

San José State University
 Department of Psychology - Psyc 139, Personality & Culture, Summer 2026
FINAL SCHEDULE AND ITINERARY

Week Lesson Module	Topics & Activities, Excursions	Readings (all on Canvas) Homework/Field
Pre-departure: June 1, Mon	Introduction and Course Syllabus (asynchronous Canvas Lecture 1: Intro to Personality & Culture - Zoom, posted by 10am)	100 Phrases Every Beginner Must Know Travel Survival Italian Course, Online How to pronounce every Italian sound Going to Italy? Learn these 11 words first! Eating Out in Italy
Predeparture: June 2, Tue	What is Personality? (asynchronous Canvas Lecture 2: What is Personality? - Zoom, posted by 10am)	Introduction to Personality Psychology (King on YouTube) Personality & Culture (Oishi YouTube)
Pre-departure: June 3, Wed	What is Culture? (asynchronous Canvas Lecture 3: Personality & Culture, Triandis - Zoom, posted by 10am)	Triandis & Suh 2003 Burton et al., 2021
Pre-departure June 4, Thur	Culture and Personality (asynchronous Canvas Lecture 4: Non-Western Personality Theories - Zoom, posted by 10am)	Feist et al. (2025) Non-Western Theories of Personality 2-page Reflection on Feist lectures 1-2, King and Oishi videos
Pre-departure, June 5, Fri	Going Abroad and Personality Change (asynchronous lecture, Zoom, posted by 10am)	Studying & Living Abroad and Personality Change Zimmerman & Neyer (2013) (selected pages)
Pre-departure: June 6, Sat		2-page discussion/reflection on Lectures 3 and 4 and Readings (Triandis, Burton, Feist, Zimmerman)
DEPARTURE June 7, Sun	DEPARTURE FOR ITALY	
June 8, Mon	Welcome to Italy! We hope your travel was smooth and you were able to rest. Remember, travel days are hard, so hydrate and eat! We'll see you at Naples Capodichino Airport, then bus to Sorrento. Free time in Sorrento	
June 9, Tues	Student Orientation Free day in Sorrento and Positano	
June 10, Wed	Agerolo and Amalfi day trip	
June 11, Thur	Pompeii Guided Tour Transfer to Ischia Welcome Dinner	Read Living Abroad & Creativity <ul style="list-style-type: none"> • Maddux & Galinsky (2009)
June 12, Fri	Half-day in Procida - free time for lunch	

	Return to Ischia Bus tour of Ischia + dinner in local restaurant	
June 13, Sat	Immersive cooking course at Ischia Hospitality School Guest lecture with nutritionist	Read Bicultural Identity & Personality <ul style="list-style-type: none"> • Benet-Martinez & Haritatos (2005) • Ramirez-Esparza et al. (2006)
June 14, Sun	Yoga session and thermal park	
June 15, Mon	Class in Hotel, 9 to 10:30am Afternoon free time to refocus, rejuvenate, reflect (optional: conduct your interview)	Two-page reflection/critique (strengths/weaknesses) and discussion questions from living abroad and creativity and bicultural identity and personality articles (turn in on Canvas)
June 16, Tue	Hiking the Castle of Aragon w/ guided tour Group lunch + discussion Afternoon free time	Discuss Living Abroad and Creativity and Bicultural Identity and Personality Papers (Maddux & Galinsky, Benet-Martinez, and Ramirez-Esparza)
June 17, Wed	Pasta factory visit and Napoli	
June 18, Thur	Capri day trip	
June 19, Fri	Thermal park 13:00-18:00	
June 20, Sat	Boat tour of Ischia Farewell Dinner	
June 21, Sun	Check out of Ischia hotel Transfer to Naples Check into hotel in Naples	
June 22, Mon	Program concludes Departure to airport	