

**“Life is difficult.  
This is a great truth, one of the greatest truths.  
It is a great truth because once we truly see this truth, we transcend it.  
Once we truly know that life is difficult-once we truly understand and accept it-  
then life is no longer difficult.  
Because once it is accepted, the fact that life is difficult no longer matters.”**  
— M. Scott Peck: The Road Less Traveled

## Faculty

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Kendra Oakes Mueller, Ph.D.  
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Please note: Contact Dr. Kendra Oakes Mueller for administrative issues related to the course.

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### 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.

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#### Foundational Explorations Mission

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

### INSTITUTIONAL LEARNING OUTCOMES ☼

1. **Learning, Informed by our Faith in Christ**

Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

2. **Growing, In a Christ-Centered Faith Community**

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.

**Serving, In a Context of Christian Faith**

Students will serve locally and/or globally in vocational and social settings

### COURSE DESCRIPTION ☼

**Catalogue Description:  
PSY 1001: Psychology of Personal Development**

Introduction to theories and issues in psychology as these relate to the student's own level of need to develop socially, mentally, and spiritually. Attitudes and skills which contribute to academic success; specifically understanding Point Loma as an academic, religious, and social culture have special focus. Colloquium, lectures, and small group laboratory experiences are used. Required of all first year freshman or transfer students with less than 24 semester units. All others should take PSY 1003 to fulfill general education requirements.

Credits	Course Hours	Meeting Place	Resources
2 Semester Units	11:00am – 11:50 am Wednesday (Zoom) and Friday (Pre-recorded assignment)	Zoom Canvas	Canvas PSY 1001-7
I Semester Unit	12:30pm-1:20pm Thursday	Zoom	PSY 1001 Small Group Supplemental Syllabus

#### **The Relationship Between PSY 1001 and Other College Curricula**

This course is also one of the components of the Foundational Explorations (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.

#### **Professor/Student Commitment and Expectations**

**As your professor,** I am committed to providing you with a rich and diverse learning environment. My goal is to offer each one of you the chance to learn and grow from this

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course by offering a myriad of learning modalities; both didactic and experiential that are meaningful and related to learning outcomes. I am also committed to ensuring you have a safe, supportive environment to learn, ask questions, engage in discussion and reflect on new knowledge and experience within the context of psychology and personal development; with the outcome of preparing you to have a successful, enriching college experience.

**My expectation** is that you will arrive on time, prepared to engage in a discussion of the day's topic: offering your own thoughts and concerns, ideas and questions based on your reading assignments and experience. I expect you to turn in all assignments on time (a minimum of 10% will be deducted for each day an assignment is late unless prior arrangements have been made with me). I ask that you keep an open mind while exploring topics that may challenge your previously held beliefs. I ask that you make a commitment to the community of learners sharing the course with you and work to support your learning and the learning of your peers.

## Course Specific Policies and Guidelines

### Learning Outcomes

At the completion of this course, students will be able to...

- Express ideas and information to others through written communication
- Express ideas and information to others through oral communication
- 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
- Utilize tools to resolve social and cultural blocks to successful college and life experience.
- Explore 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

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### Required Textbooks and Recommended Study Resources

- Frankl, V. (2006). *Man's search for meaning*. Boston, MA: Beacon Press.
- Peck, M. S. (1978). *The road less traveled*. New York, NY: Simon and Schuster.

**NOTE:** Students are responsible to have the required textbooks prior to the first day of class. Students are also encouraged to begin reading the books in preparation for the class as soon as possible.

