

	<b>Department of Psychology</b>  <b>Psychology 1001, Section 8</b>  <b>Psychology of Personal Development</b>  <b>3 units</b>
	Fall 2021

<b>Meeting days:</b> Mon/Wed	<b>Instructor title and name:</b> Monique Sawyer, DNP, RN, PMHNP
<b>Meeting times:</b> 12:15-1:10p	<b>Phone:</b> 619.849.7814
<b>Meeting location:</b> Evans 114	<b>Email:</b> msawyer@pointloma.edu
<b>Final Exam:</b> Wednesday 12/15 @ 10:30a	<b>Office location and hours:</b> While my primary office is at Liberty Station, I am happy to meet with you on main campus by appointment.

**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.

**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 1003, General Psychology. Letter Graded

### **COURSE LEARNING OUTCOMES**

By the end of this course, 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 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

### **FOUNDATIONAL EXPLORATIONS LEARNING OUTCOMES**

This course is also one of the components of the Foundational Explorations 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.

### **REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES**

- Peck, S. (1978). The road less traveled. NY: Simon and Schuster.
- Additional readings as provided by instructor.

### **ASSESSMENT AND GRADING**

Your final course grade will be composed of the following:

<b>Assignment</b>	<b>Points</b>
Autobiography	90
Small groups	45
Exam 1	45
Exam 2	45
Exam 3	45
Exam 4 (Final)	45
Papers (3 x 15 points each)	45
<b>Course Total</b>	<b>360</b>

Grades will be based on the following scale:

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
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.

### **INCOMPLETE AND LATE ASSIGNMENTS**

All assignments are to be submitted on Canvas by the date/time specified in Canvas. However, I recognize that life throws us curveballs sometimes. Therefore, I am willing to offer extensions on assignment due dates, but *only if the student proactively communicates with me before the assignment is due.*

### **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**

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center

([EAC@pointloma.edu](mailto:EAC@pointloma.edu) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. ***In this course, 10 percent = 3 missed classes.*** 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. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

The PSY 1001 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.

Due to our current pandemic conditions, there is the possibility that classes may periodically need to be held in an asynchronous or synchronous online format. The attendance policy still applies to these types of class formats. Our course will follow all of the PLNU policies related to Covid-19. Please see the [PLNU Covid-19 website](#), the Covid-19 Canvas course, and the [PLNU catalog](#) for the most current policies. All of us, including me, can show our respect and care for each other by not coming to class if we don't pass the Campus Clear app or have any covid symptoms. Covid-related absences are excused. You will still be responsible for getting the notes from a classmate for any classes you miss. If I or a member of my household are in isolation or quarantine, our class may need to meet remotely for that time. Please check for Canvas announcements on a regular basis. That is where I will always post any course updates.

## **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](#)

## ELECTRONIC DEVICES POLICY

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 playing on one's phone detracts from the classroom environment. ***In this class face-to-face students are not permitted to use their laptop computers, cell phones, or other electronic devices during class, unless instructed to do so by the professor.***

## ASSIGNMENTS AT-A-GLANCE

Section	Date	Reading/Activity	Assignment
<b>Growth &amp; Religion</b>	Tues 8/31	Syllabus	
	Wed 9/1	<i>Activity: Enneagram</i>	
	Mon 9/6	NO CLASS	Labor Day
	Wed 9/8	Peck pp.185-208	
	Mon 9/13	Worldviews	
	Wed 9/15	Peck pp. 208-232	
	Mon 9/20	Case studies	
	Wed 9/22		Exam #1
	Mon 9/27	NO CLASS	Reflection #1 due
<b>Discipline</b>	Wed 9/29	Peck pp. 11-32	
	Mon 10/4	Peck pp. 32-50	
	Wed 10/6	<i>Activity: Motivational interviewing</i>	
	Mon 10/11	Peck pp. 51-69	
	Wed 10/13	Peck pp. 69-77	
	Mon 10/18	ONLINE: Watch <i>Dead Poets Society</i>	

	Wed 10/20	ONLINE: Watch <i>Dead Poets Society</i>	
	Mon 10/25	<i>Dead Poets Society</i> discussion	Reflection #2 due
	Wed 10/27		Exam #2
<b>Love</b>	Mon 11/1	Peck pp. 81-111	
	Wed 11/3	Peck pp. 111-139	
	Mon 11/8	<i>Activity: Love line</i>	
	Wed 11/10	Peck pp. 140-160	
	Mon 11/15	Peck pp. 160-182; 312-315	Autobiography due
	Wed 11/17		Exam #3
<b>Grace</b>	Mon 11/22	Peck pp. 235-253	
	Wed 11/24	NO CLASS	Thanksgiving Break
	Mon 11/29	Peck pp. 253-271	
	Wed 12/1	<i>Activity: Gratitude practice</i>	
	Mon 12/6	Peck pp. 271-289	
	Wed 12/8	Peck pp. 289-311	Reflection #3 due
	Wed 12/15		Final Exam

### **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.