canadian Psychological Association research guidelines  
- Chapter 2 - A profile of Ryan Gosling and current research on personality models (e.g., the HEXACO model) proposed by researchers from the University of Calgary and Brock University  
- Chapter 3 - Canadian studies on personality and social media  
- Chapter 4 - Research conducted on the influence of the Big Five personality traits in the workplace  
- Chapter 5 - Research conducted at the University of British Columbia’s Okanagan campus on false memories  
- Chapter 6 - Cross-cultural psychology research  
- Chapter 7 - A study conducted in Laval, Quebec about genetics and aggressive behaviour in children  
- Chapter 8 - Research on sensation-seeking behaviours and psychopathy  
- Chapter 9 - A more detailed description of Bandura’s theory, a French version of a personality scale, and a study done in Quebec using path analysis to study job burnout  
- Chapter 10 - Canadian media coverage and research on learned helplessness  
- Chapter 11 - Research on gender differences in spatial memory and mathematical abilities in Canadian universities  
- Chapter 12 - An overview of attitudes, tolerance, and political stances in Canada on LGBTQ individuals