*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. All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic*

*use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.*

***“You cannot truly listen to anyone and do anything else at the same time.”***

*-M. Scott Peck*

### **Evaluations Methods**

Your final course grade will be composed of the following:

#### **1. Examinations**

• Lecture Exam 1	12.5%	45 points
• Lecture Exam 2	12.5%	45 points
• Lecture Exam 3	12.5%	45 points
• Lecture Exam 4 (Final)	12.5%	45 points
		<hr/>
		180 points

#### **2. Written Assignments**

• Autobiography	25%	90 points
• Reflection Papers	12.5%	45 points
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		135 points

#### **3. Participation/Attendance**

• Small Groups	12.5%	45 points
• Attendance	See attendance policy	
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		45 points

<b>Total Points Possible:</b>	<b>100%</b>	<b>360 points</b>
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## Grading Scale

Cumulative Score		
<b>A</b>	<b>93%-100%</b>	<b>334.8-360</b>
<b>A-</b>	90%-92.99%	324-334.79
<b>B+</b>	88%-89.9%	316.8-323.9
<b>B</b>	84%-78.99%	302.4-316.79
<b>B-</b>	80%-83.99%	288-302.39
<b>C+</b>	78%-79.99%	280.8-288.99
<b>C</b>	74%-77.99%	266.4-280.79
<b>C-</b>	70%-73.99%	252-265.99
<b>D+</b>	66%-69.99%	237.6-251.99
<b>D</b>	60%-65.99%	216-237.59
<b>D-</b>	50%-59.99%	180-215.99
<b>F</b>	0%-49.99%	0-179.99

**There's a time for daring and there's a time for caution,  
and a wise man understands which is called for.** —John Keating Dead Poets Society

### Canvas

Canvas is the learning management system used at PLNU. It allows professors to deliver course learning materials using an eLearning format. It has many features including document management (course calendars, syllabus, handouts), grading and scoring, assignment uploads and much more. It is easy to use. If you are unfamiliar with how to access and use Canvas, please refer to the Canvas Guides at: <https://community.canvaslms.com/community/answers/guides>

## Examinations and Quizzes

### Examinations

- There will be three exams and a final.
- Exams will cover material in the readings as well as lectures, power points, discussions, videos, films, group work and class activities.
- **The (3) exams** will consist of 25-35 multiple-choice questions and two essay questions.
- 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 must be notified in person, via email or voicemail prior to the examination.
- A make-up test may be permitted at the discretion of the professor.

## Written Assignments

### Autobiography

- The autobiography is your opportunity to reflect on who you are as a person using *narrative psychology* as the framework.
- Here is how one author describes the importance of a person's story:

*"In the realm of narrative psychology, a person's life story is not a Wikipedia biography of the facts and events of a life, but rather the way a person integrates those facts and events internally—picks them apart and weaves them back together to make meaning. This narrative becomes a form of identity, in which the things someone chooses to include in the story, and the way she tells it, can both reflect and shape who she is. A life story doesn't just say what happened, it says why it was important, what it means for who the person is, for who they'll become, and for what happens next."* (Beck, nd).

- It is your opportunity to tell your **story** and reflect on your journey so far.
- **WHAT IT IS NOT:** It is not a summary of where you grew up, where you went to school.....
- **WHAT IT IS:** It is the narrative about what has been important in your story so far, an examination of how your experiences have shaped you, an identification and reflection of the themes you have noted and how it all fits together for who you hope to become.
- In assembling your story, consider the following questions:
  - What gives your life meaning?
  - What have you learned from disappointment/failure/success?
  - What experiences have informed or affected your journey so far?
  - What important lessons have you integrated into your worldview?
  - Can you remember a time when you felt strong/happy?
  - What challenges occurred to threaten that happiness?
    - Were you able to find meaning in those challenges?
  - What are your goals? What are your dreams?
  - What outcomes would you like to see one day?
- Use your creativity and imagination to tell your **story**.  
You may use the following items to enhance the telling of your story:
  - Pictures
  - Drawings
  - Paintings
  - Music
  - Multimedia
- **10% will be deducted per day for any paper turned in late unless previous arrangements have been made with the professor (See Canvas for due date).**
- Formatting:
  - 7-8 pages in length
  - 1" margins, double-spaced, Times New Roman font.
- You will be graded on:
  - Spelling & Grammar (10 points),

- Telling the Story (40 points)
- Effort/Coverage (10 points),
- Creativity (10 points)
- Interpreting the Story (10 points)
- Insight (10 points)

### Reflection Weekly Assignment

Self-reflection is an important aspect of the care and attention we need to give ourselves on a daily basis. Yet our hectic, activity filled lives rarely allow us to sit quietly, reflect and breathe. Reflection provides balance, helps us solve problems, and allows us time to deconstruct, evaluate and change an approach, idea or thought.

