

STUDY GUIDE



# Behaviour Profiling

SHORT COURSE

# HOW TO WORK THROUGH THIS COURSE

Over the following pages, you will move through a logical, self-paced learning experience that can enlighten and educate you in Behaviour Profiling.

It is important from the outset to understand that learning about something is not the same as just reading about it. Learning implies a permanent change in what you know and can do.

Anyone can read a book and understand it; but for most people the detail of what you read is largely forgotten.

Reading something once only puts information into short-term memory. It is soon lost if you don't 'work' on it. Studying the same information takes longer, but by thinking about it and processing it you can transfer that information to long-term memory. This way, you will enhance your ability to recall and apply that information for years to come. If you take your time to work through the 6 lessons that follow, you will learn.

## HOW DOES THIS COURSE WORK?

**WATCH THIS VIDEO FIRST**

<https://vimeo.com/441179158>

## Read, Reflect, Research, Revise

Throughout the following pages, you will find not only things to read about, but also things to do:

1. Throughout each lesson, there are suggestions of things to do under the headings "Learn More". These are all sorts of ideas about things you can do in order to explore the subject further.
2. At the end of each lesson, there are Lesson Review Questions for you to undertake. When you click on this, your computer needs to be online. You will be taken to our cloud-based online school. The answers you choose will be evaluated immediately, and your results can be seen on completion of each test. You can return and repeat tests if you wish.

Undertaking these tasks will involve reflection, research and revision of the topics you read about. By repeatedly encountering each topic in different ways, your perspective on each subject will broaden, and the commitment of information to longer term memory will strengthen.

You don't need to undertake all of the suggested tasks if you don't want to; but we strongly recommend that you do some in each lesson, and that you answer all of the Lesson Review Questions.

The more time you spend doing these things, the stronger your learning will be.

## Completing the Course

After completing all 6 lessons you will be presented with a final set of Lesson Review Questions which can also be undertaken online.

Do not attempt to do this until you have worked through all 6 lessons, and feel like you have learnt the subject well.

Upon finishing this final assessment you will immediately see your final results, and you can save a pdf copy of those results as a "Certificate of Completion".

## Welcome Audio

Click the button below to listen to the welcome audio for this course. This feature is supported by most computers and some mobile devices.



# THE CONTENTS OF THE COURSE

---

<b>LESSON 1 INTRODUCTION</b>	<b>5</b>
What is profiling?	6
Personality	7
Types of profiling	8
When and why do we carry out profiling?	12
How profiling is done	13
Lesson 1 additional reading	15
Types of serial killers	15
Psychopaths	16
But why do murderers kill?	16
Who commits murder?	16
Murder statistics	18
Review what you have been learning	19
<b>LESSON 2 HOW TO PROFILE SOMEONE</b>	<b>20</b>
Profiling techniques	21
Putting it all together	25
Lesson 2 additional reading	26
Psychological testing in recruitment – how good is it?	26
Personality testing in recruitment	27
Review what you have been learning	28
<b>LESSON 3 INTERVIEWS AND QUESTIONNAIRES</b>	<b>29</b>
Psychological screening	29
What is an interview?	30
Planning an interview: structured or unstructured	31
Components of a profiling interview	33
What can go wrong?	43
Dealing with interview data	44
Lesson 3 additional reading	45
Competency based interviews in recruitment	45
Non-verbal behaviour	45
Active listening and SOLER	47
Review what you have been learning	48

<b>LESSON 4 BEHAVIOURAL ASSESSMENT</b>	<b>49</b>
The abc model	49
Traditional vs behavioural assessment	50
Different applications of behavioural assessments	52
Behavioural assessment techniques	53
Problems with behavioural assessments	56
Lesson 4 additional reading	57
Functional analysis	57
More on behavioural assessments	57
Methods of behavioural assessment	57
The focus of assessment	57
Analysis of problem behaviour	58
Review what you have been learning	59
<b>LESSON 5 CLASSICAL ASSESSMENT TESTS</b>	<b>60</b>
The nature of traditional assessment tests	60
Reliability and validity of psychological tests	68
Lesson 5 additional reading	70
More on Wechsler intelligence scales	70
Subtests	70
Review what you have been learning	72
<b>LESSON 6 WHAT COMES NEXT?</b>	<b>73</b>
Applications for profiles	73
How & where to use a profile	74
Ethics of profiling	76
Problems with profiling	76
The future of profiling	77
Lesson 6 additional reading	78
Profiling – a summary	78
Review what you have been learning	79
Final assessment	80

