POINT 19🏛02 LOMA
NAZARENE UNIVERSITY

Department of Sociology, Social Work, and Family Sciences

CHD/NUT 4097 – Senior Seminar

2 Units

Fall 2025

Meeting days/times: Mondays 4:00 – 5:40 PM

Meeting location: Evans Hall 121

Final Exam: Monday, December 15, 4:30 – 7:00 PM

INFORMATION	SPECIFICS FOR THE COURSE
Instructor title and name:	Dr. Susan DeCristofaro Rogers
Phone:	619-849-2245
Email:	srogers@pointloma.edu
Office location and hours:	Evans Hall 102; hours by appointment

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

Analysis and discussions of interrelated issues found within the areas of Family Sciences. Topics studied are research, public policy, professionalism, leadership, and historical significance. In this capstone, the student will create a professional eportfolio including an introduction, professional statements, personal assessments, achievements, community service, practical application, and work samples will be included. Each student will present his or her personal eportfolio to a panel of interested parties for assessment. This capstone gives students the opportunity to develop a professional voice. Required of all seniors graduating in the Department of Sociology, Social Work, and Family Sciences.

Prerequisite(s): SOC 1001 and Senior standing in the Department of Sociology, Social Work, and Family Sciences.

Program and Course Learning Outcomes

The purpose of programs in the Department of Sociology, Social Work, and Family Sciences is to prepare students to become competent in a field of study and to assume a leadership and service role in assisting individuals seeking growth with personal and family well-being. Sociology, Social Work, and Family Sciences Senior Seminar is a culminating learning experience designed to increase the student's knowledge, competency, and responsibility within her/his profession.

The student will:
1. Examine the mission and philosophical foundations, and historical development of the Sociology, Social Work, and Family Sciences profession.
2. Examine the foundations of professional career development and the career paths of each specialization within Sociology, Social Work, and Family Sciences.
3. Identify trends and societal issues that affect the quality of life for individuals and families and explore related public policies at the federal government level.
4. Identify professional associations and organizations in the field of Sociology, Social Work, and Family Sciences, and discover the benefits of membership for professional growth.
5. Discover the fundamentals and principles of research design, literature search, data collection, analysis, evaluation, and reporting within the specializations of Sociology, Social Work, and Family Sciences.
6. Identify the basic principles of effective leadership.
7. Identify the foundations of interpersonal skills, communication, and conflict resolution.

PROGRAM LEARNING OUTCOME 5
• Identify career paths and faith integration within the child and adolescent professions.
• Identify career paths and faith integration within the dietetics profession.
• Identify career paths and faith integration within the nutrition professions.

ACADEMY OF NUTRITION AND DIETETICS'S FOUNDATION KNOWLEDGE AND SKILLS FOR ENTRY-LEVEL DIDACTIC PROGRAM IN DIETETICS (DPD):

1. Negotiation techniques (1a)
2. Interviewing techniques (l f)
3. Work effectively as a team member (1o)
4. Public policy development (3a)
5. Research methodologies (4a)
6. Needs assessments (4b)
7. Scientific method (4d)
8. Interpret basic statistics (4g)
9. Develop a personal portfolio (7s)

Required Texts and Recommended Study Resources

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

Assessment and Grading

Grades will be based on the following:

Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

Grades will be based on the following completed work using the prescribed guidelines given in class and due dates. Assignments will <u>not</u> be accepted after the due date.

		Approximate Total Points
1.	Self-Assessments for Career Development and Career Plan	10
2.	Professional Statements (10 each)	40
3.	Professional Statement Consultation with Prof. Rogers	20
4.	Resume and Cover Letter (10 each)	20
5.	LinkedIn	20
6.	Mock Interview	30
7.	Professional Portfolio	70
8.	Individual Literature Review with Graphic Organizer for Each Article	50

Total possible points   **260**

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 [Traditional Undergraduate Records: Final Exam 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 <u>one</u> 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.

Incomplete 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.

Spiritual Care

Please be aware that 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 you have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the Office of Spiritual Life and Formation.

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. For all student appeals, faculty and students should follow the procedures outlined 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, Grammarly Go, 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.

