

**POINT LOMA NAZARENE UNIVERSITY  
SAN DIEGO, CA**

**Course Title:** PSY 1001-Psychology of Personal Development (2 units)  
Sections-4,5,6,9

**Semester:** Fall, 2020

**Location:** (Zoom for online class meetings)  
Taylor Hall 313 Sections 4,5,6---Evans Hall 114 Section 9

**Day/Time:** Wednesday and Friday, Sec 4-11:00am-11:55am, Sec 5-  
8:30am-9:25am, Sec 6-12:15pm-1:10pm, Sec 9-1:30pm-  
2:25pm

**Instructor:** Dr. Tim Hall

**Contact Information:** Email: [timhall@pointloma.edu](mailto:timhall@pointloma.edu)  
Office: Salomon Hall-101

*I have an open door policy. Whenever my office door is open, please feel free to come in. I will also schedule appointments when necessary.*

**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.

**FOUNDATIONAL EXPLORATION 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.

**1. Required Texts and Materials**

- a. Palmer, J.P (2000). *Let Your Life Speak*. CA: Jossey-Bass.
- b. Peck, M.S. (1978). *The Road Less Traveled*. NY: Simon and Schuster.
- c. Tests and Assignments will be done via CANVAS.

- 2. 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 and beyond. Discussions, lectures, and small group experiences are the major components of this

course. This course is 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 students are required to take PSY 103, General Psychology.

**3. The Relationship between PSY 1001 and other College Curricula**

This course is also one of the components of the Foundational Explorations (formerly known as 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.

**4. Course Format:** This course will rely mostly on lecture and discussions. Lectures are intended to integrate and supplement the readings. Therefore, students are expected to complete readings prior to each class meeting. However, the success of the class will greatly rely on student participation in class discussion and exercises.

**5. Course Learning Outcomes:**

- a. To contribute to your self-development and maturity using Psychological tools.
- b. To contribute to your success at PLNU.
- c. To help you think critically and abstractly as tools for college successes.
- d. To help you discover and resolve social and cultural blocks to successful college and life experience.
- e. To help you develop interpersonal skills.
- f. To help you develop alternative ways of thinking about yourself.
- g. To help you become more curious about yourself as a stimulus to learning to learn.
- h. To introduce you to Psychology as a resource for learning and solving academic, personal, spiritual, and culture problems.

**6. 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 2 unit class delivered over 15 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 75 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

**7. Course Spirit:**

- a. Due to the nature of this class, you will be asked to share personal information. However, you are never required to share anything that you do not feel

comfortable sharing, either in papers or in class. This is intended to be a safe place.

- b. Professor and students alike must respect and honor one another.
- c. Academic Honesty—Students should demonstrate academic honesty by doing their own original work...

## 8. Assignments and Grading:

- a. **Tests:** Students will have 4 tests taken in CANVAS through the course of the semester, one at the end of each segment of the course. Tests will consist of 25 multiple choice/true false questions followed by a 20-point essay. These are NOT cumulative tests, and will only cover the material relevant to that segment of the class.
- b. **Reflection Papers:** Students will be required to complete four reflection papers of 3 pages each, double spaced. Paper topics will take into account each class segment and are intended to integrate the content of the course with your personal experiences. All Papers will be turned in via CANVAS. 1 point will be deducted for each day reflection paper is turned in late.
- c. **Autobiography: (DUE-10/21)** This assignment requires that you write your autobiography, an 8 page writing assignment. Here you are asked to share your story, and you may do so however you wish. I encourage you to put some effort into this assignment, incorporating what you have learned about yourself from your life experiences, and the class as a whole. (Will discuss more in class as paper becomes closer to due date...) Turned in via CANVAS.
- d. **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](mailto: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.

- e. 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.

- f. **Grading:** Your final course grade will be composed of the following:

<b>Autobiography (90 pts)</b>	<b>Approximately 25%</b>
<b>Small Groups (45 pts)</b>	<b>Approximately 12.5%</b>
<b>Exam 1 (45 pts)</b>	<b>Approximately 12.5%</b>
<b>Exam 2 (45 pts)</b>	<b>12.5%</b>
<b>Exam 3 (45 pts)</b>	<b>12.5%</b>
<b>Exam 4 Final (45 pts)-Required</b>	<b>12.5%</b>
<b>Reflection Papers- 4 total papers (11 pts each)</b>	<b>Approximately 12.5%</b>
<b>TOTAL POINTS – 359</b>	<b>100%</b>

#### Grading Scale

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

### 9. 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.

MAKE SURE to communicate with me in regards to any attendance issues you may have...

