

**PSYCHOLOGY 1001-10 :**  
**Psychology of Personal Development**  
**SPRING 2023**

Meeting Time: Tuesdays & Thursdays 4:30-5:25pm  
Meeting Place: Liberty Station, RM 203  
Final Exam: TBD

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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.

**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.

Frankl, V. E. 1. (1992). Man's search for meaning: an introduction to logotherapy. 4th ed. Boston, Beacon Press.

**V. Grading**

Your final course grade will be composed of the following:

Autobiography	20%
Small Groups	10%
(4) Exams	40%
Attendance/ Participation	10%
Reflection Papers	<u>20%</u>
	100%

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.

**Attendance**

The faculty members strongly believe that you should be exposed to all elements of PSY 1001. 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 1 absence 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.

If you are going to miss an exam, please give the professor as much notice as possible so that she may schedule a retake. If the professor does not get a 24 hour notice, the student will lose 5% on the retake exam.

### **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 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 for juggling 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 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**

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

**Course Credit Hour**

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 16 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 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

## Course Schedule and Assignments

Section	Date	Reading	Assignment
Growth & Worldview	Thur. 1/12	Syllabus	
	Tue. 1/17	Peck p. 185-208	
	Thur. 1/19	Peck p. 208-225	
	Tue. 1/24	Peck p. 225-232	
	Thur. 1/26	Frankl p. 1-34	
	Tue. 1/31	Frankl p. 34-62	
	Thur. 2/2	Frankl p. 62-93	Reflection #1 Due
	Tue. 2/7		Test #1
Discipline	Thur. 2/9	Peck p. 11-32	
	Tue. 2/14	Peck p. 32-50	
	Thur. 2/16	Peck p. 51-69	
	Tue. 2/21	Peck p. 69-77	
	Thur. 2/23	Dead Poets Society	
	Tue. 2/28	Frankl p. 97-115	Reflection #2 Due
	Thur. 3/2		Test #2
Love	WEEK OF 3/6	Spring Break!	
	Tue. 3/14	Peck p. 81-111	
	Thur. 3/16	Peck p. 111-139	
	Tue. 3/21	Peck p. 140-160	
	Thur. 3/23	Peck p. 160-182; 312-315	
	Tue. 3/28	Frankl p. 116-134	
	Thur. 3/30		Autobiography Due
	Tue. 4/4		Test #3
Grace	Thur. 4/6	Easter Break!	
	Tue. 4/11	Peck p. 235-253	

	Thur. 4/13	Peck p. 253-271	
	Tue. 4/18	Peck p. 271-289	
	Thur. 4/20	Peck p. 289-311	
	Tue. 4/25	Frankl 135-154	
	Thur. 4/27		Reflection #3 Due
	TBD	Final Exam	

\*\*Professor reserves the right to shift or change dates as the semester progresses.

### **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.

### **Use of Technology**

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the Technology and System Requirements information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible) to complete exams online.

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

# 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)  
(Freshman shows use of Daily Planner or Calendar to small group leader.)

\_\_\_\_\_ Points

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

\_\_\_\_\_ Points

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

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