

Activity #4: Personality Changes or Stability

As we get older, do you think our personality changes? Or are our personalities stable across the life span? Another alternative could be that some components of our personalities change, while others remain the same. For this activity, you are to interview one adult, who is older than the age of 40.

Focus your interview with your participant on the following topics:

- Ask about his or her view of his or her personality from when he or she was a kid, an adolescent, young adult, and now. If the individual is older than middle-aged, ask about his or her personality in middle-age as well. **(2 points)**
- Have your participant describe his or her personality in these age groups. Ask him or her about whether he or she believes that his or her personality has changed or stayed the same throughout the years from childhood to his or her current age. **(3 points)**
 - Make sure he or she provides specific examples. For example, if he or she believes that his or her personality has changed from being a kid through young adulthood, ask him or her how he or she can be certain. On the other hand, if he or she does not believe that his or her personality has changed, also ask him or her how he or she can be certain.

In a 2 to 3 page (double-spaced) essay, include answers to these topics, while also reflecting on:

- Whether you believe that your personality has changed from when you were a kid and/or an adolescent. **(3 points)**
 - Provide specific examples to support your view.
- Compare or contrast your views versus your participants. If you both had the same views, you would just compare your answers. Any differences in your views should also be discussed. **(5 points)**
- Incorporate a theory of personality or theories that you believe best fits your description and your participant's description of personality. **(7 points)**

Your essay should be between 2-3 pages, double-spaced. Title and references do not count toward the page total. Be sure to use at least one reference and one citation – your paper should be in APA style. It might be easy to incorporate the citation or citations when you make conclusions about the theory of personality or theories that you believe best fits your views and the views of your participant. Failure to do so will result in point reductions. Submit your essay to the appropriate **Assignment** folder.

Save your paper in the following format: “LastNameFirstName-Activity4” (do not use quotations). For example, if your name was Jane Smith, you would title your paper as “SmithJane-Activity4.”

Points: 20