#### Directions:

Every other week you will take a few minutes to reflect on a pre-selected question and write at least one double spaced page on your thoughts, feelings, concerns, etc., as it pertains to the prompt.

- **Goal of the reflection:** to encourage self-reflection and self-care for at least one hour each week.
  - It is a place to work out a problem, share an achievement or relate an insight.
- **Submit the paper electronically via Canvas on the assigned Friday by midnight.**

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### Participation and Attendance

#### Class Participation/Discussion

- **Fact:** Learning is an active process.
- **The expectation:** actively engage in class discussion and group activities offering your insights, suggestions, questions, challenges and comments.

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### PLNU ATTENDANCE AND PARTICIPATION POLICY Ⓢ

- Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement.
  - Faculty members strongly believe that you should be exposed to all elements of PSY 1001.
  - Attentive attendance in class contributes significantly to the academic environment at PLNU.
  - It is understood that “life happens” and therefore, a student may miss a class due to circumstances beyond the student’s control (an illness, death, or some other calamity). Be sure to notify your professor if this is the case.
- If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of 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.
- 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 must be notified prior to the examination via email, text, phone prior to the examination. This does not guarantee a re-scheduling of the test. That is up to the discretion of the professor).
- In this course, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies in the Graduate and Professional Studies Catalog](#).
- If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

### **COURSE CREDIT HOUR INFORMATION** ★

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2 unit class delivered over 15 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 75 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

**“The privilege of a lifetime is to become who you truly are.”**

— C.G. Jung

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor.

### **Policy on Electronic Devices**

In addition to the focus on each student’s “story,” another aspect of PSY 1001 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 phone detracts from the classroom environment. *In PSY 1001 students are not permitted to use their electronic devices to text, surf the web, play games, etc. during class time.*

## Small Group

- Each student will be assigned to a small group facilitated by upper classman.
- The group will meet once a week.
- Participation in this group is mandatory.
- During week six a mid-term grade will be assigned by your small group leader.
  - This grade will be given to your section professor for your review.
  - This is not your final grade, but a preliminary check to ensure you are completing all required assignments.
- Final small group grades will be forwarded to the section professor and added to your overall grade for the course.

## Other Requirements:

- A daily planner.
  - A planner is especially helpful juggling courses, social activities, tests etc.
  - Electronic calendar apps are also acceptable. Put in class times and study times. Make study appointments with yourself throughout the week. Include at least 2.5 hours per unit per week for class and study tie.
- Involvement in a formal social activity on campus.
  - This can include ministry groups, intramurals, musical groups, a varsity sport, cheer, departmental organizations, and so on. During this time, involvement make look a bit different. Push yourself to engage and try a new group....even though it may be virtual.
- Meeting with 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.

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## Administrative Information

### 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.

### **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.

See [ADC Academic and General Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

During the first week of class, you will be asked to submit an Academic Honesty Verification Statement. Submitting the statement is a requirement of this course. By submitting the Academic Honesty Verification Statement, you will be verifying all assignments completed in this course were completed by you. Carefully review the Academic Honesty Statement below.

Statement: "In submitting this form, I am verifying all the assignments in this course will be completed by me and will be my own work."

**"If we know exactly where we're going, exactly how to get there, and exactly what we'll see along the way, we won't learn anything."**

• *-M. Scott Peck*

### **Academic Accommodations**

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center, located in the Bond Academic Center ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) or 619-849-2486 for all PLNU undergraduate and graduate students, including students enrolled at the Mission Valley Campus and College of Extended Learning students enrolled in PLNU courses at Community College satellite campuses). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will

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thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

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### **PLNU USE OF TECHNOLOGY ☼**

In order to be successful in the online environment, students need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. If a student is in need of technological resources please contact [student-tech-request@pointloma.edu](mailto:student-tech-request@pointloma.edu).

