

Fall 2019
PSYCHOLOGY 1001-3
Psychology of Personal Development

Meeting Time: *Tuesday/Thursday 8:30am-9:25am*
Meeting Place: *Taylor 314*

Instructor: *Diana Sjostrom, Ph.D.*

Email: *dianasjostrom@pointloma.edu*

Office phone number: *619-443-4588*

Office: *Culbertson Hall 106*
Office hours by
appointment only.

I. Catalog Description

A first-year introduction to issues and various theories in psychology which allow students to reflect on their personal social, mental, and spiritual development. The course emphasizes various attitudes and skills which contribute to academic success as well as providing a better understanding of the specific religious and social culture of Point Loma Nazarene University. Discussions, lectures, and small group experiences are the major components of this course. Required of first-year freshmen (those graduating from high school the spring prior to attending PLNU), as well as transfer students with fewer than 24 transferable units. All other transfer students are required to take PSY 1003, General Psychology. Letter Graded

II. The Relationship between PSY 1001 and other College Curricula

This course is also one of the components of the General Education Program at Point Loma Nazarene University, under the category of "Developing Cognitive Abilities." By including this course in a common educational experience for undergraduates, the faculty supports the pursuit of personal awareness and skill development; focusing on the analytical, communicative, and quantitative skills necessary for successful living in modern society.

III. Course Learning Outcomes

Students will be able to...

- Describe self development to date using psychological tools
- Identify critical thinking and abstract thinking as tools for college success
- Discover social and cultural blocks to successful college and life experience
- Detect tools to resolve social and cultural blocks to successful college and life experience
- Detect alternative ways of thinking
- Develop curiosity about yourself as a stimulus to learning to learn
- Identify Psychology as a resource for learning and solving academic, personal, spiritual, and cultural problems

IV. Textbooks

Peck, S. (1978). *The Road Less Traveled*. NY: Simon & Schuster.
Pipher, M. *Reviving Ophelia*. NY: Random House.
Real, T. *I Don't Want To Talk About It*. NY: Scribner Press.

V. Grading

Your final course grade will be composed of the following:

Autobiography	25.0%	90 points
Small Groups	12.5%	45 points
Exam 1	12.5%	45 points
Exam 2	12.5%	45 points
Exam 3	12.5%	45 points
Exam 4 (Final)	12.5%	45 points
Class Papers/Quizzes/Other	12.5%	45 points
	100%	360 points

Grade scale:

		A	93-100%	A-	90-92.99%
B+	88-89.99%	B	84-87.99%	B-	80-83.99%
C+	78-79.99%	C	74-77.99%	C-	70-73.99%
D+	66-69.99%	D	60-65.99%	D-	50-59.99%
		F	0-49.99%		

Your autobiography will be graded according to the following:

Spelling, Grammar = 10 points

Telling the story

Effort/Coverage = 30 points

Creativity = 20 points

Interpreting the story

Effort/Coverage = 15 points

Insight = 15 points

All students are expected to meet the standards for this course as set by the instructor. However, students with learning disabilities who may need accommodations should discuss options with the Academic Support Center (ASC) during the first two weeks of class. The ASC will contact professors with suggestions related to classroom needs and accommodations. Approved documentation must be on file in the ASC prior to the start of the semester.

VI. Attendance

The faculty members strongly believe that you should be exposed to all elements of PSY 101. On the other hand we realize that you might have to miss class for an emergency operation, death in the family, or some other calamity. Therefore, you are allowed 2 absences each from small group and section classes without penalty. For each absence above 2 absences you will lose 5 points from your course grade. For example, if you missed 2 small groups and 3 classes, you would lose 5 points from your semester grade. If you missed 3 small groups and 4 classes you would lose 15 points from your semester grade. This may not seem like a large amount but it almost always results in a significant lowering of your grade according to the grading policy.

The only excused absence occurs when you miss class due to a college-sponsored activity (approved in writing by the Academic Dean). Excused absences for serious illness (hospitalization) and other calamities are up to the discretion of the section professor. *If you miss more than six sessions (any combination of absences from small group and section classes), which is the equivalent of one and one-half weeks of classes, you may be de-enrolled from this course according to catalog policy.* It is strongly recommended that you save your penalty-free absences for circumstances beyond your control (illness,

out-of-town weddings, family reunions, and so on). Most importantly, please remember that your attentive attendance in class contributes significantly to the academic environment at PLNU.

Students not present for a test will receive 0 points on the missed test. *If a student cannot take a test due to extreme circumstances beyond their control the professor needs to be notified prior to the examination.* If the professor is unavailable you need to email or voicemail the professor prior to the examination. If you notify the professor prior to the examination you *might* be excused.

