

Meeting days: Mon/ Wed	Instructor title and name: Lindsay Wilson, MS LMFT
Meeting times: 12:15-1:10	Phone: (858) 522-0797
Meeting location: Taylor 312	E-mail: lwilson2@pointloma.edu
Final Exam: Fri/10:30	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 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

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

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.

COURSE SCHEDULE AND ASSIGNMENTS

Segment	Week of	Class Assignment	Paper Due
Growth and Religion	9/4/19	Syllabus & Class Introduction	
	9/9/19	Class Activity	Enneagram Assignment
	9/11/19	Class Activity	
	9/16/19	Peck: pp. 185-197	
	9/18/19	Peck: pp.197-221	
	9/23/19	Peck: pp. 221-232	Paper 1 Due
	9/25/19	Test 1	
Dicipline	9/30/19	Peck: pp. 11-32	
	10/2/19	Peck: pp. 32-50	
	10/7/19	Peck: pp. 51-69	
	10/9/19	Peck: pp. 69-77	
	10/14/19	Dead Poets Society	Paper 2 Due
	10/16/19	Dead Poets Society	
	10/21/19	Dead Poets Society	
	10/23/19	Test 2 - Proctored	
Love	10/28/19	Peck: pp. 81-111	
	10/30/19	Peck: pp. 111-139	
	11/4/19	Peck: pp. 140-160	
	11/6/19	Peck: pp. 160-182; 312-315	
	11/11/19	Attachment Theory	Paper 3 Due
	11/13/19	Frankl: pp 1-50	
	11/18/19	Frankl: pp 50-93	
	11/20/19	Love Line	
	11/25/19	Test 3	
Grace	12/2/19	Peck: pp. 235-253	

	12/4/19	Peck: pp. 253-271	Autobiography Due
	12/9/19	Peck: pp. 271-289	
	12/11/19	Peck: pp. 289-311 Reflection/Closing	
	Finals Week:	Final Exam: FRI 10:30am- 11:30am	

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

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

ASSESSMENT AND GRADING

Your final course grade will be composed of the following:		Grade scale:	
Autobiography	90 points	A=93-100	C=73-76
Small Groups	45 points	A-=92-90	C-=70-72
Exam 1	45 points	B+=87-89	D+=67-69
Exam 2	45 points	B=83-86	D=63-66
Exam 3	45 points	B-=80-82	D-=60-62
Exam 4 (Final)	45 points	C+=77-79	F=0-59
3 Class Papers/Other			
Class Participation/Attendance	14 points		

Instructions for all assignments and papers can be found on Canvas.

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.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

ELECTRONICS POLICY

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 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 1001 students are **not** permitted to use their laptop computers, cell phones, or iPads during class.*

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.

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. 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.

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 Disability Resource Center (DRC), located in the Bond Academic Center. (DRC@pointloma.edu or 619-849-2486). The DRC'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 DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC 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.

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 DRC 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.

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.