



Point Loma Nazarene University
Department of Undergraduate Psychology

Psychology 3041 Section 3 (Fall 2026)
Group Counseling (1-3 units)

Instructor: Kim Schaeffer	Meeting Days: Tuesday and Thursday
Phone: 619-849-2466 (email preferred)	Meeting Times: 9:30am-10:25am
Email: KimSchaeffer@pointloma.edu	Meeting Location: Cabrillo Hall 101
TA: Madison Lasus	TA Email: mlasus0022@pointloma.edu
Office Location: Culbertson Hall	Final Exam: Dec 15
Office Hours: Please email to schedule an 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:

This course is designed for students to participate both as a small group “facilitator” (with a small group of Psychology 1001 students), and a small group member. Students will be the facilitator of a small group of first-year students which will meet each week on Thursdays from 12:30pm-1:20pm. Students will lead the students in a series of activities and discussions designed to facilitate their transition to college life at PLNU.

Catalog Description:

This course is designed to be a group method experience which introduces theories used to modify, ameliorate, or change personal behavior. Each student is required to lead discussions with a group of up to twelve first year students in order to discuss and explore various topics pertaining but not limited to social, mental, and spiritual development as they transition to college.

Course Learning Outcomes:

1. Improve interpersonal skills.

2. Deepen understanding of the art and science of small group leadership.
3. Define in detail the concept of a “community of Love” (based on Wesleyan theology).
4. Identify stages of small group development.
5. Demonstrate effective communication skills in supervision group.
6. Pass an on-line quiz consisting of textbook test bank questions regarding small group counseling.
7. Pass an online quiz consisting of textbook test bank questions
8. Plan interactive exercises with their group of first year college students.

Course Texts (Required):

Chen, M., & Rybak, C. J. (2004). *Group leadership skills* – 2nd edition. Belmont, CA: Brooks/Cole.

Course Requirements:

1. Participation: Participation is required and is figured into your final grade.
2. Quizzes: Students are expected to read the assigned text and complete all 10 reading quizzes. Students may elect to complete an optional 11th reading quiz at the end of the semester which can be used to replace any missed quiz. Given this, there will be no make-ups for any quiz without prior permission from the instructor and all quizzes are to be submitted on time. Descriptions of all quizzes are listed on canvas.
3. Reflection Assignments: There will be a total of 10 reflection assignments due throughout the semester. Students may elect to complete an optional 11th reflection assignment at the end of the semester which can be used to replace any missed assignment. There will be no make-ups for any assignment without prior permission from the instructor and all assignments are to be submitted on time. Descriptions of all reflection assignments and grading rubrics are listed on canvas.
4. Group Perceptions Paper: Students are required to write a paper in which they will be asked to share their observations about the individual group members, their own participation, and the group process. A description of the group perceptions paper and the grading rubric is listed on canvas.
5. Final Reflection Paper: In lieu of a final exam, students are required to write a paper in which they will be asked to demonstrate that they have learned about themselves, others, and the process of small group development through this course. A description of the final reflection paper and the grading rubric is listed on canvas.
6. Data Entry: Students are expected to enter small group member attendance and indicate the completion of any relevant small group assignments in canvas on a weekly basis. Successful entry of this data into canvas is required and figured into your final grade.

Grading:

Participation: (200 pts) 40%
Quizzes (100 pts) 20%

Assignments: (100 pts) 20%
Papers (50 pts) 10%
Data Entry (50 pts) 10%
Total: (500 pts) 100%

A = 93-100; A- = 90-92.99; B+ = 88-89.99; B = 84-87.99; B- = 80-83.99; C+ = 77-79.99;
C = 70-76.99; C- = 65-69.99; D+ = 62-64.99; D = 55-61.99; D- = 50-54.99; F ≤ 49.99%

Course Policies:

1. Attendance: Students may choose to miss a total of 3 class discussion sessions for any reason throughout the semester. However, students risk being de-enrolled in the event that they miss 4 class discussion sessions or more (i.e., if absences exceed 20 percent of class meetings).
2. Participation: As the facilitation of a small group is an essential component to this course, students risk a one-third grade reduction in this course if they fail to facilitate any of their PSY1001 meetings without prior permission from their instructor. In addition, students also risk one-third grade reduction in this course if they fail to participate in 3 or more of their PSY3041 meetings without prior permission by the instructor.

Late Assignments

Submit all assignments by the due date listed in Canvas. Late assignments will receive a 3% deduction for each day they are late, including an initial 3% deduction once the deadline has passed.

Classroom Attendance Policy

Students may miss up to four class sessions without penalty. Please note that these four permitted absences should be used for circumstances such as illness, weddings, family events, and similar commitments. *All absences, including those due to illness, count toward the four permitted absences per semester.*

Attendance and participation points are earned by completing 4-S Team Application Exercises during each class. Every four weeks, one 4-S Team Application Exercise score will be dropped in Canvas.

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.

Classroom Artificial Intelligence (AI) PolicyⓈ

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro GrammarlyGo, Perplexity, etc.) in this course. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. Please use this [Purdue resource](#) to guide your citations when using AI.

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. Please consult the [Academic Honesty Policy](#) in the [University Catalog](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU Academic Behavior PolicyⓈ

Both faculty and students at Point Loma Nazarene University have the right to expect a safe and ordered environment for learning. Students are expected to take the initiative to learn and conduct themselves in a mature and civil manner in the classroom environment. Any student behavior that is disruptive or threatening is a serious affront to Point Loma Nazarene University as a learning community. Students who fail to adhere to these behavioral standards may be subject to disciplinary action, including removal from class or further university sanctions. For a full definition of disruptive behavior, response procedures, and the appeal process, please consult the [Academic Behavior Policy](#) in the [University Catalog](#)

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, [by email](#) or phone at 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 approved 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 approved accommodations in that particular course. Accommodations are not retroactive; as such, 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-related need should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. In accordance with ADA, accommodations cannot constitute a fundamental alteration to course outcomes; therefore, planning ahead is vital in establishing appropriate accommodations for equal access to this course. 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 eligibility 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.

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 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 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.

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.

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 [LomaBooks](#) materials.

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 distance education outside California.