**10. 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 a good idea 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, technology devices in this classes' context can detract from the classroom environment. *In Psy 1001 students are not permitted to use their laptop computers(except for taking the exams in class via CANVAS), cell phones, etc. during class.* THANK YOU for respecting this policy.

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.

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

**11. 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

## **PLNU Policies Page**

### **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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**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](mailto:student-tech-request@pointloma.edu).

**PLNU 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](#).

**SEMESTER SCHEDULE**

<i>Section</i>	<i>Date</i>	<i>Readings</i>	<i>Special Notes</i>
	<b>Wed 8/19</b>	<b>Discuss Syllabus</b>	<b>Introductions</b>
<b>Growth and Religion</b>	<b>Fri 8/21</b>	<b>Peck: pp. 185-208</b>	
	<b>Wed 8/26</b>	<b>Peck: pp. 208-232</b>	
	<b>Fri 8/28</b>	<b>Palmer: pp. 1-8</b>	
	<b>Wed 9/2</b>	<b>Palmer: pp. 9-36</b>	
	<b>Fri 9/4</b>	<b>Palmer: pp. 37-55</b>	
	<b>Wed 9/9</b>	<b>Three Psychologies</b>	
	<b>Fri 9/11</b>	<b>Test 1</b>	<b>Reflection Paper #1 Due</b>
<b>Discipline</b>	<b>Wed 9/16</b>	<b>Peck: pp. 11-32</b>	

	<b>Fri 9/18</b>	<b>Peck: pp. 32-50</b>	
	<b>Wed 9/23</b>	<b>Peck: PP. 51-77</b>	
	<b>Fri 9/25</b>	<b>Dead Poets Society</b>	
	<b>Wed 9/30</b>	<b>Dead Poets Society</b>	
	<b>Fri 10/2</b>	<b>Dead Poets Society</b>	
	<b>Wed 10/7</b>	<b>Test 2</b>	<b>Reflection Paper #2 Due</b>
<b>Love</b>	<b>Fri 10/9</b>	<b>Peck: pp. 81-111</b>	
	<b>Wed 10/14</b>	<b>Peck: pp. 111-139</b>	
	<b>Fri 10/16</b>	<b>Peck: pp. 140-160</b>	
	<b>Wed 10/21</b>	<b>Peck: pp 160-182; 312-315</b>	<b>Autobiography Due</b>
	<b>Fri 10/23</b>	<b>Palmer: pp. 56-72</b>	
	<b>Wed 10/28</b>	<b>Palmer: pp. 73-94</b>	
	<b>Fri 10/30</b>	<b>Test 3</b>	<b>Reflection Paper #3 Due</b>
<b>Grace</b>	<b>Wed 11/4</b>	<b>Peck: pp. 235-253</b>	
	<b>Fri 11/6</b>	<b>Peck: pp. 253-271</b>	
	<b>Wed 11/11</b>	<b>Peck: pp. 271-289</b>	
	<b>Fri 11/13</b>	<b>Peck: pp. 289-311</b>	
	<b>Wed 11/18</b>	<b>Palmer: pp 95-109</b>	
	<b>Fri 11/20</b>	<b>Review</b>	<b>Reflection Paper #4 Due</b>
	<b>Wed 11/25 &amp; Fri 11/27</b>	<b>Thanksgiving Recess</b>	<b>No Classes</b>
<b>Final Exam Sec 4</b>	<b>Fri 12/4 10:30am-1:00pm</b>	<b>Taylor Hall Room 313</b>	
<b>Final Exam Sec 5</b>	<b>Wed 12/2 7:30am-10:00am</b>	<b>Taylor Hall Room 313</b>	
<b>Final Exam Sec 6</b>	<b>Mon 11/30 10:30am-1:00pm</b>	<b>Taylor Hall Room 313</b>	
<b>Final Exam Sec 9</b>	<b>Mon 11/30 1:30pm-4:00pm</b>	<b>Evans Hall Room 114</b>	