

# Course Syllabus

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## Basic Course Information

 <p><b>POINT LOMA</b> NAZARENE UNIVERSITY</p>	<p><b>Department of Psychology</b></p> <p><b>PSY 3000-2: Personality and Adult Development</b></p> <p><b>4 Units</b></p>
<p><b>Spring 2023</b></p> <p><b>Class Meetings: M/W 2:45-4:30pm</b></p> <p><b>Class Location: Taylor Hall 313</b></p>	

## Basic Professor Information

**Instructor: Rosemond T. Lorona, Ph.D.**

**Phone:**

**Office Location: Culbertson 214**

**Email (preferred): [rlorona@pointloma.edu](mailto:rlorona@pointloma.edu) (<mailto:rlorona@pointloma.edu>)**

I welcome your questions and would enjoy hearing from you throughout the semester. I will give prompt replies as I am able during the work day, but there may be times when I am not available for a quick res such as weekends and evenings.

**Office Hours are times that students can ask the professor questions, get help on assignments, past work/exams, or seek advice. You can drop by my office without an appointment during these in Culbertson 214.**

**Monday 8:30-9:30am**

**Wednesday 8:30- 9:30am**

**Friday 8:30-10:30am**

**Additional office hours available by appointment. Use my calendar to book a time with**

**me:** <https://calendar.google.com/calendar/u/0/selfsched?>

[sstoken=UUZENFhVN29pR1BzfGRIZmF1bHR8ZTQ2NWNhMmVIYTkzYzU2NDQyZml1ZTcxN2JhZ](https://calendar.google.com/calendar/u/0/selfsched?)

[\(<https://calendar.google.com/calendar/u/0/selfsched?>](https://calendar.google.com/calendar/u/0/selfsched?)

[sstoken=UUZENFhVN29pR1BzfGRIZmF1bHR8ZTQ2NWNhMmVIYTkzYzU2NDQyZml1ZTcxN2JhZDAwNTE\)](https://calendar.google.com/calendar/u/0/selfsched?)

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TA: Kat Ryan, [kryan0020@pointloma.edu](mailto:kryan0020@pointloma.edu) (<mailto:kryan0020@pointloma.edu>)

TA office hours: Thursdays 3:00-4:00pm, drop in using [this Google Meet link](https://meet.google.com/nfdu-rwn)  (<https://meet.google.com/nfdu-rwn>) (no appointment necessary)

## **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.

### **COURSE DESCRIPTION**

Catalog: “An introductory survey of classic theories and contemporary empirical research in the psychology of personality and adult development. Emphasis is placed on the importance of developing a capacity for critical evaluation.”

Human behavior and the inner workings of the mind are vast, complex puzzles. People in the field of psychology seek to understand and piece together these puzzles using a variety of tools and theories. This course will provide an in-depth examination of the theories of human personality and how people develop in adulthood. We will discuss a variety of topics, including measurement of personality; trait, biological, psychoanalytic, cognitive, social, and humanistic theories of personality; and progress and challenges of specific life stages. You will also have the opportunity to read recent research in the field and apply personality to contexts, including (but not limited to) the workplace, personal relationships, and clinical work. I hope your learning in this class will further your personal and professional goals!

### **COURSE LEARNING OUTCOMES**

1. Understand, compare, and evaluate various personality theories/perspectives.

2. Identify major stages of adult development and discuss the personality, social, cognitive, and physical changes in each.
3. Critically evaluate and discuss empirical methods and findings in personality psychology.
4. Reflect on personal applications of personality and development, and effectively communicate these ideas verbally and through writing.

## REQUIRED TEXT

The Personality Puzzle (8<sup>th</sup> Ed) by David C. Funder.

Hardcover ISBN: 978-0-393-42178-1; Paperback ISBN: 978-0-393-42180-4

Additional readings will be posted on Canvas.

## REQUIRED TECHNOLOGY

Learning Demonstrations and Assignments will be submitted through Canvas, so each student will need access to a computer.

## 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 4 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 150 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules. Dedicating adequate time to your learning will help you succeed and is especially important if you want an A in the course. Think of it as: hours spent -- > points earned. Specific details about how the class meets the credit hour requirement can be provided upon request.

## COURSE ASSIGNMENTS

**Article Discussion (20% of final grade):** Throughout the course, there will be thought-provoking empirical articles assigned. You will need to closely read the article and provide a written response. You will write two thoughtful discussion questions and a thoughtful response to each. This portion of the assignment will serve as a jumping off point for group discussion in class. More specific instructions and a rubric are in the Canvas assignment.

**Personal Projects (25% of final grade).** Over the semester, you will complete 3 personal projects that will require you to apply and reflect on your own personality and development. More information is in the

Canvas modules.

***In-Class Activities (5% of final grade).*** We will engage in activities and discussion in class throughout the semester. These will vary, but will primarily focus on application of concepts. You will be graded on the extent to which you participate in and complete course activities on a credit/no credit basis. Students must be in class to participate and may need to show evidence of the activity in class. Dr. Lorona will check students off for each activity. Each activity will be worth one point and students can earn up to 10 points. To account for potential absences from class, more than 10 total will be offered over the semester (about once per week).