*Problems with technology do not relieve students of the responsibility of participating, turning in assignments, or completing class work.*

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### **STATE AUTHORIZATION ☼**

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

**Weekly Reading Assignment/Exam Schedule**

	Week of:	Topic	Wednesday	Friday
#1	8/17/20 – 8/21/20	Growth and Religion	Review of Syllabus No reading due today	Peck: pp. 185-208 Watch: The Psychology of Worldview
#2	8/24/20 – 8/28/20	Growth and Religion	Peck: pp. 208-225 Watch Brene Brown at the Washington National Cathedral	Peck: pp. 225-232 Watch Freud Video
#3	8/31/20 – 9/4/20	Growth and Religion	Start Frankl book Watch: The Quest for True Belonging	Exam Review #1 Watch: Cultivating Resilience & Hardwiring Happiness
#4	9/7/20 – 9/11/20	Growth and Religion Discipline	<b>Exam #1</b>	Peck: pp. 11-32 Frankl: Read up to page ____).
#5	9/14/20 – 9/18/20	Discipline	Peck: pp. 32-50	Peck: pp. 51-77
#6	9/21/20 – 9/25/20	Discipline	Frankl: continue reading	Read supplement on Behavioral Therapy <b>Watch Dead Poets at home this week</b>
#7	9/28/20 – 10/2/20	Discipline	Review supplemental Suicide Resources	Dead Poets assignment (handout in class)
#8	10/5/20 – 10/9/20	Discipline	Exam Review #2 Frankl: Read up to page ____)	<b>Exam #2</b>
#9	10/12/20 – 10/16/20	Love	Peck pp. 81-111	Peck pp. 111-139
#10	10/19/20 – 10/23/20	Love	Watch Leslie Gauthier: A Better Way to Talk About Love	Peck pp. 160-182, 312-315 Watch: Humanistic Psychology with Carl Rogers
#11	10/26/20 – 10/30/20	Love	Frankl: continue reading	Exam Review #3
#12	11/2/20 – 11/6/20	Love	<b>Exam #3</b>	Peck: pp. 235-253 Complete Frankl
#13	11/9/20 – 11/13/20	Grace	Peck pp. 253-289	Peck pp. 289-311
#14	11/16/20 – 11/20/20	Grace	PPT: Frankl	Exam Review #4
#15	11/23/20 – 11/27/20	THANSGIVING	<b>Thanksgiving Break</b>	
#16	12/2/20	FINAL	<b>Exam #4</b>	<b>VACATION</b>

*Tell me and I forget. Teach me and I remember. Involve me and I learn. -Benjamin Franklin*

**Weekly Reflection Questions**

Date:	Topic	Question of the Week
08/21/20	Growth and Religion	1. Peck says, "The path to holiness (spiritual growth) lies through questioning everything" (p. 193). What have you questioned on your journey so far? What <i>are</i> you questioning? What do you believe? What do you value?
9/4/20	Growth and Religion	2. Observe closely what goes on within and around you this week and list at least one "miracle" you've seen each day.
9/18/20	Discipline	3. What types of problems are hard for you to deal with? How willing are you to confront these problems in order to change and grow?
10/2/20	Discipline	4. What recent problems have you faced and taken responsibility for?
10/16/20	Love	5. What blocks you from really listening to others?
10/30/20	Love	6. Who has truly loved you? How did they show their love?
11/13/20	Grace	7. What is your understanding of grace? What does it look like in your life right now?



*When I am with a group of human beings committed to hanging in there through both the agony and the joy of community, I have a dim sense that I am participating in a phenomenon for which there is only one word...."glory."*

*-M. Scott Peck*

## PSY 1001 Small Group Grade

Student Name: \_\_\_\_\_  
Small Group # \_\_\_\_\_  
Section # \_\_\_\_\_

Professor: \_\_\_\_\_  
Leader: \_\_\_\_\_

### 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 = de-enrollment

### 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

- Complete Small Group Leader Evaluation Survey \_\_\_\_\_ Points  
(possible 5 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: \_\_\_\_\_

(45 possible points) **TOTAL POINTS = \_\_\_\_\_**