

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

Course Title: PSY 101-Psychology of Personal Development (3 units)
Section-7
Semester: Spring, 2019
Location: Taylor Hall 314
Day/Time: Wednesday and Friday, 1:30pm-2:25pm
Instructor: Dr. Tim Hall,
Contact Information: Email: timhall@pointloma.edu
Office: Taylor Hall 101

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.

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 101 and other College Curricula

This course is also 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, 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 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...
- 7. Evaluation and Assignments:**
- a. **Examinations :** Students will have 4 examinations (via CANVAS—will bring your laptops to class to take the exam) through the course of the semester, one at the end of each segment of the course. Exams will consist of 25 multiple choice/true false questions followed by a 20-point essay question. These are NOT cumulative exams, 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-4/10)** This assignment requires that you write your autobiography, an 8-10 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. Academic Accommodations:** All students are expected to meet the standards for this course as set by the instructor. However, students with learning disabilities who may need accommodations should discuss options with the Academic Support Center (ASC) during the first two weeks of class. The ASC will contact professors with suggestions related to classroom needs and accommodations. Approved documentation must be on file in the ASC prior to the start of the semester. (Please make sure to talk with me concerning this if it applies to you. It will be kept confidential)
- e. Grading:** Your final course grade will be composed of the following:

| | |
|--------------------------------------------------------|----------------------------|
| | |
| Autobiography (90 pts) | 25% |
| Small Groups (45 pts) | 12.5% |
| Exam 1 (45 pts) | 12.5% |
| Exam 2 (45 pts) | 12.5% |
| Exam 3 (45 pts) | 12.5% |
| Exam 4 Final (45 pts)-Required | 12.5% |
| Reflection Papers- 4 total papers (11 pts each) | Approximately 12.5% |
| | |
| TOTAL POINTS – 360 | 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% | | |

- 8. Attendance:** The faculty members strongly believe that you should be exposed to all elements of PSY 101. On the other hand we realize that you might have to miss class for an emergency situation...Therefore, you are allowed 2 absences each from small group and section classes without penalty. For each absence above 2 absences you will lose 5 points from your course grade. For example, if you missed 2 small groups and 3 classes, you would lose 5 points from your semester grade. If you missed 3 small groups and 4 classes you would lose 15 points from your semester grade. This may not seem like a large amount but it almost always results in a significant lowering of your grade according to the grading policy. PLNU attendance policy states that being absent from 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment from the class. If the absences exceed 20 percent, the student may be de-enrolled without notice... The only excused absence occurs when you miss class due to a college-sponsored activity (approved in writing by the office of the Academic Dean). Excused absences for serious illness (hospitalization) and other calamities are up to the discretion of the section

professor. *If you miss more than six sessions (any combination of absences from small group and section classes), which is the equivalent of one and one-half weeks of classes, you may be de-enrolled from this course according to catalog policy.* It is strongly recommended that you save your penalty-free absences for circumstances beyond your control (illness, out-of-town weddings, family reunions, and so on). Most importantly, please remember that your attentive attendance in class contributes significantly to the academic environment at PLNU.

Students not present for a test will receive 0 points on the missed test. *If a student cannot take a test due to extreme circumstances beyond their control the professor needs to be notified prior to the examination.* If the professor is unavailable you need to email the professor prior to the examination. MAKE SURE to communicate with me in these circumstances when necessary.

- 9. Policy on Electronic Devices:** In addition to the focus on each student's "story," another aspect of Psy 101 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 101 students are not permitted to use their laptop computers(except for taking the exams in class via CANVAS), cell phones, etc. during class.* THANK YOU for respecting this policy.

10. Small Group Grade—(Grading Sheet at the end of Syllabus)

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 you to 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 have a daily planner. If you don't already use one, the planner is especially helpful juggling courses, social activities, and tests etc. as you transition.

*We also require that you become involved with a formal social activity on campus as soon as possible. This can include cov/D groups, intramurals, musical groups, a varsity sport, cheer, departmental organizations, and so on.

*In addition, you will receive credit for visiting your academic advisor. This is usually done during registration for next semester's courses. However, we encourage you to set up a meeting with your academic advisor sooner to introduce yourself and ask any questions that you might have about your academic/life journey.

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

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

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) 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 **DRC@pointloma.edu**. See **Disability Resource 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.

SEMESTER SCHEDULE

| Section | Date | Readings | Special Notes |
|----------------------------|-----------------------------|---------------------------|-------------------------|
| | Wed 1/9 | Discuss Syllabus | Introductions |
| Growth and Religion | Fri 1/11 | Peck: pp. 185-208 | |
| | Wed 1/16 | Peck: pp. 208-232 | |
| | Fri 1/18 | Palmer: pp. 1-8 | |
| | Wed 1/23 | Palmer: pp. 9-36 | |
| | Fri 1/25 | Palmer: pp. 37-5 | |
| | Wed 1/30 | Three Psychologies | |
| | Fri 2/1 | Test 1 | Reflection Paper #1 Due |
| Discipline | Wed 2/6 | Peck: pp. 11-32 | |
| | Fri 2/8 | Peck: pp. 32-50 | |
| | Wed 2/13 | Peck: PP. 51-77 | |
| | Fri 2/15 | Dead Poets Society | |
| | Wed 2/20 | Dead Poets Society | |
| | Fri 2/22 | Dead Poets Society | |
| | Wed 2/27 | Test 2 | Reflection Paper #2 Due |
| Love | Fri 3/1 | Peck: pp. 81-111 | |
| | Wed 3/6 & Fri 3/8 | Spring Break | No Classes |
| | Wed 3/13 | Peck: pp. 111-139 | |
| | Fri 3/15 | Peck: pp. 140-160 | |
| | Wed 3/20 | Peck: pp 160-182; 312-315 | |
| | Fri 3/22 | Palmer: pp. 56-72 | |
| | Wed 3/27 | Palmer: pp. 73-94 | |
| | Fri 3/29 | Test 3 | Reflection Paper #3 Due |
| Grace | Wed 4/3 | Peck: pp. 235-253 | |
| | Fri 4/5 | Peck: pp. 253-271 | |
| | Wed 4/10 | Peck: pp. 271-289 | Autobiography Due |
| | Fri 4/12 | No Class | |
| | Wed 4/17 | Peck: pp. 289-311 | |
| | Fri 4/19 | No Class | Easter Break |
| | Wed 4/24 | Palmer: pp 95-109 | |
| | Fri 4/26 | Review | |
| | Fri 5/1 1:30am to 4:00pm | Test 4-Final Exam | Reflection Paper #4 Due |

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 = de-enrollment

SMALL GROUP PARTICIPATION

- Letters/Reports to Small Group Leader
(Every other week = 8 weeks @ 3 points each = 24 possible points.)

24 - (# of letters missed x 3) = _____ Points

- Effort/Attitude as participant in Group (freshman rates this element)
I have done my best to help make my small group a "community of love."

(Circle one) 1 2 3 4 _____ Points

- Complete Small Group Leader Survey _____ Points
(possible 5 points)

"TRANSITION TO COLLEGE" ACTIVITIES

- Use of "Daily Planner" or Calendar _____ Points
(show use of calendar to small group leader; possible 5 points)

- Join/Participate in a PLNU club or group _____ Points
(possible 7 points)

Name of group (including athletics) or club: _____

(45 possible points) **TOTAL POINTS** = _____