***Midterm Learning Demonstrations (25% final grade):*** The midterms will consist of multiple choice questions that will require not only recognition of concepts, but comparisons, evaluations, and applications of concepts. Learning demonstrations will emphasize material that we talked about in class and was addressed in lectures, but to earn an A, you will need to also study the assigned readings.

***Final Learning Demonstration (25% final grade):*** For your final learning demonstration, you will respond to questions that will require cumulative knowledge of personality psychology and adult development.

## **ASSESSMENT AND GRADING**

Student grades will be posted in the Canvas grade book. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be weighted as listed above and determined based on the following:

A = 93-100%

A- = 90-92.9%

B+ = 88-89.9%

B = 84-87.9%

B- = 80-83.9%

C+ = 77-79.9%

C = 70-76.9%

C- = 65-69.9%

D+ = 62-64.9%

D = 55-61.9%

D- = 50-54.9%

F = 49.9% or less

## COURSE POLICIES AND EXPECTATIONS

### General and Attendance

- Any changes to the syllabus (including course expectations and assignments) will be announced in class and/or as a Canvas announcement. Students are responsible for actively monitoring Canvas updates.
- Students are responsible for all content/material that is found within the Canvas course.
- Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. Attendance will be taken at the beginning of class. If you are more than 15 minutes late to class, you will be counted absent. If you leave class early, you will be counted absent unless you notify me before class begins. If the student is absent for more than 10 percent of class sessions, 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. See [Academic Policies \(https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class\\_Attendance\)](https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class_Attendance) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.
- Out of respect and care for one another, please do not attend class if you are feeling ill in any way. You will not miss points for being absent (just follow overall attendance policy above). I will follow and honor any university policies applicable to COVID-19.
- If you miss class, you are responsible for obtaining [from a classmate] lecture material, class exercises, and all in-class announcements AND submit any assignments on time, if applicable. I will not be recording in-person lectures to post online.

### Submitting Assignments

- All due dates are posted in advance on Canvas. You may submit assignments early. Late work is accepted for 10 days, including weekend days, after the original due date. Canvas will automatically deduct 10% from the grade for each late day. For example, an assignment submitted 3 days late can earn up to 70% of the available points. End-of-semester assignments may not be submitted late after the final exam (to accommodate faculty grading deadlines). Note that work submitted late may also be graded later.
- One no-questions-asked freebee – students can exchange a freebee to turn in one late assignment up to 10 days after the initial deadline *at no deduction*. The freebee does not apply to learning demonstrations and does not allow students to submit end-of-semester assignments after the final exam.
  - To use your freebee, submit your late work on Canvas and include a Canvas submission comment saying that you are using the freebee (do not email the professor). The freebee must be

used at the time of time of submitting the work, not retroactively.

- Assignments are individual work; you are expected to complete the work on your own.
- Work submitted on Canvas must be in .doc, .docx, or .pdf file types only. The student is responsible for making sure Canvas files work and go through Turnitin. Files that do not open, are in the wrong file type, and/or can't go through Turnitin will be considered late until the problem is rectified.

### **Learning Demonstration (LD) Information**

- LDs may consist of multiple choice, fill-in-the-blank, and/or short answer questions. You may be required to interpret and apply information based on assigned readings, lectures, and learning activities.
- All LDs require cumulative knowledge. You will be tested on the current unit and previous units.
- You may bring one 3"x 5" index card with any notes on it to use. At the beginning of an LD, you can exchange a filled-in index card for extra credit. In other words, you can either have the extra credit OR use the index card for the LD. If you decide during the LD that you would like to use your index card, you can exchange it back.
- A make-up midterm LD is available in cases of documentable emergency or illness or if the student provides at least 2 weeks' notice of a non-emergency absence. The make-up LD must be taken within 2 weeks of the original test date and it is up to the student to contact the professor to schedule a time to take the LD in a proctored setting. Each student may not have more than one make-up midterm LD per semester. There is no option to re-take a LD that was previously attempted.
- The final LD cannot be dropped or missed for any reason. Successful completion of this course requires the on-time completion of the Final LD (final exam) on May 3rd from 1:30-4pm.

### **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. Academic dishonesty also includes such acts as cheating, fabrication of information, misrepresentations, having unauthorized possession of exams or acquiring/providing information about exams to offer/get an advantage. Academic dishonesty may lead to a zero for that assignment or examination and/or an F 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 information.

**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 \(https://www.pointloma.edu/offices/office-educational-effectiveness/disclosures\)](https://www.pointloma.edu/offices/office-educational-effectiveness/disclosures) to view which states allow online (distance education) outside of California.

## **PLNU ACADEMIC ACCOMMODATIONS 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.

## **SPIRITUAL CARE**

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 you can contact the [Office of Spiritual Development \(https://www.pointloma.edu/offices/spiritual-development\)](https://www.pointloma.edu/offices/spiritual-development)

## **USE OF TECHNOLOGY**

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#)

<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact [student-tech-request@pointloma.edu](mailto:student-tech-request@pointloma.edu) (<mailto:student-tech-request@pointloma.edu>).

