

## **PSYCHOLOGY 1001**

### **Psychology of Personal Development, 2 Units**

**Point Loma Nazarene University**

**Spring 2025**

**Meeting Day and Time:** Tuesdays: 4:00pm-5:40pm

**Meeting Place:** Liberty Station, Room 207

**Instructor:** Jaclyn Hadjipieris, MA, MA, LMFT

**Email:** *[jhadjipi@pointloma.edu](mailto:jhadjipi@pointloma.edu)*

**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.

**Final Exam Date and Time:** May 6th, 2025; 4pm

### **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.

## **PLNU's General Education Learning Outcomes**

*Context #1: Learning, Informed by Our Faith in Christ*

ILO\* #1: Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits that foster life-long learning.

GELO 1a. Written: Students will be able to effectively express ideas and information to others through written communication.

GELO 1b. Oral: Students will be able to effectively express ideas and information to others through oral communication.

GELO 1c. Information Literacy: Students will be able to access and cite information as well as evaluate the logic, validity, and relevance of information from a variety of sources.

GELO 1d. Critical Thinking: Students will be able to examine, critique and synthesize information in order to arrive at reasoned conclusions.

GELO 1e. Quantitative Reasoning: Students will be able to solve problems that are quantitative in nature.

*Context #2: Growing, In a Christ-Centered Faith Community*

ILO #2: Students will develop a deeper and more informed understanding of self and others as they negotiate complex environments.

GELO 2a. Students will develop an understanding of self that fosters personal well-being.

GELO 2b. Students will understand and appreciate diverse forms of artistic expression.

GELO 2c. Students will demonstrate an understanding of the complex issues faced by diverse groups in global and/or cross-cultural contexts.

Context #3: *Serving, In a Context of Christian Faith*

ILO #3: Students will serve locally and/or globally in vocational and social settings.

GELO 3. Students will demonstrate an understanding of Christian Scripture, Tradition, and Ethics, including engagement in acts of devotion and works of mercy.

*\*ILO – Institutional Learning Objective*

### **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**

<b>What I Expect of You</b>	<b>What You Can Expect of Me</b>
<b>Be informed.</b> Read this syllabus carefully and completely so you understand the course structure and expectations.	<b>Enthusiasm.</b> To be prepared for each class and to bring my enthusiasm for teaching to each learning interaction.
<b>Be attuned.</b> Keep up with readings and assignments, as each one builds on the previous one.	<b>Responsiveness.</b> 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><b>Ethical.</b> 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><b>Timely feedback.</b> To make every effort to return graded assignments within one week of the submission date.</p>
<p><b>Integrity.</b> 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><b>Integrity.</b> To uphold integrity standards and create an atmosphere that fosters active learning, creativity, critical thinking, and honest collaboration.</p>
<p><b>Be flexible.</b> 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><b>Reasonable accommodation and understanding</b> 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.

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

### **Assessment and 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:

<b>Grade Scale</b>				
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	

### **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. Incompletes will only be assigned in extremely unusual circumstances.

### **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 Recording Notification**

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

### **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.

### **Artificial Intelligence (AI) Policy\***

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

MLA Style Center: Citing Generative AI

APA Style: How to Cite ChatGPT

Chicago Manual of Style: Citing Content Developed or Generated by AI

### **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.

### **Language and Belonging\***

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free.

Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work.

Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

If you (or someone you know) have experienced a bias incident regarding language, you can find more information on reporting and resources at [www.pointloma.edu/bias](http://www.pointloma.edu/bias).

### **Sexual Misconduct and Discrimination\***

In support of a safe learning environment, 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 accommodations and resources 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, faculty and staff are 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).

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at [www.pointloma.edu/bias](http://www.pointloma.edu/bias)

### **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](#).

### **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 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.

### 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 = \_\_\_\_\_

### **PLNU Attendance and Participation Policy**®

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 an “F” grade.

Note: The information below must be included under the “PLNU Attendance and Participation Policy” Section if you are teaching an Online or Hybrid course.

### **PLNU Course Modality Definitions\***

1. Online Courses: These are courses with class meetings where all instruction and interaction is fully online.
  - a. Synchronous Courses: At least one class meeting takes place at a designated time.
  - b. Asynchronous Courses: All class meetings are asynchronous.
2. Hybrid Courses: These are courses with class meetings that take place both in the classroom and online synchronously and/or asynchronously.
3. In-Person Courses: These are courses that meet in person with the instructor and students in a physical classroom setting. With approval by the area dean, this may include up to 25% of qualified class interactions through a Learning Management System (such as Canvas).

In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

### **Use of Technology®**

Note: Include this section if teaching an Online or Hybrid course.

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online.

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

## **Loma Writing Center**

The Loma Writing Center exists to help all members of the PLNU community cultivate transferable writing skills to engage their academic, professional, personal, and spiritual communities. We work toward this goal by conducting one-on-one consultation sessions, supporting writing education across the PLNU community, and participating in ongoing writing center research.

Getting feedback from the Loma Writing Center while you're in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar and polishing final drafts, and more. For information about how to make in-person or online appointments, see [Loma Writing Center webpage](#) or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.

- Appointment Calendar: <https://plnu.mywconline.com/>
- Website: <https://www.pointloma.edu/centers-institutes/loma-writing-center>
- Email: [writingcenter@pointloma.edu](mailto:writingcenter@pointloma.edu)

## **Lomabooks Instructions for Students®:**

This course is part of our course material delivery program, LomaBooks. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas. You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about LomaBooks, please go: [HERE](#)

## **ASSIGNMENTS AT-A-GLANCE**