

THE PSYCHOLOGY OF PERSONAL DEVELOPMENT
Psychology 1001 – Sections 2 and 10
FALL, 2020

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Professor Information

Instructor: Dr. Jim Johnson Cell: 619.701.1759 Office: Evans Hall 124B
Department of Psychology – Culbertson Hall
Email: jimjohnson@pointloma.edu Web Page: <http://www.pointloma.edu/Jim.Johnson>
Office Hours: Tue/Thu 12:00pm-3:00pm ~ By appointment only

Course Information – All Sections: PSY1001 FALL 2020 (3 Units)

| Section | Dates | Day | Class Time | Room | Final Exam |
|---|--------------|--------------|-----------------|------------|--|
| 2 | 8/18 - 11/24 | Tues / Thurs | 8:30a – 9:20a | Taylor 312 | Thur 12/3/20 Taylor 312 7:30a - 10:00a |
| <i>Enter on first line of email for this course section: 1001FA20-2</i> | | | | | |
| 10 | 8/18 - 11/24 | Tues / Thurs | 10:00a – 10:50a | Taylor 312 | Thur 12/3/20 Taylor 312 10:30a - 1:00p |
| <i>Enter on first line of email for this course section: 1001FA 20-10</i> | | | | | |
| <i>SMALL GROUP meets every week on Thursday's 12:30-1:20PM PST</i> | | | | | |

A little note of introduction from the Prof: The main focus of study for this particular class - is **YOU**. We hear a lot these days -- It's *All about ME* – and yet as the same time we often are encouraged, if not commanded biblically to be more humble and think of others first. But for this course it is indeed a look at ME. But be clear - it is all about me in the context of the “ME” God created and the “ME” to whom God has given purpose and meaning and true value because of who you are and how HE created you. Many of the students who have taken this class have attested that a successful experience in Psychology 1001 has greatly contributed to their self-development and maturity personally and spiritually in discovering the real *me* God wants you to be – **to find your true Identity in Christ**. Thus, for me, it is more than just teaching you psychology of personal development, *this truly is my prayer for you*.

This course is designed with purpose, just for you. It is about looking at, understanding, and reflecting on **your story**. But be aware, your story must always be seen in the midst of God’s story. As we open ourselves to our story, we have learned the journey is not always fair and it does not treat all persons the same - for sure it does not often, if at all, compensate for the pitfalls and pain we encounter on the journey. It also sometimes ends in seeing God and others as part of the pain. In the process of looking at "life" in this course, it is not uncommon for some of the pain of our story to emerge and for it to become difficult to process even now as a college freshman. If *you feel you could benefit from talking individually to someone about some of the pain of your life, and you feel comfortable in talking to me*, I would consider that a privilege. If that is not comfortable for you, I can make a referral to some of the best professionals in our area who are student-centered and Christ centered in all they do.

For most of you, the more engaged you become in the class with discussions and other activities, the more you will get out of the class. Please be assured that I make every effort to ensure this class is a *grace space* for all students to BE, to Share, and to Become. Grace is *unmerited favor* from God. As you explore and come to understand your story, my prayer is that it is indeed a space where you see and experience God’s favor. God's richest blessings on you this semester as you write your story and reflect on meaning and purpose in your life. Remember, we walk together – you are never alone. God is ever present and cares about the details of your life and I welcome any time you want to share and chat with me about whatever is on your mind or heart.

Blessings on you as we learn and journey together,

DrJ

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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

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.

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. 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

TEXTBOOKS:

There are two required texts for this course and can be purchased, rented, or obtained in any format acceptable for reading by each student. Please obtain any listed edition if noted.

1. ***The Road Less Traveled, M. Scott Peck, 25th Anniversary Edition***
2. ***Man's Search for Meaning, Viktor E. Frankl,***

Course Learning Outcomes

Students will be able to...

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

Course Credit Hour Information

Note: Acknowledging that the 2020-2021 academic year will not be utilizing a face-to-face modality in totality, the credit hour information below is required for the hybrid and online modality. To calculate the "estimated total hours" for the last blank space below, please multiply the number of units times 37.5.

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.

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.

