

1. Record Nr.	UNINA9910453393403321
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Titolo	Test yourself : personality and individual differences // Dominic Upton and Penny Upton ; multiple-choice questions prepared by Daniel Kay
Pubbl/distr/stampa	Exeter : , : Learning Matters, , 2011
ISBN	0-85725-663-7
Descrizione fisica	1 online resource (128 p.)
Collana	Learning through assessment Test yourself ... psychology series
Disciplina	155.2
Soggetti	Personality tests Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover; Contents; Introduction; 1 - Individual differences psychology: an introduction; 2 - Personality: evolutionary, physiological and trait approaches; 3 - Genetics and environment: a view of individuality and uniqueness; 4 - Personality: a reflection on physical health; 5 - Intelligence and individual differences; 6 - Personality development across the lifespan; 7 - Human motivation and variation; 8 - Deviations: personality traits, mental health and disorder; 9 - Moving forward: individual differences psychology; Writing an essay: a format for success; Scoring methods in MCQs; MCQ answers
Sommario/riassunto	Essential learning and practice through assessment for all undergraduates with a personality and individual differences psychology component to their course.