

 <b>POINT</b> <sup>19</sup>  <b>LOMA</b> <sup>02</sup> NAZARENE UNIVERSITY	<b>Department of Psychology</b>  <b>Psychology 1001, Section 11</b>  <b>Psychology of Personal Development</b>  <b>3 units</b>
	<b>Spring 2023</b>

<b>Meeting days:</b> Mondays & Wednesdays	<b>Instructor title and name:</b> Prof. Kathy Lee, Ed.M
<b>Meeting times:</b> 8:30-9:25am	* <b>Email:</b> <a href="mailto:kathylee@pointloma.edu">kathylee@pointloma.edu</a> <i>*preferred mode of communication*</i>
<b>Small Group times:</b> Thursdays 12:30-1:30	
<b>Meeting location:</b> Taylor 314	<b>Phone:</b>
<b>Final Exam:</b> Monday, May 1st at 7:30-10am	<b>Office location and hours:</b> Office hours are available by appointment. I am always happy to meet but my availability fluctuates, so it's best to email me to schedule a time to meet!

### 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.

### 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.

### **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. This course is required for 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.

## FOUNDATIONAL EXPLORATIONS LEARNING OUTCOMES

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

By the end of this course, you 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

Due to the nature of this class, you will be asked to share personal information. However, you are never required to share anything that you do not feel comfortable sharing, either in papers or in class. This is intended to be a safe place. The professor and students alike must respect and honor one another.

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

- Peck, S. (1978). *The road less traveled*. NY: Simon and Schuster.
- *Additional readings as provided by the instructor.*

## ASSESSMENT AND GRADING

Grades will be based on the following scale:

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
<b>A</b> 93-100%	<b>B+</b> 87-89%	<b>C+</b> 77-79%	<b>D+</b> 67-69%	<b>F</b> ≤ 59%
<b>A-</b> 90-92%	<b>B</b> 83-86%	<b>C</b> 73-76%	<b>D</b> 63-66%	
	<b>B-</b> 80-82%	<b>C-</b> 70-72%	<b>D-</b> 60-62%	

*\*A minimum of 50% is needed to pass the course.*

Your final course grade will be composed of the following:

<b>Assignment</b>	<b>%</b>
Attendance/Participation	10%
Thursday Small Groups	10%
Autobiography	20%
Reflection Papers (Three 4-page Papers)	20%
Exams (3 exams & Final Exam)	40%
<b>Course Total</b>	<b>100%</b>

## **COURSE CONTENT**

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Course outline of due dates can be found on Canvas under “Modules”. Additional Reading/Assignments MAY be added and/or dates may be adjusted during the course. Updates to be posted on Canvas and notified by the instructor. Autobiography, Reflection Paper, and Exam due dates WILL remain the same. Further information about Assignment grading & additional policies are listed below.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

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Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (**3 class sessions**), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent (**6 class sessions**), 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. 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.

## **COURSE ATTENDANCE & PARTICIPATION POLICY**

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Class attendance and participation is directly correlated to academic achievement. There will be several in-class activities, discussions, and assignments that will be factored into this grade. Therefore, it is expected that students will **attend class and engage fully in each class session to receive “full points” for each class session.** However, life does happen, and the reality is 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** without penalty. 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.

## **ELECTRONIC DEVICES POLICY**

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In this class face-to-face students are not permitted to use their laptop computers, cell phones, or other electronic devices during class, unless they are part of an EAC accommodation or are specifically instructed by the professor to do so. Given the personal and exploratory nature of this course, it is important for the classroom environment to be one where people like their thoughts, responses and comments are respected by everyone in the classroom environment. Additionally, a student’s classroom contribution is vital to the academic environment at Point Loma. Although, it does not need to be said to most college students, using phones, computers or other devices detracts from the classroom environment. We doubt that this will be a problem, but the policy may result in a deduction to the student’s attendance & participation grade for that day.

Professors’ powerpoint slides will be posted to canvas for students to reference after class. If you have questions or concerns please bring those up to your professor.

## **THURSDAY SMALL GROUP**

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Your final small group grade will be given to your section professor the last week of classes by your small group leader. The points for your small group grade will be comprised of: letters (8), attendance, evaluations of your leader (through qualtrics survey), descriptions of organizational methods used, attending/exploring different campus related events, and a self-assessment of your own participation within the group.

## **INCOMPLETE AND LATE ASSIGNMENTS**

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All assignments are to be submitted on Canvas by the date/time specified in Canvas. Late assignments will be scored with a **5% deduction per day (24-hour period)** that they are late. However, I recognize that life throws us curve balls sometimes. Therefore, I am willing to offer extensions on assignment due dates, but ***only if the student proactively communicates with me before the assignment is due.***

## **COURSE REFLECTION PAPERS**

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During this course, you will be required to write 12 written pages over the course of the semester. Specifically, each student will write **three 4-page papers** demonstrating an understanding and integration of the course material. Specific prompts for each of these papers will be on Canvas. The goal of these additional papers is to help you reflect on your personality and story, with the hope of being used as a springboard for your autobiography. Your reflection papers should be a minimum of four pages, be typed, and **double-spaced using 1 inch margins 12-point font size in Times New Roman**. Grade reductions will result from large font, large margins and/or large spacing between lines on the page. You must do your own work. **Work that appears to be copied will earn 0 points.** Papers will be submitted via canvas.

## **AUTOBIOGRAPHY**

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You will complete an autobiography. This is an opportunity to reflect on who you are as a person using narrative psychology as the framework. Here is how one author describes narrative psychology: "In the realm of narrative psychology, a person's life story is not a 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 they tell it, can both reflect and shape who they are. 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 will 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: A discussion of where you grew up, where you went to school.....What it IS: It is the narrative you will construct from the events of your life thus far.

Specific prompts for your autobiography will be on Canvas. You will complete at least 8-10 pages that both tell your story and reflect/interpret upon your story. Your autobiography should be typed, and **double-spaced using 1 inch margins 12-point font size in Times New Roman**. Papers will be submitted through canvas. You will be graded on a) spelling and grammar, b) telling your story, c) effort/coverage, d) interpreting your story, and e) insight.

## **EXAM POLICY**

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There will be **three exams and one final exam for this course**. 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. Any missed exam will result in a **5% deduction** taken from the final grade of that exam (whether taken early or late), unless you notify the professor prior to the examination.

## **FINAL EXAM POLICY**

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If a 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. In the rare case that a student is scheduled for more than three (3) final examinations on the same day, the student is authorized to contact each professor in order to work out an alternative time for one of those examinations. This professor needs to be contacted at least 2 weeks prior to finals for any such arrangements.

## **PLNU COPYRIGHT POLICY**

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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.

## **FERPA POLICY**

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In compliance with federal law, neither PLNU student ID nor social security number should be used in publicly posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (each faculty member chooses one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal. See [Policy Statements](#) in the undergraduate student catalog.

## **PLNU ACADEMIC HONESTY POLICY**

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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.

## **SPIRITUAL CARE**

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Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith. If students have questions, a desire to meet with the chaplain, or have prayer requests, they can contact the [Office of Student Life and Formation](#).

## **STATE AUTHORIZATION**

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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.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

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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](mailto: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.

## **SEXUAL MISCONDUCT AND DISCRIMINATION**

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Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the Title IX Office at [pointloma.edu/Title-IX](http://pointloma.edu/Title-IX). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at [counselingservices@pointloma.edu](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at [pointloma.edu/title-ix](http://pointloma.edu/title-ix)

## **COURSE CREDIT HOUR**

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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.