POINT LOMA NAZARENE UNIVERSITY
SAN DIEGO, CA

Course Title:	**PSY 1001-Psychology of Personal Development (2 units)**
	Section-11
Semester:	**Fall 2025**
Location:	**All sections in Ryan Learning Center (RLC) room 101**
Day/Time:	**Tuesday and Thursday, 1:30-2:25pm**
Instructor:	**Dr. Scott Shoemaker,**
Contact Information:	**Email: sshoemak@pointloma.edu**
	Office: Draper Hall- Admissions

I have an open door policy. Whenever my office door is open, please feel free to come in. I will also schedule appointments when 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 becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

GENERAL EDUCATION 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.

1. **REQUIRED TEXTS AND MATERIALS:**
   a. Palmer, J.P (2000). *Let Your Life Speak.* CA: Jossey-Bass.
   b. Peck, M.S. (1978). *The Road Less Traveled.* NY: Simon and Schuster.
   c. Tests and Assignments will be done via CANVAS.

2. **CATALOG/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 and beyond. Discussions, lectures, and small group experiences are the major components of this course. This course is 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 students are required to take PSY 103, General Psychology.

3. **THE RELATIONSHIP BETWEEN PSY 1001 AND OTHER COLLEGE CURRICULA:** This course is also one of the components of the Foundational Explorations (formerly known as 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.

4. **COURSE FORMAT:** This course will rely mostly on lecture and discussions. Lectures are intended to integrate and supplement the readings. Therefore, students are expected to complete readings prior to each class meeting. However, the success of the class will greatly rely on student participation in class discussion and exercises.

5. **COURSE LEARNING OUTCOMES:**
   - **a.** To contribute to your self-development and maturity using Psychological tools.
   - **b.** To contribute to your success at PLNU.
   - **c.** To help you think critically and abstractly as tools for college successes.
   - **d.** To help you discover and resolve social and cultural blocks to successful college and life experience.
   - **e.** To help you develop interpersonal skills.
   - **f.** To help you develop alternative ways of thinking about yourself.
   - **g.** To help you become more curious about yourself as a stimulus to learning to learn.
   - **h.** To introduce you to Psychology as a resource for learning and solving academic, personal, spiritual, and culture problems.

6. **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 2 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 75 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

7. **COURSE SPIRIT:**
   a. Due to the nature of this class, you will be asked to share personal information. However, you are never required to share anything that you do not feel comfortable sharing, either in papers or in class. This is intended to be a safe place.
   b. Professor and students alike must respect and honor one another.
   c. Academic Honesty—Students should demonstrate academic honesty by doing their own original work…SEE PLNU POLICIES SECTION OF SYLLABUS BELOW.

8. **ASSIGNMENTS AND GRADING:**
   a. **Tests:** Students will have 4 tests taken in CANVAS through the course of the semester, one at the end of each segment of the course. Tests will consist of 25 multiple choice/true false questions followed by a 20-point essay. These are NOT cumulative tests, and will only cover the material relevant to that segment of the class.
   b. **Reflection Papers:** Students will be required to complete four reflection papers of 3 pages each, double spaced. Paper topics will take into account each class segment and are intended to integrate the content of the course with your personal experiences. All Papers will be turned in via CANVAS. 1 point will be deducted for each day reflection paper is turned in late.
   c. **Autobiography: (DUE-10/30)** This assignment requires that you write your autobiography, an 8 page writing assignment. Here you are asked to share your story, and you may do so however you wish. I encourage you to put some effort into this assignment, incorporating what you have learned about yourself from your life experiences, and the class as a whole. (Will discuss more in class as paper becomes closer to due date…) Turned in via CANVAS.

   d. **PLNU Academic Accommodations Policy:** While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Educational Access Center (EAC), located in the Bond Academic Center. (EAC@pointloma.edu or 619-849-2486). The EAC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the EAC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The EAC will thereafter email the

student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

e. If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that EAC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

f. **Grading:** Your final course grade will be composed of the following:

ASSIGNMENT	WEIGHT
Autobiography (90 pts)	**Approximately 23.6%**
Small Groups (45 pts)	**11.8%**
Exam 1 (45 pts)	**11.8%**
Exam 2 (45 pts)	**11.8%**
Exam 3 (45 pts)	**11.8%**
Exam 4 Final (45 pts)-Required	**11.8%**
Reflection Papers- 4 total papers (11 pts each)	**Approximately 11.6%**
Attendance (23 pts)	**Approximately 5.8%**
TOTAL POINTS – 382	**100%**

Grading Scale

		A	**93 to 100%**	**A-**	**90 to 92.99%**
B+	**88 to 89.99%**	**B**	**84 to 87.99%**	**B-**	**80 to 83.99%**
C+	**78 to 79.99%**	**C**	**74 to 77.99%**	**C-**	**70 to 73.99%**
D+	**66 to 69.99%**	**D**	**60 to 65.99%**	**D-**	**50 to 59.99%**
		F	**0 to 49.99%**		

9. **ATTENDANCE:** You will be expected to attend all classes in person this semester. We will take attendance at the beginning of each class worth 1pt for being present each day of class. You will be allowed 2 free misses from class this semester. Use them wisely. Each miss after the 2 free misses will be a 5pt deduction from your final point total at the end of the semester. Please make sure to communicate with me if you must/need to miss class.

10. **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 a good idea 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, technology devices in this classes' context can detract from the classroom environment. *In PSY 1001 students are not permitted to use their laptop computers (except for taking the exams/attendance in class via CANVAS), cell phones, etc. during class.* THANK YOU for respecting this policy.

11. **SMALL GROUPS:** Thursday's 12:30pm to 1:25pm (45pts)

12. **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

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PLNU Policies Page

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
ALSO SEE ACADEMIC HONESTY POLICY ABOVE
Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academically 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 ACCOMODATIONS 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.

PLNU ATTENDANCE AND PARTICIPATION POLICY
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.

USE OF ARTIFICIAL INTELLIGENCE
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.

PLNU 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

SEE SEMESTER DAILY CLASS SCHEDULE BELOW

DAILY SEMESTER SCHEDULE

Section	*Date*	*Readings*	*Special Notes*
	Tues 9/2	**Discuss Syllabus**	**Introductions**
Worldview and Religion	**Thurs 9/4**	**No Class**	
	Tues 9/9	**Palmer: pp. 1-8**	
	Thurs 9/11	**Peck: pp. 185-208**	
	Tues 9/16	**Peck: pp. 208-232**	
	Thurs 9/18	**Palmer: pp. 9-36 & 37-55**	
	Tues 9/23	**Emerging Adulthood**	
	Thurs 9/25	**Test 1**	**Reflection Paper #1 Due**
Discipline	**Tues 9/30**	**Peck: pp. 11-32**	
	Thurs 10/2	**Peck: pp. 32-50**	
	Tues 10/7	**Dead Poets Society**	
	Thurs 10/9	**Dead Poets Society**	
	Tues 10/14	**Dead Poets Society**	
	Thurs10/16	**Peck: PP. 51-77**	
	Tues 10/21	**Test 2**	**Reflection Paper #2 Due**
	Thurs 10/23	**No Class**	**Fall Break**
Love	**Tues 10/28**	**Peck: pp. 81-111**	
	Thurs 10/30	**Peck: pp. 111-139**	**Autobiography Due**
	Tues 11/4	**Peck: pp. 140-160**	
	Thurs 11/6	**Peck: pp 160-182; 312-315**	
	Tues 11/11	**Palmer: pp. 56-72**	
	Thurs 11/13	**Palmer: pp. 73-94**	
	Tues 11/18	**Test 3**	**Reflection Paper #3 Due**
Grace	**Thurs 11/20**	**Peck: pp. 235-253**	
	Tues 11/25	**No Class**	**Thanksgiving Break**
	Thurs 11/27	**No Class**	**Thanksgiving Break**
	Tues 12/2	**Peck: pp. 253-271**	
	Thurs 12/4	**Peck: pp. 271-289**	
	Tues 12/9	**Peck: pp. 289-311**	
	Thurs 12/11	**Test #4**	**Reflection Paper #4 Due**
Final Exam Sec 7	**Mon 12/16 7:30am-10:00am**	**RLC 101**	