



**PSYCHOLOGY 1001:
Psychology of Personal Development (3 Units)
Fall 2023**

Meeting Time:	Mondays & Wednesdays 4:30-5:25pm
Meeting Place:	Ryan Learning Center 101 (RLC 101)
Final Exam:	12/13/23 4:30-7pm
Instructor:	Sara Arsenault-Quick
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Office Hours:	By appointment only.

**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. 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 1001 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.

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.

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. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

Incompletes and Late Assignments

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. For every week that an assignment is late, 5% will be taken off the final grade. For example, if the assignment is 3 days late, 5% will be taken off. If the assignment is 10 days late, 10% will be taken off, and so on. **IF YOU NEED AN EXTENSION please email me IN ADVANCE. If you email me in advance I will give you an extension on the assignment up to one week. If you are unable to take an exam during the scheduled time, please email me IN ADVANCE to schedule a retake. If you do not email me in advance, 5% will be taken off the grade for every week that it is not done.**

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 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. I allow laptops ONLY for note-taking purposes. *Please do not write papers in class. It causes disengagement and is disrespectful to me.

Artificial Intelligence (AI) Policy

Use of Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) is not permitted, and use of these tools will be treated as plagiarism.

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.

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.

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.

Course Schedule and Assignments (All posted on Canvas)

Section	Date	Reading	Assignment
Growth & Worldview	Mon. 8/28	Syllabus	
	Wed. 8/30	Peck p. 185-208	
	Mon. 9/4	Labor Day- No Class	
	Wed. 9/6	Peck p. 208-225	
	Mon. 9/11	Peck p. 225-232	
	Wed. 9/13	Frankl p. 1-34	
	Mon. 9/18	Frankl p. 34-62	
	Wed. 9/20	Frankl p. 62-93	Reflection #1 Due
	Mon. 9/25		Test #1
Discipline	Wed. 9/27	Peck p. 11-32	
	Mon. 10/2	Peck p. 32-50	
	Wed. 10/4	Peck p. 51-69	
	Mon. 10/9	Peck p. 69-77	
	Wed. 10/11	??	
	Mon. 10/16	Frankl p. 97-115	Reflection #2 Due
	Wed. 10/18		Test #2
Love	Mon. 10/23	Peck p. 81-111	
	Wed. 10/25	Peck p. 111-139	
	Mon. 10/30	Peck p. 140-160	
	Wed. 11/1	Peck p. 160-182; 312-315	
	Mon. 11/6	Frankl p. 116-134	Reflection #3 Due

	Wed. 11/8		Test #3
	Mon. 11/13	Peck p. 235-253	
	Wed. 11/15	Peck p. 253-271	
Grace	Mon. 11/20	Dead Poets Society	
	Wed. 11/22-	Thanksgiving Break- No Class	
	Mon. 11/27	Peck p. 271-289	
	Wed. 11/29	Peck p. 289-311	
	Mon. 12/4	Frankl 135-154	
	Wed. 12/6 last class		Autobiography Due
	???	Final Exam	

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

“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 = _____**