



Meeting days: Monday Wednesday	Instructor title and name: Lindsay Wilson, M.S LMFT
Meeting times: 11:00am-11:50pm	Phone: Professor Wilson (858) 522-0797
Meeting location: RH 111	E-mail: lwilson2@pointloma.edu
Final Exam: In class week before finals	Office location and hours: Culbertson Hall MON WED by appointment
Additional info:	Additional info:

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.

I. Catalog 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. Discussions, lectures, and small group experiences are the major components of this course. 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 transfer students are required to take PSY 103, General Psychology. Letter Graded

II. 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.

III. Course Learning Outcomes

- A. To contribute to your self-development and maturity.
- B. To contribute to your success at PLNU.
- C. To understand PLNU as a Wesleyan/Arminian culture and institution.

- D. To help you think critically and abstractly as tools for college successes.
- E. To help you discover and resolve social and cultural blocks to successful college and life experience.
- F. To help you develop interpersonal skills.
- G. To help you develop alternative ways of thinking about yourself.
- H. To help you become more curious about yourself as a stimulus to learning to learn.
- I. To introduce you to Psychology as a resource for learning and solving academic, personal, spiritual, and cultural problems.
- J. To help you understand the contribution of ethnic culture to personal and social development.

IV. Textbooks

Peck, S. (1978). The road less traveled. NY: Simon and Schuster.
 Frankl, V. (1959). Man's search for meaning. MA: Beacon Press.

V. Grading

Your final course grade will be composed of the following:

Autobiography	25.0%	90 points
Small Groups	12.5%	45 points
Exam 1	12.5%	45 points
Exam 2	12.5%	45 points
Exam 3	12.5%	45 points
Exam 4 (Final)	12.5%	45 points
3 Class Papers /Other	<u>12.5%</u>	<u>45 points</u>
	100%	360 points

Grade scale:

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

VI. Incomplete and Late Assignments

All assignments are to be submitted/turned in by the due date and time indicated on Canvas. Incompletes will only be assigned in extremely unusual circumstances.

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 or voicemail the professor prior to the examination. If you notify the professor prior to the examination you *might* be excused.

VII. What should I study for the tests?

- a. One of the purposes of Psy 101 is to introduce you to the academic culture of college life. Unless stated otherwise, for your classes at PLNU you are responsible for knowing all of the information presented in the lectures as well as the assigned readings. Please note that the tests given are often dependent on your comprehension of the reading material. That is why part of your job as student is to determine what is essential and important knowledge to know. During our classroom time, you will be responsible for all of the information that is presented. The tests will consist of approximately 25-30 multiple-choice, true-false, and essay questions worth approximately 45 points.

What are the requirements for my Psy 101 papers?

- II. In addition to your autobiography (which will be discussed in class), you will be required to submit an additional 12 written pages over the course of the semester. Specifically, each student will write three four-page papers demonstrating an understanding and integration of the course material. These four page papers should be double-spaced and include your name and ID number. Papers are graded on spelling/grammar and content. Please upload your paper in PDF format to canvas (www.canvas.pointloma.edu).

a.

i. Miracles:

1. Peck writes about the concept of miracles, every day occurrences of reflection that lead to wonder: "Perception of the miraculous requires no faith or assumption. It is simply a matter of paying full and close attention to the givens of life, i.e., to what is so ever-present it is usually taken for granted." Wesleyans hold a similar concept called extraordinary means of grace where little things throughout the day remind us of God's action and provision.
2. Reflect on your life and write about what is going well? What would you like to see continue to go well in your life (relationships, attitudes, life direction)? What were you anxious about that turned out better than you feared? To what do you attribute these "miracles"?

ii. How To Get Straight A's in College

For this 4 page paper, listen to this interview of Cal Newport as he discusses his book "How to Become a Straight A Student." Structure your paper in three sections:

1. What are the main recommendations in the podcast?
2. How does this compare with your normal study habits? What do you do that works well and doesn't work well?
3. What will you do differently in the future? What is your first step and what obstacles will you have to overcome to achieve it?

End the paper by writing out your weekly schedule and lay out times in your schedule that are available for you to study and do homework. Indicate if you can where you plan to study and what you want to focus your study time on.

iii. Love Letter

1. Write a “love letter” to a significant person in your life. See the detailed instructions on Canvas for specific instructions.

VIII. 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 [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

XI. 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.

X. 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. 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.

XI. Academic Accommodation 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 accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

XII. 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 operation, death in the family, or some other calamity. 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.

The only excused absence occurs when you miss class due to a college-sponsored activity (approved in writing by 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.

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.

XIII. **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 good 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, texting or using your phone detracts from the classroom environment. *In PSY 101 students are **not** permitted to use their laptop computers, cell phones, or iPads during class.*

XIV. **Small Group Grade**

On the next page you will see the composition of your small group grade. 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 your 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 to 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 alpha groups, intramurals, musical groups, a varsity sport, cheer, departmental organizations, and so on.

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