

Fall 2020

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| Meeting days: T/Th | Instructor: Arianna Knowles, Adjunct Professor |
| Meeting times: 8:30-9:25 students will watch a recorded lecture before 9am on T/Th, and meet together over Zoom from 9-9:25am on T/Th | Phone: 619-663-4088 |
| Meeting location: Zoom | E-mail: afarine@pointloma.edu |
| Final Exam: 11/24/20 | Office location and hours: 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.

Foundational Explorations 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 culture.

COURSE DESCRIPTION

A first-year introduction to issues and various theories in psychology which allow you to reflect on your 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 for first-year freshmen (those graduating from high school the spring prior to attending PLNU), as well as transfer students with

fewer than 24 transferable units. All other transfer students are required to take PSY 1003, 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

You 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 strengths and blocks to successful college and life experience
- Detect tools to bring resources to 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

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

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.

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

Additional required readings will be available on Canvas.

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 16 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

ASSESSMENT AND GRADING

Your final grade will be composed of the following:

- Autobiography 24% 85 points
- Small Groups 12.5% 45 points
- Exam 1 11% 40 points
- Exam 2 11% 40 points
- Exam 3 11% 40 points

- Exam 4 (Final) 11% 40 points
- Papers 12.5% 45 points

- Discussion attendance 7% 25 points

Grade Scale Based on Percentages

| A | B | C | D | F |
|----------|----------|----------|----------|----------------|
| A 93-100 | B+ 87-89 | C+ 77-79 | D+ 67-69 | F Less than 59 |
| A- 90-92 | B 83-86 | C 73-76 | D 63-66 | |
| | B- 80-82 | C- 70-72 | D- 60-62 | |

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 online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments submitted after their due date incur a 5% point deduction. All assignments excepting the autobiography are due by November 24, 2020.

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 **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), 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 drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic

Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#)

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact student-tech-request@pointloma.edu.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

COURSE SCHEDULE AND ASSIGNMENTS

| SECTION | DATE PRESENTED | CLASS CONTENT OR ASSIGNMENT | ASSIGNMENT DUE DATE |
|----------------|-----------------------|--|----------------------------|
| World View | 8/18/20 | Syllabus & course overview - Watch course intro online - Zoom 9-9:25 | |
| | 8/20/20 | Peck: pp. 185-208 - Watch lecture online - Zoom to class 9-9:25 | |
| | 8/25/20 | Read Internal Family Systems - on Canvas - Watch lecture online - Zoom to class 9-9:25 | |
| | 8/27/20 | Read Enneagram introduction - on Canvas - Watch lecture online - Zoom to class 9-9:25 | |
| | 9/1/20 | Read Enneagram Institute - on Canvas - Watch lecture online - Zoom to class 9-9:25 | |
| | 9/3/20 | Peck: pp. 208-225 - Watch lecture online - Zoom to class 9-9:25 | |
| | 9/8/20 | Peck: pp. 225-232 - Watch lecture online - Zoom to class 9-9:25 | Paper #1 |
| | 9/10/20 | Exam 1 online 8:30-9:25am - Honorlock | |
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| Discipline | 9/15/20 | Peck: pp. 11-32 - Watch lecture online - Zoom to class 9-9:25 | |
| | 9/17/20 | Peck: pp. 32-50 - Watch lecture online - Zoom to class 9-9:25 | |
| | 9/22/20 | Peck: pp. 51-69 - Watch lecture online - Zoom to class 9-9:25 | |
| | 9/24/20 | Peck: pp. 69-77 - Watch lecture online - Zoom to class 9-9:25 | |
| | 9/29/20 | No class meeting - watch Dead Poets Society movie on your own time | |
| | 10/1/20 | Dead Poets Society class discussion - Watch lecture online - Zoom to class 9-9:25 | |
| | 10/6/20 | No class | Paper #2 |

| SECTION | DATE PRESENTED | CLASS CONTENT OR ASSIGNMENT | ASSIGNMENT DUE DATE |
|------------|----------------|--|----------------------|
| World View | 10/8/20 | Exam 2 online 8:30-9:25am - Honorlock | |
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| Love | 10/13/20 | Peck: pp. 81-111 - Watch lecture online - Zoom to class 9-9:25 | |
| | 10/15/20 | Peck: pp. 111-139 - Watch lecture online - Zoom to class 9-9:25 | |
| | 10/20/20 | Peck: pp. 140-160 - Watch lecture online - Zoom to class 9-9:25 | |
| | 10/22/20 | Peck: pp. 160-182; 312-315 - Watch lecture online - Zoom to class 9-9:25 | |
| | 10/27/20 | Gifts of Imperfection: pp. 7-30 - Watch lecture online - Zoom to class 9-9:25 | |
| | 10/29/20 | Gifts pp. 31-48 - Watch lecture online - Zoom to class 9-9:25 | |
| | 11/3/20 | Gifts pp. 49-62 & at least 1 addt'l guidepost ch. of your choosing - Watch lecture online - Zoom to class 9-9:25 | Paper #3 |
| | 11/5/20 | Exam 3 online 8:30-9:25am - Honorlock | |
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| Grace | 11/10/20 | Peck: pp. 235-253 - Watch lecture online - Zoom to class 9-9:25 | |
| | 11/12/20 | Peck: pp. 253-271 - Watch lecture online - Zoom to class 9-9:25 | |
| | 11/17/20 | Peck: pp. 271-289 - Watch lecture online - Zoom to class 9-9:25 | |
| | 11/19/20 | Peck: pp. 289-311 - Watch lecture online - Zoom to class 9-9:25 | |
| | 11/24/20 | Final Exam online 8:30-9:25 | |
| | 12/1/20 | Autobiography due by 9:25am | Autobiography |