

**PSYCHOLOGY 1001-3:
Psychology of Personal Development
Fall 2022**

Meeting Time: Tuesday/Thursday @ 11:00 a.m.
Meeting Place: RLC 102
Final Exam: Tuesday, December 13th @ 10:30 a.m.-1:00 p.m.
Office Hours: By appointment

Instructor: Makenzie Gilliam
Email: Mgilliam@pointloma.edu

**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.

GE Mission Statement

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 cultures.

Course 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 transferrable units. All other transfer students are required to take PSY 103, General Psychology. Letter Graded

The Relationship between PSY 101 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.

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

Textbooks

Peck, S. (1978). The road less traveled. NY: Simon and Schuster.

Brown, B. (2010). The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are. MN: Hazelden Information & Educational Services.

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	<u>12.5%</u>	<u>45 points</u>
		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

2

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.

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. 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.

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.

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.

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, social activities, and tests etc. as you transition.

3

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

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.

PLNU Academic Accommodation Policy

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. (DRC@pointloma.edu or 619-849-2486). 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 (a) 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 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.

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.

4

PSY101 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 = deenrollment

SMALL GROUP PARTICIPATION

- Eight Letters to Small Group Leader (24 possible points)

of letters missed _____ multiplied by 3 = _____

24 - _____ = _____ Points

EFFORT/ATTITUDE AS PARTICIPANT IN GROUP

- I have done my best to help make my small group a "community of love." (Freshman circles one.)

1: Strongly Disagree

2: Disagree

3: Neutral

4: Agree

5: Strongly Agree _____ **Points** ● Completed Small Group Leader Evaluation Survey (6

points, 3 for each eval) _____ **Points**

"TRANSITION TO COLLEGE" ACTIVITIES

- Use of "Daily Planner" or Calendar (5 points) _____ **Points** (Freshman shows use of Daily Planner or Calendar to small group leader.)

- Join/Participate in a PLNU club or group (5 points)
_____ **Points**

- Name of PLNU club or group (including athletics): _____

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