VII. Policy on electronic devices

In addition to the focus on each student's "story," another aspect of PSY 101 is to introduce freshmen to the college experience. A student's classroom contribution is vital to the academic environment at Point Loma. Classroom contribution is more than just asking thoughtful questions, it also involves respectful attention to what others are saying. This is not only good because what is being said might be on a test, but it is also just a common courtesy. Although it does not need to be said to most college students, texting or listening to one's iPod detracts from the classroom environment. *In PSY 101 students are not permitted to use their laptop computers, cell phones, or iPods during class.* We doubt that this will be a problem, but first-time violation of the policy will result in a 1% reduction in a student's overall PSY 101 grade, and each subsequent violation will result in a 3% reduction in a student's overall PSY 101 grade.

VIII. Small Group Grade

On the next page you will see the composition of your small group grade. During week 6 you will be given a mid-term grade by your small group leader. This grade will be given to your section professor for your review. This is not your final small group grade but a preliminary check to ensure that you are completing all assignments required of you. Your final small group grade will be given to your section professor the last week of classes.

Please note that we require you to have a daily planner. If you don't already use one, the planner is especially helpful juggling courses, social activities, and tests etc. as you transition.

We also require that you become involved with a formal social activity on campus as soon as possible. This can include cov groups, intramurals, musical groups, a varsity sport, cheer, departmental organizations, and so on.

In addition, you will receive credit for visiting your academic advisor. This is usually done during registration for next semester's courses. However, we encourage you to make a meeting with your academic advisor sooner to introduce yourself and ask any questions that you might have about your academic/life journey.

PLNU Mission ★

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

FINAL EXAMINATION POLICY ★

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

NOTE: The following policies are to be used without changes:

PLNU COPYRIGHT POLICY ★

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY ★

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY ★

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY ★

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.

Small Group Grade Sheet

Freshman's name: _____ Professor: _____

Small Group #: _____ Leader (first & last name): _____

Section #: _____

SMALL GROUP ATTENDANCE

of Small Group Absences: _____ Points

- 0 absences = 0 points
- 1 absences = 0 points
- 2 absences = 0 points
- 3 absences = -5 points
- 4 absences = -10 points
- 5 absences = -15 points
- 6 absences = -20 points
- 7 absences = disenrollment

SMALL GROUP PARTICIPATION

- Letters/Reports to Small Group Leader
(Every other week = 8 weeks @ 3 points each = 24 possible points.)

24 - (# of letters missed x 3) = _____ Points

- Effort/Attitude as participant in Group (freshman rates this element)

I have done my best to help make my small group a "community of love."

(Circle one) 1 2 3 4 _____ Points

"TRANSITION TO COLLEGE" ACTIVITIES

- Use of "Daily Planner" or Calendar _____ Points
(show use of calendar to small group leader; possible 5 points)

- Join/Participate in a PLNU club or group _____ Points
(possible 7 points)
Name of group (including athletics) or club: _____

- Meet with your academic advisor _____ Points
(possible 5 points)

(45 possible points) TOTAL POINTS =

Segment	Week of	Tuesday	Thursday
<i>Growth and Religion</i>	9/2/19	NO CLASS	Syllabus and Intro
<i>(World View)</i>	9/8/19	Peck: pp. 185-225	Peck: pp. 225-232
	9/15/19	Group 1	Group 2
	9/22/19	Flexible Material and Review	Test 1
<i>Discipline</i>	9/29/19	Peck: pp. 15-50	Peck: pp. 51-77
	10/6/19	Dead Poets Society	Dead Poets Society
	10/13/19	Letter to Dead Poets Society	Review
	10/20/19	Test 2	
<i>Love</i>	10/27/19	Peck: pp. 81-111	Peck: pp. 112-160
	11/3/19	Group 4	Peck: pp. 160-182
	11/10/19	Redeeming Love	Group 5
	11/17/19	Review	Test 3
<i>Grace</i>	11/24/19	Peck: pp. 235-271	Thanksgiving Break
	12/1/19	Peck: pp. 271-289	Group 6
	12/8/19	Group 7 (Autobiography Due)	Peck: pp. 289-311
	12/15/19	Final Exam on Tuesday 12/16 7:30am-10am	

<i>Sjostrom</i>	PSY1001	Fall 2019
Groups		
Group 1	Reviving Ophelia	Chap. 1+2
Group 2	I Don't Want to Talk About It	Chap. 1+2
Group 3	Reviving Ophelia	Chap. 9+10
Group 4	I Don't Want to Talk About It	Chap. 3+4
Group 5	Reviving Ophelia	Chap. 10
Group 6	I Don't Want to Talk About It	Chap. 8
Group 7	Reviving Ophelia	Chap. 11