

**POINT LOMA NAZARENE UNIVERSITY
SAN DIEGO, CA**

Department of Psychology

Course Title: PSY 1001-Psychology of Personal Development (2 units) Sections 5 & 6

Semester: Spring, 2026

Location: Taylor Hall-314

Day/Time: Wednesday and Friday, Sec 5-1:30 pm-2:25 pm, Sec 6-12:15 pm-1:10 pm

Final Exam: Sec 5- Friday (5/8) 1:30 pm -4 pm, Sec 6- Friday (5/8) 10:30 am -1 pm

Instructor: Glen Laster

Contact Information: Email: glaster@pointloma.edu

Office: Rohor Hall-103

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.

FOUNDATIONAL EXPLORATION 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 cultures.

1. REQUIRED TEXTS AND MATERIALS:-PURCHASE HARD COPY BOOKS

- 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 that 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 transferable 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 lectures and discussions.

Lectures are intended to integrate and supplement the readings. Therefore, students are expected to complete readings before 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 success.
- 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 cultural problems.

6. GENERAL EDUCATION LEARNING OUTCOMES:

- 1) *Context #1: Learning, Informed by our Faith in Christ*

ILO¹ #1: Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits that foster life-long learning.

- (a) GELO 1a. Written: Students will be able to effectively express ideas and information to others through written communication.
- (b) GELO 1b. Oral: Students will be able to effectively express ideas and information to others through oral communication.

- (c) 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.
 - (d) GELO 1d. Critical Thinking: Students will be able to examine, critique, and synthesize information in order to arrive at reasoned conclusions.
 - (e) GELO 1e. Quantitative Reasoning: Students will be able to solve problems that are quantitative in nature.
- (2) *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.
- (a) GELO 2a. Students will develop an understanding of self that fosters personal well-being.
 - (b) GELO 2b. Students will understand and appreciate diverse forms of artistic expression.
 - (c) GELO 2c. Students will demonstrate an understanding of the complex issues faced by diverse groups in global and/or cross-cultural contexts.
- (3) *Context #3: Serving, In a Context of Christian Faith*
ILO #3: Students will serve locally and/or globally in vocational and social settings.
- (a) GELO 3. Students will demonstrate an understanding of Christian Scripture, Tradition, and Ethics, including engagement in acts of devotion and works of mercy.

7. 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.

8. 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.

9. 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, including the Autobiography, will be turned in via CANVAS. 1 point will be deducted for each day papers are turned in late.
- c. **Autobiography: (DUE-3/16)** 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) allow 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:

Autobiography (90 pts)	Approximately 23.6%
Small Groups (45 pts)	Approximately 11.8%
Exam 1 (45 pts)	Approximately 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-44pts)	Approximately 11.6%
Attendance (25 pts)	Approximately 5.8%
TOTAL POINTS – 384	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 1 to 49.99%	

10. ATTENDANCE: 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 5-point deduction from your final point total at the end of the semester. Please make sure to Communicate with me if you/need to miss class.

11. 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 class's 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.

- 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

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 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

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 ACCOMMODATIONS POLICY

ALSO SEE ACADEMIC ACCOMMODATIONS ABOVE

If you have a diagnosed disability, please contact PLNU's Educational Access Center (EAC) within the first two weeks of class to demonstrate need and to register for accommodations by phone at **619-849-2486** or by email at **EAC@pointloma.edu**. See the **Educational Access Center** for additional information.

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 TECHNOLOGY

ALSO SEE ELECTRONIC DEVICES SECTION ABOVE

PLNU 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 students have questions, a desire to meet with the chaplain, or have prayer requests, you can contact the [Office of Spiritual Development](#)

SEMESTER SCHEDULE

<i>Section</i>	<i>Date</i>	<i>Readings</i>	<i>Special Notes</i>
Growth and Religion	Wed 1/14	Discuss Syllabus	Introduction
	Fri 1/16	Peck: pp. 185-208	
	Wed 1/21	Peck: pp. 208-232	
	Fri 1/28	Palmer: pp. 1-8	
	Wed 1/30	Palmer: pp. 9-36	
	Fri 1/28	Palmer: pp. 37-55	
	Wed 2/4	Three Psychologies	
	Fri 2/6	Test 1	Reflection Paper #1 Due
Discipline	Wed 2/11	Peck: pp. 11-32	
	Fri 2/13	Peck: pp. 32 -50	
	Wed 2/18	Peck: PP. 51-77	
	Fri 2/20	Dead Poets Society	
	Wed 2/25	Dead Poets Society	
	Fri 2/27	Dead Poets Society	
	Wed 3/4 Fri 3/6	Test 2 No School	<u>Reflection Paper #2 Due</u>
Love	Wed 3/9 & Fri 3/13	No Classes	Spring Break
	Wed 3/18	Peck: pp. 81-111	
	Fri 3/20	Peck: pp. 111-139	Autobiography Due
	Wed 3/25	Peck: pp. 140-160	
	Fri 3/27	Peck: pp 160-182	
	Wed 4/1	Test 3	Reflection Paper #3 Due
	Fri 4/3	No Class	Easter Break

Grace	Wed 4/8	Palmer: pp. 56-72	
	Fri 4/10	Palmer: pp. 73-94	
	Wed 4/15	Peck: pp. 235-253	
	Fri 4/17	Peck: pp. 253-271	

	Wed 4/22	Peck: pp. 271-289	
	Fri 4/24	Peck: pp. 289-311	
	Wed 4/29	Palmer: pp 95-109	
	Fri 5/1	Test 4	Reflection Paper #4 Due
Final Exam Sec 5	TBD	Taylor Hall	
Final Exam Sec 6	TBD	Taylor Hall	