



**PSY1001 - Psychology of Personal Development**

**Section 3**

**3 Units**

**Spring 2023**

<b>Meeting days:</b> Tuesday/Thursday	<b>Instructor:</b> Breanna (Bree) Schiff, Adjunct Professor
<b>Meeting times:</b> 10:00 am - 10:50 am	<b>Phone:</b> N/A
<b>Meeting location:</b> Taylor Hall Room 313	<b>E-mail:</b> bschiff@pointloma.edu
<b>Final Exam:</b> Thursday, May 4th, 10:30 am - 1:00 pm	<b>Office location and hours:</b> Culbertson, email to make appt

**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 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 culture.

**COURSE DESCRIPTION**

A first-year introduction to issues and various theories in psychology which allow you to reflect on your 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 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.

## **RELATIONSHIP BETWEEN PSY1001 & OTHER COLLEGE CURRICULA**

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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**

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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 strengths and blocks to successful college and life experience
- Detect tools to bring resources to 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

## **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.

## **COURSE CREDIT HOUR INFORMATION**

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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.

## **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 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.

## **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 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.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

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***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**

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***In PSY 1001 students are NOT permitted to use their laptop computers or cell phones during class.*** First-time violation of the policy will result in a 1% reduction in a student's overall PSY1001 grade, and each subsequent violation will result in a 3% reduction in a student's overall PSY 1001 grade.

Exceptions: University approved academic accommodations, exams taken in class, or specific lectures at professor's discretion

## **FINAL EXAMINATION POLICY**

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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.

## **INCOMPLETES AND LATE ASSIGNMENTS**

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***All assignments submitted after their due date incur a 5%-point deduction***, regardless of how late. All assignments are due by the final exam.

## **REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES**

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Peck, S. (1978). *The Road Less Traveled*. NY: Simon and Schuster.

Frankl, V. (1959). *Man's Search for Meaning*. MA: Beacon Press.

*Additional required readings will be available on Canvas.*

## ASSESSMENTS AND GRADING

<u>Your final grade will be composed of the following:</u>		<u>Sample grade scale:</u>	
● Small Groups	45 points	A = 93 - 100%	C = 73 - 76.99%
● Paper #1	20 points	A- = 90 - 92.99%	C- = 70 - 72.99%
● Paper #2	20 points	B+ = 87 - 89.99%	D+ = 67 - 69.99%
● Paper #3	20 points	B = 83 - 86.99%	D = 63 - 66.99%
● Exam #1	40 points	B- = 80 - 82.99%	D- = 60 - 62.99%
● Exam #2	40 points	C+ = 77 - 79.99%	F = 0 - 59.99%
● Exam #3	40 points		
● Exam #4 (Final)	45 points		
● Autobiography	90 points		
<b>TOTAL:</b>	<b>360 points</b>		

### Small Group (45 points):

Attendance: Allowed 2 absences (then deducted 5 points per absence of 3 or more)

Small Group Participation = 24 points (8 letters to Small Group Leader, 3 points each)

Effort/Attitude as Participant in Group = 11 points (5 points for self-evaluation, 6 points for leader evaluation survey)

“Transition to College” Activities = 10 points (5 points for use of planner, 5 points for joining a PLNU club/group)

*\*\*\* Grade given by small group leader to section professor in last week of classes*

### Papers (20 points each, 60 points total):

Personal reflection and application for each section, 4 pages, double spaced

*\*\*\* See Canvas for prompts and rubrics*

### Exams (40 points each, 160 points total):

30 multiple choice questions = 1 point each

Application Essay prompt = 10 points

Final Exam (some cumulative questions and bigger essay)

*\*\*\* Study Guide will be given before exam*

### Autobiography (90 points):

Telling your story (40 pts), Interpreting your story (20 pts), Reflecting on the Future (20 pts)

Grammar/Structures (5pts), Creativity (5pts)

*\*\*\* See Canvas for full prompt*

## COURSE SCHEDULE AND ASSIGNMENTS

SECTION	WEEK OF	CLASS LECTURE	PAPER DUE
	Week 1 - 1/10	NO CLASS - Monday Schedule	
Intro	Week 1 - 1/12	Syllabus & Class Introduction	
World View	Week 2 - 1/17	Peck: pp. 185-208	
	Week 2 - 1/19	Peck: pp. 208-225	
	Week 3 - 1/24	Peck: pp. 225-232	
	Week 3 - 1/26	Restoration Therapy Model	
	Week 4 - 1/31	Restoration Therapy Model	<b>Paper #1</b>
	Week 4 - 2/2	<b>Exam #1</b>	
Discipline	Week 5 - 2/7	Peck: pp. 11-32	
	Week 5 - 2/9	Peck: pp. 32-50	
	Week 6 - 2/14	Peck: pp. 51-69	
	Week 6 - 2/16	Peck: pp. 69-77	
	Week 7 - 2/21	Cognitive Behavioral Therapy	
	Week 7 - 2/23	Self-Care Lecture	<b>Paper #2</b>
	Week 8 - 2/28	<b>Exam #2</b>	
Love	Week 8 - 3/2	Attachment Theory	
	Week 9 - 3/7	NO CLASS - Spring Break	
	Week 9 - 3/9	NO CLASS - Spring Break	
	Week 10 - 3/14	Peck: pp. 81-111	
	Week 10 - 3/16	Peck: pp. 111-139	
	Week 11 - 3/21	Peck: pp. 140-160	
	Week 11 - 3/23	Peck: pp. 160-182; 312-315	
	Week 12 - 3/28	Frankl: pp. 1-50	
	Week 12 - 3/30	Frankl: pp. 50-93	<b>Paper #3</b>
	Week 13 - 4/4	<b>Exam #3</b>	
Grace	Week 13 - 4/6	NO CLASS - Easter Recess	
	Week 14 - 4/11	Peck: pp. 235-253	
	Week 14 - 4/13	Peck: pp. 253-271	
	Week 15 - 4/18	Peck: pp. 271-289	
	Week 15 - 4/20	Peck: pp. 289-311	<b>Autobiography</b>
	Week 16 - 4/25	Review	
	Week 16 - 4/27	Reflection/Closing	
Finals Week	Week 17 - 5/2	NO CLASS - Finals Week	
	Week 17 - 5/4	<b>Exam #4 - FINAL (8:30 am - 10:00 am)</b>	