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Grading – Your final course grade will be composed of the following:

| | | |
|---------------------------------|-------------|-------------------|
| Autobiography..... | 25% | 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 |
| Class Papers/Quizzes/OTHER..... | 12.5% | 45 points |
| | 100% | 360 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(s) | 15 points |

Grade Scale Reference

| | | |
|-----------------|----------------|-----------------|
| | A 100% - 93% | A- 92.99% - 90% |
| | 360-333 | 332-323 |
| B+ 89.99% - 88% | B 87.99% - 84% | B- 83.99% - 80% |
| 322-315 | 314-301 | 300-287 |
| C+ 79.99% - 78% | C 77.99% - 74% | C- 73.99% - 70% |
| 286-279 | 278-265 | 264-251 |
| D+ 69.99% - 66% | D 65.99% - 60% | D- 59.99% - 50% |
| 250-236 | 235-215 | 214-179 |
| | F 49.99% - 0% | |

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.

Psychology 1001 Attendance Guidelines

The faculty members strongly believe that you should be exposed to all elements of PSY 1001. 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. Regular and punctual attendance at all classes is considered essential to optimum academic achievement. Students not present for a test will

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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.

PLNU Academic Accommodation 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 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. ***NOTE: If you have a learning issue, whether diagnosed or not, please discuss this with Dr.J. If you have accommodations noted through the DRC, please contact me. I welcome the opportunity to understand and ensure your learning needs are addressed without question.***

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](#).

PLNU Policy on Technology and Electronic Devices

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.**

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 any electronic device detracts from the classroom environment. Please be engaged and respectful during class. Failure to be respectful may result in a reduction in your grade for the course.

Final Examination Policy

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted in the Class Schedules. 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.

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The Course At-A-Glance – Course Assignments and Guidelines

Note: Given the hybrid and online modalities being used in the 2020-2021 academic year, the content of the course schedule and assignments will be posted in Canvas. Provided below is the Course At-A-Glance.

Course At-A-Glance

As noted in my opening note of introduction – *the main focus of study for this particular class – is YOU*. It is a course about exploring and understanding YOUR STORY and how it has been shaped and defined into who you are today. To understand our story, we must be clear about our **identity** – how our true self is defined. In this course we follow the three stepping stones in the *Process of Finding True Identity*. The resources for taking us through these steps include:

- content from our textbooks for the course
- Biblical context and study
- a deeper dive into exploring self from five different psychological perspectives
- live lecturer and dialogue, recorded media, small group discussion and work, varied learning activities, often self-selected, and assignments that engage students to go deeper

Course Content At-A-Glance

Step 1: Unwrapping our story with Peck and the four sections from *The Road Less Traveled* and with Frankl on Suffering from *Man's Search for Meaning*

- **World View** - *Gives Perspective* to how we see ourselves and how we see the world
- **Discipline** - *Establishes Patterns* in shaping character, our thoughts, and our actions
- **Love** - *Creates Passion* the inner nurturing of self that allows us to genuinely love and nurture others
- **Grace** - *Offers Presence* unexplainable and unmerited favor from God
- **Suffering** - *Produces Meaning* in finding purpose of giving outside of ourselves

Step 2: Finding wisdom in Knowing God - Knowing Self

- *You can't really know God if you don't know self, and you can't really know self if you don't know God*
- Biblical context: Psalm 139, 2Peter 1, James 1, John 14-17, Psalm 91, Psalm 39
- Psychological perspective from five psychologists: Sigmund Freud, B.F. Skinner, Carl Rogers, Viktor Frankl, Scott Peck
- Overcoming anxiety/fear and living deeper into God's story for your life – optional self-selected study on *The Cycle of Victorious Living*, by Earl and Hazel Lee and Scott Daniels (book with StudyGuide provided by DrJ at no cost to students if this optional study is chosen)

Step 3: Moving from Becoming to Being – the study of key paradigms of self - leading to true Identity

- Forgiveness, Repentance, Mercy, Love, and Grace
- Character
- Independence to Interdependence
- Doing What we do best
- Centered, Balanced, and Aligned
- Authenticity

Assignments At-A-Glance

1. **Autobiography (90 pts) – The perspective of this course is centered on you and your personal and spiritual development.** The organizing theme for Psych 1001 is "life as narrative". It is about "*Knowing and Understanding YOUR Story*". It is about your life story, the past, the present as it is now unfolding, and the future. One way to look at it is to consider your life like a STORY - a *narrative* you write and edit and continue to develop and unfold each day. With this in mind, your AUTOBIOGRAPHY for this class requires you to address two sections: **Section I: "Telling the Story"** - your story with you the author writing it and **Section II: "Interpreting the Story"** - your interpretation of your life story and "what it means" to you. The Autobiography is due towards the end of the semester and a recommended length is 8-12 pages.
2. **Four Exams (35 pts each)** - As the syllabus indicates, the course is divided into four main sections (around the four main themes from Peck). Each of the Exams will cover **only the material from the particular section** and information just covered in the readings and class lecture/discussions - **To be clear -- this means that the Exams - including the Final - will not be**

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comprehensive. The four Exams will be occurring at the end of each section and will include two components: **Online Exam taken in class: 35 pts:** will include multiple-choice and True False questions and will be taken online and in class on exam day. (Please note the remaining 10 points of the 45 points for each exam will be added to an Exam Essay Reflection for each section totaling 20 points – 10 from the Exam total and 10 from the Reflection Score for each section.)

