The LEAD Graduate School and the Hector Research Institute of Education Sciences and Psychology at the University of Tübingen invite you to attend the lecture by

Prof. Dr. Mathias Allemand
University of Zurich

Personality Change Matters: Long-Term Effects from Adolescence to Adulthood

Friday, July 13, 2018, 10:15 hrs
Hector Research Institute of Education Sciences and Psychology, seminar room, Europastraße 6, 72072 Tübingen

Abstract: Longitudinal evidence shows that personality traits predict important life outcomes such as health, wealth, and social relationships. For example, meta-analytic work demonstrated that the magnitude of the long-term effects of personality traits on mortality, occupational attainment, and divorce are indistinguishable from the effects of socioeconomic status and cognitive ability on these outcomes (Roberts, Kuncel, Shiner, Caspi, & Goldberg, 2007). An important follow-up research question is whether personality trait change also matters. One of the first studies examining predictive effects of personality change has shown that changes in neuroticism and extraversion alter mortality risks in old age (Mroczek & Spiro, 2007). This talk aims to provide empirical evidence for long-term effects of personality change. It discusses the development of three specific personality traits across adolescence, reports the predictive effects of personality change for important life outcomes including health, love, and work in adulthood, and discusses practical implications.

Biography: Mathias Allemand directs the Differential Healthy Aging Lab at the Department of Psychology of the University of Zurich, Switzerland, and he co-directs the Within-Person Health Activity Analytics Lab at the University Research Priority Program “Dynamics of Healthy Aging”. He earned his Licentiatus Philosophiae (master’s degree) in psychology from the University of Bern, Switzerland, in 2002. He earned his Doctor Philosophiae (PhD) in life-span developmental psychology from the University of Zurich in 2007. Allemand’s primary research interests are in four interrelated areas: (1) personality development across the life-span, (2) personality dynamics in everyday life, (3) personality assessment in the laboratory and in everyday life, and (4) personality intervention and coaching. His primary interests in the area of long-term personality development across the life-span are in the understanding of the predictors, patterns and outcomes of personality change, plasticity, and development, and the mechanisms that affect these patterns. His research concerning short-term personality dynamics is focused on identifying change and stabilizing processes underlying personality development in everyday life contexts. He is interested in the assessment of personality in everyday life contexts as a complement to traditional assessment methods in laboratory settings. His final research area combines theoretical knowledge with practical applications to develop evidence-based personality-informed interventions and digital coaching programs.

Important Publications: