

PSYCHOLOGY 1001

Psychology of Personal Development, 3Units

Point Loma Nazarene University

Fall 2023

Meeting Day and Time: Tuesdays: 4:30 p.m. -6:20 p.m.

Meeting Place: Ryan Learning Center, Rm 101

Instructor: Jaclyn Hadjipieris, MA, AMFT

Email: jhadjipi@pointloma.edu

Final Exam: Dec 12, 7:30pm

Office: I do not have an office on campus. Please contact me via email if you would like to meet on campus or talk by phone and we can make arrangements on an individual basis.

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.

The Relationship Between PSY 1001 and Other College Curricula

This course is 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, and communicative skills necessary for successful living in modern society.

Teaching Philosophy and Strategy

This course will be taught using a variety of teaching methods from online group work to the taking and analyzing of self-assessments.

This course will provide you with the skills to observe, reflect, and interpret your development and evolution into who you are today. You will be given the opportunity to develop your ability to sit with discomfort and to challenge prior ways of thinking and behaving.

This course will be action-oriented to support, strengthen, accelerate, and enhance your knowledge, skills, and comprehension of the psychology of personal development.

I am more interested in how you think rather than how many details you can remember from our class readings. Each week we will seek to answer, deconstruct, and hopefully wrestle with questions related to our weekly readings.

Inclusion Statement

Professional courtesy and sensitivity are especially important with respect to individuals and topics dealing with differences of race, culture, religion, politics, sexual orientation, gender, gender variance, and nationalities. Class rosters are provided to the instructor with the student’s legal name. I will gladly honor your request to address you by an alternate name or gender pronoun. Please advise me early so that I may make appropriate changes to my records.

Course Expectations

What I Expect of You	What You Can Expect of Me
Be informed. Read this syllabus carefully and completely so you understand the course structure and expectations.	Enthusiasm. To be prepared for each class and to bring my enthusiasm for teaching to each learning interaction.
Be attuned. Keep up with readings and assignments, as each one builds on the previous one.	Responsiveness. To respond to emails within 24 hours. For those that know me already, you know that I usually respond faster than this. Emails received on weekends or while I’m traveling may take longer.

<p>Ethical. A good attitude and maintenance of honest and ethical principles towards me, your classmates, and the execution of the course. Please read PLNU Principles of Community and Conduct Code.</p>	<p>Timely feedback. To make every effort to return graded assignments within one week of the submission date.</p>
<p>Integrity. An honest, fair, responsible, respectful, trustworthy, and courageous effort on all academic work and collaboration. Please read the PLNU Policy on Integrity of Scholarship.</p>	<p>Integrity. To uphold integrity standards and create an atmosphere that fosters active learning, creativity, critical thinking, and honest collaboration.</p>
<p>Be flexible. Our teaching schedule and environment may need to change with little notice due to Covid and other factors. Let's work together to adapt and make the best of our circumstances.</p>	<p>Reasonable accommodation and understanding for student situations that arise; however, I will not make exceptions for one person that are not available to every other person in the course.</p>

Course Learning Outcomes

Students will be able to...

1. Describe self-development to date using psychological tools
2. Identify critical thinking and abstract thinking as tools for college success
3. Discover social and cultural blocks to successful college and life experience
4. Detect tools to resolve social and cultural blocks to successful college and life experience
5. Detect alternative ways of thinking
6. Develop curiosity about yourself as a stimulus to learning to learn
7. Identify Psychology as a resource for learning and solving academic, personal, spiritual, and cultural problems

REQUIRED TEXTS

Textbook

- Peck, S. (1978). *The road less traveled*. Simon and Schuster.
- Rath, T. (2007). *Strengths Finder 2.0*. Gallup.

**Additional textbooks or readings here will be distributed throughout the semester by the instructor.*

GRADING

Your final course grade will be composed of the following:

- Final Autobiography Paper 100pts
- Reflection Papers (4) 35 pts each
- Weekly Discussion Boards 10 pts each
- In-Class Assignments 10 pts each
- Reading Guide Submissions 35 pts each

- Class Attendance and Participation 160 pts
- Final Peck Assessment 50 pts

Grades will be based on the following:

Grade Scale				
A	B	C	D	F
A 93-100	B+ 88-89.99	C+ 78-79.99	D+ 66-69.99	F Less than 49.99
A- 90-92.99	B 84 - 87.99	C 74-77.99	D 60-65.99	
	B- 80-83.99	C- 70-73.99	D- 50-59.99	

SMALL GROUP GRADE

Down below 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, a planner is especially helpful for juggling social activities, course assignments, and more as you transition into university life. 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.

PLNU ATTENDANCE AND PARTICIPATION POLICY

The faculty members strongly believe that you should be exposed to all elements of PSY 1001. On the other hand, we realize that an absence may be unavoidable due to extenuating circumstances. Therefore, you are allowed two absences each from small group and section classes without penalty. For each absence above two absences, you will lose five points from your course grade. 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 at any point throughout the semester you experience any issues that you believe will affect your attendance and participation in this course, please contact me straight away so we can discuss options to support you.

In addition, 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, 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 withdrawal date or, after that date, receive the appropriate grade for their work and participation.

POLICY ON ELECTRONIC DEVICES

Please keep all electronic devices stored unless otherwise stated by me. There will be days when a phone or laptop will be needed, and you will be given advance notice so that you can be prepared for class.

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 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 a whole person. 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](#).

COURSE CREDIT HOUR INFORMATION

Note: Use the below for Online and Hybrid courses. The credit hour information below is required for the hybrid and online modality. To calculate the "estimated total hours" for the last blank space below, please multiply the number of units times 37.5.

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[Ⓞ]

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.

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 = _____

ASSIGNMENTS AT-A-GLANCE