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

## TITLE IX OFFICE

If you or someone you know would like help related to an experience of sexual violence including sexual assault, harassment, domestic violence, dating violence, stalking or other type of non-consensual sexual conduct, please contact the Title IX Coordinator at PLNU, Danielle Brown Friberg (619-849-2313). Reporting is also available on the Title IX website. The Title IX office understands the sensitive nature of these situations and can provide information about available on- and off-campus resources. Staff members at the office will also explain your rights and the judicial process options, if you choose to file a complaint. If you or someone you know feels unsafe or may be in imminent danger, please call the PLNU Department of Public Safety (619-849-2525) or local police department (9-1-1) immediately.

## STUDENT SUCCESS AND WELLNESS

If you or someone you know would like help related to a physical or mental health problem, (e.g., depression, anxiety, difficulty focusing on school or managing daily needs, grief, trauma resolution, sleep or eating changes, etc.), and/or would like academic assistance, please contact the appropriate office using the following information.

- Counseling Services (619) 849-3020; [counselingservices@pointloma.edu](mailto:counselingservices@pointloma.edu) (<mailto:counselingservices@pointloma.edu>)
- Educational Access Center 619-849-2533; [eac@pointloma.edu](mailto:eac@pointloma.edu) (<mailto:eac@pointloma.edu>)
- Medical Services 619-849-2280; [sdwellnesscenter@pointloma.edu](mailto:sdwellnesscenter@pointloma.edu) (<mailto:sdwellnesscenter@pointloma.edu>)
- Tutorial Services 619-849-2953; [tutorialservices@pointloma.edu](mailto:tutorialservices@pointloma.edu) (<mailto:tutorialservices@pointloma.edu>)

## SCHEDULE

### Course Schedule

Week	Content & Textbook Readings	Learning Demonstrations/ Assignments Due
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(read prior to  
class)

Week 1: Jan 10-15 (Class on Tues. and Wed.)	Introductions, Big Ideas of Personality; Ch. 1	
Week 2: Jan 16-22 No Monday Class (MLK Jr Day)	Methods of Studying Personality; Ch. 2	
Week 3: Jan 23-29	Personality Assessment; Ch. 3	
Week 4: Jan 30 - Feb 5	Persons and Situations; Ch. 4	<a href="https://canvas.pointloma.edu/courses/65972/assignments/854203">Gotz et al. (2021) Discussion (Wednesday)</a> ( <a href="https://canvas.pointloma.edu/courses/65972/assignments/854203">https://canvas.pointloma.edu/courses/65972/assignments/854203</a> )
Week 5: Feb 6 - Feb 12	Trait Approaches; Ch 6	
Week 6: Feb 13- Feb 19	Trait Approaches; Ch. 6	Midterm Learning Demonstration 1 (Wednesday) Personal Project 1
Week 7: Feb 20-26	Anatomy and Physiology of Personality; Ch. 8	
Week 8: Feb 27 - March 5	Genetic and Evolutionary Perspectives of Personality; Ch. 9	<a href="https://canvas.pointloma.edu/courses/65972/assignments/854204">Brown et al. (2020) Discussion (Monday)</a> ( <a href="https://canvas.pointloma.edu/courses/65972/assignments/854204">https://canvas.pointloma.edu/courses/65972/assignments/854204</a> )
Spring Break		

Week 9: Mar 13 - 19	Psychodynamic Perspectives of Personality; Ch. 10-11	Personal Project 2
Week 10: Mar 20 - 26	Humanistic and Positive Perspectives of Personality; Ch. 12	<a href="https://canvas.pointloma.edu/courses/65972/assignments/854205">Wilt et al. (2017) Discussion (Wednesday)</a> ( <a href="https://canvas.pointloma.edu/courses/65972/assignments/854205">https://canvas.pointloma.edu/courses/65972/assignments/854205</a> )
Week 11: Mar 27-April 2	Cultural Influences on Personality; Ch. 13	
Week 12: April 3-9	Learning, Motivation, and Emotion Perspectives of Personality; Ch. 14	<a href="https://canvas.pointloma.edu/courses/65972/assignments/854200">Midterm Learning Demonstration 2 (Wednesday)</a> ( <a href="https://canvas.pointloma.edu/courses/65972/assignments/854200">https://canvas.pointloma.edu/courses/65972/assignments/854200</a> )
Week 13: April 10-16 No Monday Class (Easter)	Stages of Adult Development; see reading in module	
Week 14: April 17-23	Personality Stability, Development, and Change; Ch. 7	
Week 15: April 24-30	Aging; see reading in Module	Personal Project 3
Final Exam: Wednesday May 3 @ 1:30-4pm		<a href="https://canvas.pointloma.edu/courses/65972/quizzes/150017">Final Learning Demonstration</a> ( <a href="https://canvas.pointloma.edu/courses/65972/quizzes/150017">https://canvas.pointloma.edu/courses/65972/quizzes/150017</a> )