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# LESSON 1 INTRODUCTION

A profile of an individual at its most basic is an outline of what a person is really like in terms of their personality traits and characteristics. The most widely known form of profiling is that which is used to assess criminal behaviour. This is largely due to the popularity of TV shows and books which include criminal profiling.

When we hear the term “psychological profiling”, we often assume it is in relation to criminal behaviour, however profiling can be used for a wide range of reasons, such as:

- Assessing a person’s suitability for a specific role or profession.
- Determining a specific characteristic in a person, such as intelligence or neuroticism.
- Determining someone’s personality.
- Determining a person’s mental health state.

- Diagnosing clinical conditions.

We often also see tests online and in magazines that are termed “psychological tests”, purporting to tell you the type of person you are by answering a few questions. Whilst these may be based upon some known pattern of traits, determining an individual’s profile is much more involved than this, and such tests only provide an indication at best.

In light of its media and television popularity, psychological profiling has become well-known and accepted over recent years.



**Whilst psychological tests may be based upon some known pattern of traits, determining an individual’s profile is much more involved than this**

## Suggested Tasks: ▼

*Throughout this course you will be provided with suggested tasks and reading to aid with your understanding. These will appear in the right hand column. Remember: these tasks are optional. The more you complete, the more you will learn, but in order to complete the course in 20 hours you will need to manage your time well. We suggest you spend about 10 minutes on each task you attempt, and no more than 20 minutes.*

## LEARN MORE >>>

### Suggested Tasks

Consult any lifestyle magazines you may have or look online and search for questionnaires relating to personality, relationships, intelligence, and so forth. There are many of these ‘pop psychology’ quizzes you might find, such as:

- Who is my ideal partner?
- Are you a psychopath?
- How smart are you?

Look at how the questions are phrased.

## WHAT IS PROFILING?

Profiling is essentially building up a picture of an individual's characteristics such as likely behaviours, attitudes, personal traits, unique skills or capabilities, and so forth in relation to norms of the general population. It is an assessment carried out by a skilled psychologist, using techniques and tools from psychology to learn general and specific facts about a person. In other words, a profile is a comparison of one person's traits and behaviours to those of everyone else. It is a picture of how similar or different someone is, how well or poorly they perform, on a range of characteristics in relation to the average scores and performances of the general population.

A profile is sometimes referred to as a profile analysis. It can be simply represented as a graph of scores achieved by an individual on a particular test or group of tests, or it could be presented as a general summary of a person's traits and behaviours. The psychologist aims to find out how the person functions and also, through understanding the person's traits and characteristics, it is possible to predict how they might behave and function in future situations. For instance, if a profile indicates that someone has good problem-solving and leadership skills then we might assume that they would be able to cope well in a managerial role.

Assessments are usually used as a point of diagnosis or classification. They may place a person into a loose or strict definition of a specific category of people, for example, neurotic, extrovert, or introvert. This allows us to understand what they are like in general and assess other relevant characteristics based on people that

are similar to them. For example, one way of categorising people's personality types is as a type A (uptight) or type B (easy-going). If we determine that a person has Type A behaviour through assessment, we will then determine that they are likely to show certain behaviours usually associated with people with Type A behaviour, such as competitiveness, occasional aggressiveness, occasional hostility, liking control, perfectionism, a constant sense of time urgency, and so on.



**Profiling is when an assessment is carried out by a skilled psychologist, using techniques and tools from psychology to learn general and specific facts about a person.**

## ADDITIONAL READING >>>

Conduct an internet or library search to find out more about psychological profiling.

Try searching for “what is a psychological profile?” and “what are psychological profiles used for?”  
Make notes.