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). 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 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

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. Accommodations are not retroactive, so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

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 other forms of discrimination, you can find more information on reporting and resources at www.pointloma.edu/nondiscrimination.

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. 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 or find a list of campus pastors at 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

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. .

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, polishing final drafts, and more. For information about how to make in-person or online appointments, see the Loma Writing Center webpage or visit the Loma Writing Center on the first floor of the Ryan Library, room 221.

- Appointment Calendar
- Website
- Email: writingcenter@pointloma.edu

Assignments At-A-Glance

Note: Assignments are posted in Canvas

ASSIGNMENT CYCLE
1. **Turn in First Draft**
2. **Peer Reviewed**
3. **Redo**
4. **Turn in Second Draft to Portfolium**

ASSIGNMENT GUIDELINES
Self-Assessments for Career Development and Career Plan – Department Student Learning Outcome #5
1. Complete self-assessments in Unit 1- will be given in class
2. Total Points Possible – 10

Professional Statements – Department Student Learning Outcomes #4 and #5
1. Write the following professional statements in Unit 1.
   - Philosophy
   - Code of Ethics
   - Goals; 2 year, 5 year, 10 year
   - Career Goal as it Relates to FCS Mission
2. Each statement should be on one page and presented in a professional manner, ready for professional portfolio
3. You will be submitting in Live Text in class on March 2.
4. Total Points Possible - 40

Mock Interviews – Department Student Learning Outcomes #1 and #4
1. You are required to participate in an interview with the pros and resume review.
2. Professional dress is required.
3. Total Points Possible – 30

LinkedIn – Department Student Learning Outcome #1
1. Review guidelines and training about creating a professional LinkedIn profile.
2. Create your professional LinkedIn profile.
3. Total Points Possible – 20

Resume and Cover Letter
1. Review guidelines discussed in class and in Unit 4.
2. Complete a one-page resume and a one-page cover letter using requirements listed in Unit 4.
3. Final resume will be presented in professional portfolio submitted in Live Text.
4. Business letter format must be followed for cover letter.
5. Total Points Possible – 20 (10 each)

Professional Portfolio
1. Review the guidelines for developing an effective professional portfolio in Unit 4, Rubric included at end of syllabus. You will create a professional e-portfolio using Live Text. The template will be provided for you.
2. Total Points Possible – 60 (60) e-portfolio **Research Paper and PowerPoint Presentations – Department Student Learning Outcomes #2 and #3**

Individual Literature Review
1. **Individual Literature Review**
   a. Directions will be given for graphic organizer for articles
   a. Total Points Possible – 50

COURSE OUTLINE

Unit 1   Philosophical, Historical Foundations, and Career Paths in the Profession
Philosophical Foundations
Historical Foundations
When You Graduate
Career Path Clusters and Career Options
Unit One Readings
Personal Profile Self-Assessment

Unit 2   Trends, Societal Issues, and Public Policy
Trends and Societal Issues Effecting the Profession
Who Will Shape Society?
Communication with Public Officials....Professionals Responsibility
How to Contact Your Elected Representatives
Unit Two Readings
Public Policy Inventory

Unit 3   Research Fundamentals
Categories of Research Studies
Steps in Planning and Conducting a Research Study
Guidelines for Research Study
Evaluation Studies
Unit Three Readings and Project Assignment
Research Project Evaluations

Unit 4   Professional Career Development
Career Development Process
Personal Assessment Stage
Job Market Search Stage
Cover Letter and Resume Stage
Interview Process Stage
Evaluating Options and Negotiation Stage
New Job Transition
Unit Four Readings
Career Search Notebook Project Assignment
Professional Portfolio Project Assignment
Personal Assessment Inventories

Unit 5   Professionalism and Effective Leadership
Leadership Styles
Leadership Characteristics
Communication and Conflict Resolution
Stress Management

Individual Literature Review

The Literature Review must be a complete written review of the literature pertaining to your variable identified through your Research Purpose. The entire paper should be in APA format. Each student will research a topic that pertains to their program of study. A total of 4 peer-reviewed articles are required with a competed graphic organizer for each article. The literature review will be 2 pages typed after the article graphic organizers. The instructor will give detailed instructions and graphic organizer templates.

