



ALMA MATER STUDIORUM  
UNIVERSITÀ DI BOLOGNA

DIPARTIMENTO  
DI PSICOLOGIA  
"RENZO CANESTRARI"

## PhD Program in Psychology

### Seminar "Personality Research: Applications in Various Fields"

**Prof. Theo A. Klimstra**

Eliot-Pearson Department of Child Study and Human Development  
Tufts University, Medford, MA, USA

03/06/2025, 9:30 – 12:30

Aula E - Piazza Aldo Moro, Cesena

#### Abstract

The study of personality is often thought as something that is (a) primarily useful for personality psychologists and not to most people outside of that discipline, (b) rather narrow in focus by putting a lot of emphasis on "traits", and (c) not particularly dynamic because of wide held beliefs that personality doesn't change. However, none of this is true! The goal of this workshop is to challenge widespread myths about what personality science is about. We will cover how personality does indeed include so-called traits, but also goals and motives as well as a narrative identity, and briefly discuss how these different aspects of personality can be studied. In addition, an overview of the knowledge stability and change in personality across the lifespan is provided. In the last part, participants are invited to contribute to finding applications of knowledge from the field of personality science for their own work or for the work in their discipline.

**Reading:** McAdams, D. P. (2015). Three lines of personality development: A conceptual itinerary. *European Psychologist*, 20, 252–264.