3. **Four Exam Essay Reflection Responses - (20 pts Each):** Students will be required to engage and complete a variety of Reflection Learning Activities to respond to the content for each of the four sections to focus on the content of Peck’s book and create a Personal Life History Timeline of key Marks and Moments that shaped their life.

Reflection 1: *World View* Reflection 2: *Discipline* Reflection 3: *Love* Reflection 4: *Grace*

| | |
|--|------------------|
| <i>Personal History Timeline and Reflection – Marks and Moments of Life</i> | 5 points |
| <i>Four Exam Essay Reflection Responses – one each section (10 pts each)</i> | 40 points |
| Reflection Responses Total Points | 45 points |

(Please note 10 points of the 45 points for each exam will be added to the 10 points Reflection Response for each section thus totaling 20 points for each Section Exam Essay Reflection Response – 10 from the Exam total and 10 from the Reflection total for each section. Each Section has an Exam of 35 points total and an Essay Reflection Response of 20 points total).

4. **Small Group Grade (45 pts)** – All PSY1001 students will participate in a Small Group experience with 8-12 other students selected from all the students taking the PSY1001 course this semester. Your final small group grade will be given to your section professor the last week of classes with a point total of 45 pts.
5. **Deeper Dive Assignments** – Each week, *Deeper Dive* assignments will be utilized in individual and “table teams” to go deeper into the reading and in preparation for upcoming lectures, presentation, or learning activity of focus for the week.
6. **Bonus Considerations** - Although there is no “Extra Credit” given in college work, for this course, students may obtain **Bonus Considerations (BCs)** for completion of reflection activities or learning experiences provided to increase and enhance self-awareness and/or self-reflection. Students will be provided experiences and learning activities throughout the semester that will enable them to go deeper in their personal journey and to explore critical life issues in becoming a maturing young adult. All BC learning activities are **OPTIONAL** and not a course requirement. Any student may complete a BC learning activity. They can be completed at **any time** during the course and submitted at **any time** up to the last day of class. **But to receive credit for BC’s submitted, students must complete ALL regular course assignments.** BC’s do not add points to a student’s overall point total for the course and are not calculated in course grading as a regularly required assignment for the course.

Assignments – General Guidelines

It is important for university students to communicate effectively. Consequently, writing clear and error-free English is a priority. In this course, students will be graded on their ability to express their knowledge of psychological concepts and theories as they apply to personal development – particularly their own. Evaluation will be based on the integration of information from lectures, readings, discussions, Small Group requirements, and field experiences and the coherence, spelling and grammar of all written work.

Instructions for Individual Assignments: *Each assignment for the course has specific instructions provided in Canvas. All assignments will be submitted in Canvas, but students are to read instructions carefully for each assignment and follow the instructions.* **Deadlines** - All assignments are to be turned in/submitted as designated in the Class Schedule in Canvas

Format for Assignments - All written assignments not completed during the class period must be typewritten (unless directed to do otherwise). When typing your assignment font size must be 12 point (Prof preference: Times New Roman). Text must be double-spaced with indented first lines of paragraphs and one extra space between paragraphs. Leave a 1” margin on all borders of the page.

- Please include a **Header** for course assignments - on a single line three items across the Header: your name, the date, and the assignment title as listed in the Course Requirements section of the syllabus or Class Schedule.
- Documents are to be saved in MS Word format, MS PPT, or PDF format for submission of all MAJOR COURSE ASSIGNMENTS. Media is preferred in mp4 format or a YouTube link. - I WILL NOT ACCEPT ANY OTHER FORMAT (please convert Pages, Keynote, Google doc, slide files for submission) Google Docs will be used during the course for online group work, but may also be asked to be converted to proper file format for submission.

Spelling and grammar – On all written work, misspelled words and gross mechanical errors are not acceptable - deductions may be made for errors in spelling and grammar.