FCS497 Professional Portfolio Rubric

	Strong Professional Impact (5 pts)	Good Professional Impact (4 pts)	Some Professional Impact (3 pts)	Minimal Professional Impact (2 pts)
CONTENT: Introduction & Professional Statements (1.000, 8%)	All required pieces are included and contain rich and thorough information • Introduction Cover Letter • Professional Philosophy • Professional Goals • Code of Ethics • Professional FCS mission to career goal	All required pieces included and contain complete information	Some required pieces are included and some pieces lack complete information	Few required pieces are included and some pieces contain limited information or are missing
CONTENT: Personal Assessments (1.000, 8%)	All required pieces are included and contain rich and thorough information • Strengths • Special Skills • Personal Profile (1, 2, 3, 7, 8, 9) • Interests and Activities	All required pieces included and contain complete information	Some required pieces are included and some pieces lack complete information	Few required pieces are included and some pieces contain limited information or are missing
CONTENT: Achievements (1.000, 8%)	All required pieces are included and contain rich and thorough information • University Transcript • Diploma Certificates • Licenses, Awards, Honors and Scholarships • Professional Memberships	All required pieces included and contain complete information	Some required pieces are included and some pieces lack complete information	Few required pieces are included and some pieces contain limited information or are missing
CONTENT: Community Service (1.000, 8%)	All required pieces are included and contain rich/thorough information • Campus Organizations, offices held and	All required pieces included and contain complete information	Some required pieces are included and some pieces lack	Few required pieces are included and some pieces contain limited

	Strong Professional Impact (5 pts)	Good Professional Impact (4 pts)	Some Professional Impact (3 pts)	Minimal Professional Impact (2 pts)
	memberships • Volunteer and Community Service		complete information	information or are missing
CONTENT: Internship / Practical Application (1.000, 8%)	All required pieces are included and contain rich/thorough information: • Images, presentation and/or reflective narrative on internship(s) and practical application experiences	All required pieces included and contain complete information	Some required pieces are included and some pieces lack complete information	Few required pieces are included and some pieces contain limited information or are missing
CONTENT: Body of Work (1.000, 8%)	All required pieces are included and contain rich/thorough information: • Coursework reflecting abilities and skills	All required pieces included and contain complete information	Some required pieces are included and some pieces lack complete information	Few required pieces are included and some pieces contain limited information or are missing
PRESENTATION: Oral Presentation (1.000, 8%)	Presented in a well-organized manner.	Presentation organization is adequate	Presentation organization was difficult to follow.	Presentation lacked organization.
PRESENTATION: EPortfolio Appearance (1.000, 8%)	Sections professional in appearance and present information in clear and easy to follow manner • Free of spelling errors • Uniform use of font, text size, and headings throughout • Images and attachments have accompanying reflective narrative • Use of hyperlinks within text to help organize materials	Section appearance is adequate	Some sections lack professional appearance	Unprofessional appearance
PRESENTATION: References (1.000, 8%)	Strong sources and include all of the following: • Three written letters of recommendations (at least two FCS professors)	Good sources and all required pieces included and contain complete information	Adequate sources, some required pieces are included and some pieces lack	Limited or missing sources and required pieces.

	Strong Professional Impact (5 pts)	Good Professional Impact (4 pts)	Some Professional Impact (3 pts)	Minimal Professional Impact (2 pts)
	• Volunteer/Internship Recognition Letters • Referral List o Four individuals, at least two major FCS professors o Use formal names and title o Organization name o Complete address, telephone and e-mail of organization o No relatives or family friends • All letters on Organization letterhead • Last pages in portfolio		complete information.	
PRODUCT APPLICATION: Representation (1.000, 8%)	Portfolio is an effective representation of individual's academic success, professional statements, and/or service to others	Portfolio is a good representation of individual's academic success, professional statements, and/or service to others	Portfolio is a minimal representation of individual's academic success, professional statements, and/or service to others	Portfolio is lacking representation of individual's academic success, professional statements, and/or service to others