

IAL1203 Personality Improvement and Grooming

Unit 1: Introduction to Personality
Improvement and Grooming

A decorative graphic consisting of several horizontal lines of varying lengths and colors (teal, white, and light blue) extending from the right side of the slide.

Today's Topics

- **What is Personality?**
- **The composition of Personality**

What is Personality?

- Personality can be defined in different ways, depending on whether we focus on the individual or on people in general.



What is Personality? (cont.)

- We can define personality in terms of *individual differences* — that is, the range of different styles of thinking, feeling and acting.
- Just as human beings can differ a great deal in terms of their physical traits (height, weight, hair, and so on), they also differ in terms of mental and behavioral traits.
- For example, some people are noticeably talkative and outgoing while others are noticeably quiet and reserved.
- Such differences and variations are seen everywhere throughout the human population.

What is Personality? (cont.)

- If we focus on the personality of a specific individual, we can define it as that person's particular set of enduring *dispositions* or long-term tendencies to think, feel and act in particular ways.
- We're not talking about specific actions being repeated again and again, like compulsive hand-washing, but about overall .
- It is about overall *patterns, tendencies, inclinations*

What is Personality? (cont.)

- *“Your personality style is your organizing principle. It propels you on your life path. It represents the orderly arrangement of all your attributes, thoughts, feelings, attitudes, behaviors, and coping mechanisms. It is the distinctive pattern of your psychological functioning—the way you think, feel, and behave—that makes you definitely you.” — by Oldham and Morris.*

Dimensions of Personality

Energy

Direction: positive-negative attitudes

Values

Depth: Manners-Behavior-Character-Personality-Individuality

Consciousness: physical-vital-mental development

Strength

1. Energy

- This is a subjective measure of the strength or intensity of personality which is very tangible to observation and experience but extremely difficult to define and measure.
- Great personalities in politics, business and even in the arts are almost invariably described as 'high energy' people.
- Personality theory needs to identify the source and determinants of that energy. It needs to distinguish between qualitative differences in the type of energy observed.

2. Direction

- This refers to whether the person's attitudes, motives, intentions and actions are positively or negatively related to the welfare and well-being of other individuals and society.
- In common parlance, whether the person is 'good' or 'bad'.
- Sherlock Holmes and Dr. Moriarty are both depicted as well-formed high energy, mental characters, yet they dedicate their lives and direct their energies in diametrically opposite directions. Goodwill is an expression of positive direction.

3. Values

- This refers quite literally to what is most important or valuable to a person.
- If direction is a horizontal measure of good vs. bad, values are a vertical measure of higher vs. lower. Selflessness is high, selfishness as a central motivating force is low.
- This vertical dimension expresses at all three levels of consciousness. Thus, idealism, honesty, integrity, self-respect, self-reliance and self-giving are high mental values.
- Loyalty, courage and generosity are high vital values.
- Cleanliness, punctuality and efficiency are high physical values.

4. Depth

- Human personality can be viewed as an onion skin of many layers from surface behavior to inner depths -- including
- *Manners -- Behavior -- Character -- Personality -- Individuality*
 - *Manners*
 - Superficial, external forms of formalized response, a subset of social or interpersonal skills.
 - *Behavior*
 - The capacity of a person for directed activities based on conscious understanding and intensity.

4. Depth (cont.)

- *Character*
 - The fixed attributes reflecting values that have become fully organized, internalized, fixed and subconscious.

- *Personality*
 - The capacity for expansive or creative initiative that transcend the limitations imposed by character, society or personal experience.

- *Individuality*
 - A center of uniqueness, quite independent of social conditioning, personal experience and character.

5. Consciousness

- This refers to the relative development and predominance of the physical, vital and mental parts or levels of consciousness.
 - *Physical*
 - Consciousness related to the body, physical needs and material things, which is fixed, inflexible and gives credence only to the here and now.
 - *Vital*
 - Consciousness related to the nervous and emotional, the centers of energy, sensations, feelings, desires and urges.
 - *Mental*
 - Consciousness related to the ideas and ideals, the capacity for thinking, analysis, understanding, organization and planned initiative.

6. Strength

- This factor is difficult to describe or measure, but differences in the size and intensity of personality can be readily perceived in some instances, especially when one is in the presence of a towering personality.
- Every individual have their own characteristic level of intensity which is distinct from the vital or mental energy that they express and may best be represented by their overall capacity to change or influence the people with whom they relate and the environment within which they live.

Composite view of Personality

- These six dimensions combine and interact with one another in complex ways to form the web and woof of human personality.
- It may be helpful to think of human personality as a point or small three dimension object in space.
- Our trajectory for growth is to expand from that point in multiple dimensions to become a sphere.
- The point is present level of personality formation with limited knowledge, capacity, power and enjoyment.
- The sphere is our greater, true being which is potentially as vast as the whole universe and infinite in knowledge, capacity, power and joy.

Today's Activities

- Pick the name of your buddy
- How do you think about his/her personality as follows:-
 - Energy
 - Direction: positive-negative attitudes
 - Values
 - Depth: Manners-Behavior-Character-Personality-Individuality
 - Consciousness: physical-vital-mental development
 - Strength
- Tell me about your strength and weakness? (2-3 each)

Semester's Activities & Rules

Thursday look requirements:

- Uniform
- Good looking with proper make up and hairstyle

Everyday look requirements:

- Student's uniform
- Good looking with proper make up and hairstyle
- No flip-flop, jeans and shirt

| Activities | Marks |
|---------------------------------------------------------------------|--------------|
| • Attendance | 10% |
| • Midterm Exams | 20% |
| • Final Exams | 30% |
| • Everyday look | 5% |
| • Make up & Hairstyle presentation | 10% |
| • Good looking as professional tour guide in Northern Thailand Trip | 10% |
| • Thursday look with classroom participation | 15% |