



Psychology/Point Loma Nazarene University
PSY1001 - Psychology of Personal Development
3 Units

Spring 2020

Meeting days: T/Th	Instructor: Arianna Knowles, Adjunct Professor
Meeting times: 8:30-9:20am	Phone: 619-663-4088
Meeting location: Taylor 314	E-mail: arianna.f.knowles@gmail.com
Final Exam: Tuesday 8:30-10am	Office location and hours: Culbertson, email to inquire

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.

GE Mission Statement

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.

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

RELATIONSHIP BETWEEN PSY 1001 & 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.

COURSE LEARNING OUTCOMES

Students will be able to...

- Describe self-development to date using psychological tools
- Identify critical thinking and abstract thinking as tools for college success
- Discover social and cultural blocks to successful college and life experience
- Detect tools to resolve social and cultural blocks to successful college and life experience
- Detect alternative ways of thinking
- Develop curiosity about yourself as a stimulus to learning to learn
- Identify Psychology as a resource for learning and solving academic, personal, spiritual, and cultural problems

COURSE SCHEDULE AND ASSIGNMENTS

SECTION	DATE PRESENTED	CLASS CONTENT OR ASSIGNMENT	ASSIGNMENT DUE DATE
World View	1/16/20	Syllabus	
	1/21/20	Peck: pp. 185-208	
	1/23/20	Peck: pp. 208-225	
	1/28/20	Peck: pp. 225-232	
	1/30/20	Cron & Stabile: pp. 21-39	
	2/4/20	Cron & Stabile: read chapter on your type	Paper #1
	2/6/20	Test 1	
Discipline	2/11/20	Peck: pp. 11-32	
	2/13/20	Peck: pp. 32-50	
	2/18/20	Peck: pp. 51-69	
	2/20/20	Peck: pp. 69-77	
	2/25/20	Dead Poets Society	
	2/27/20	Dead Poets Society	
	3/3/20	Dead Poets Society	Paper #2
	3/5/20	Test 2	
	3/10/20	Spring Break	
	3/12/20	Spring Break	

Love	3/17/20	Peck: pp. 81-111	
	3/19/20	Peck: pp. 111-139	
	3/24/20	Peck: pp. 140-160	
	3/25/20	Peck: pp. 160-182; 312-315	
	4/1/20	Gifts of Imperfection: pp. 7-30 (31-48 recommended)	
	4/3/20	Gifts of Imperfection: pp. 49-62 & one additional guidepost ch. of your choosing	
	4/7/20	Love Line exercise	Paper #3
	4/9/20	Easter Break	
	4/14/20	Test 3	
Grace	4/15/20	Peck: pp. 235-253	
	4/21/20	Peck: pp. 253-271	
	4/23/20	Peck: pp. 271-289	
	4/28/20	Peck: pp. 289-311	Autobiography
	4/30/20	Final Review	
	5/5/20	Final Exam Week	

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Peck, S. (1978). *The road less traveled*. NY: Simon and Schuster.

Cron, I. & Stabile, S. (2016). *The road back to you: An Enneagram journey to self-discovery*. IL: Intervarsity Press.

Brown, B. (2010). *The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are*. MN: Hazelden Publishing.

ASSESSMENT AND GRADING

<u>Your final grade will be composed of the following:</u>	<u>Sample grade scale:</u>
● Weekly quizzes 25% 90 points	A=93-100% C=74-77.99%
● Small Groups 12.5% 45 points	A-=90-92.99% C-=70-73.99%
● Exam 1 12.5% 45 points	B+=88-89.99% D+=66-69.99%
● Exam 2 12.5% 45 points	B=84-87.99% D=60-65.99%
● Exam 3 12.5% 45 point	B-=80-83.99% D-=50-59.99%
● Exam 4 (Final) 12.5% 45 points	C+=78-79.99% F=0-49.99%
● Papers 12.5% 45 points	

Your autobiography will be graded according to the following:

Spelling & Grammar = 10 points

Telling the story: Effort/Coverage = 30 points, Creativity = 20 points

Interpreting the story: Effort/Coverage = 15 points, Insight = 15 points

INCOMPLETES AND LATE ASSIGNMENTS

All assignments or tests submitted after their due date incur a 5% point deduction. If an assignment is turned in more than 3 weeks past the assigned due date, it will incur a 10% point deduction. All assignments are due by May 1, 2020.

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 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 listening to music detracts from the classroom environment. *In PSY 1001 students are not permitted to use their laptop computers or cell phones during class.* We doubt that this will be a problem, but first-time violation of the policy will result in a 1% reduction in a student’s overall PSY1001 grade, and each subsequent violation will result in a 3% reduction in a student’s overall PSY 1001 grade.

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

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. 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.

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.