

# Course Syllabus

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Department of Psychology

**PSY 3000-1: Personality and Adult Development**

**4 Units**

**Fall 2021**

**Class Meetings: M/W 2:45-4:30pm**

Final Exam: 12/13/2021 1:30 PM - 4:00 PM

**Class Location: Taylor Hall 314**

**Instructor: Rosemond T. Lorona, Ph.D.**

**Phone: 619.849. 3305**

**Email: [rlorona@pointloma.edu](mailto:rlorona@pointloma.edu) (<mailto:rlorona@pointloma.edu>)**

**Office Location: Culbertson 214**

**Office Hours:**

M/W/F 8:45-9:45am (in-person)

In-person and Zoom office hours also available by appointment:

<https://calendar.google.com/calendar/u/0/selfsched?>

[\\_stoken=UUZENFhVN29pR1BzfGRIZmF1bHR8ZTQ2NWNhMmVIYTgzYzU2NDQyZml1ZTcxN2JhZDAwNTE](https://calendar.google.com/calendar/u/0/selfsched?_stoken=UUZENFhVN29pR1BzfGRIZmF1bHR8ZTQ2NWNhMmVIYTgzYzU2NDQyZml1ZTcxN2JhZDAwNTE)

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TA: Sabrina Deulofeu [smdeulofeu0018@pointloma.edu](mailto:smdeulofeu0018@pointloma.edu)  
(<mailto:smdeulofeu0018@pointloma.edu>)

TA office hours: Thursday 4-5pm [via Zoom \(drop in using this link\)](https://pointloma.zoom.us/j/93017623531)  
(<https://pointloma.zoom.us/j/93017623531>)

## 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.

### COURSE DESCRIPTION

Catalog: "An introductory survey of classic theories and contemporary empirical research in the psychology of personality and adult development. Emphasis is placed on the importance of developing a capacity for critical evaluation."

Human behavior and the inner workings of the mind are vast, complex puzzles. People in the field of psychology seek to understand and piece together these puzzles using a variety of tools and theories. This course will provide an in-depth examination of the theories of human personality and how people develop in adulthood. We will discuss a variety of topics, including measurement of personality; trait, biological, psychoanalytic, cognitive, social, and humanistic theories of personality; and progress and challenges of specific life stages. You will also have the opportunity to read recent research in the field and apply personality to contexts, including (but not limited to) the workplace, personal relationships, and clinical work. I hope your learning in this class will further your personal and professional goals!

### COURSE LEARNING OUTCOMES

1. Understand, compare, and evaluate various personality theories/perspectives.
2. Identify major stages of adult development and discuss the personality, social, cognitive, and physical changes in each.
3. Critically evaluate and discuss empirical methods and findings in personality psychology.
4. Reflect on personal applications of personality and development, and effectively communicate these ideas verbally and through writing.

### REQUIRED TEXT

The Personality Puzzle (8<sup>th</sup> Ed) by David C. Funder.

Hardcover ISBN: 978-0-393-42178-1; Paperback ISBN: 978-0-393-42180-4

Additional readings will be posted on Canvas.

### REQUIRED TECHNOLOGY

Learning Demonstrations and Assignments will be submitted through Canvas, so each student will need access to a computer.

## **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 4 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 150 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules. Dedicating adequate time to your learning will help you succeed and is especially important if you want an A in the course. Think of it as: hours spent -> points earned. Specific details about how the class meets the credit hour requirement can be provided upon request.

## **COURSE ASSIGNMENTS**

**Article Discussion (20% of final grade):** Throughout the course, there will be thought-provoking empirical articles assigned. You will need to closely read the article and provide a written response. You will write two thoughtful discussion questions and a thoughtful response to each. This portion of the assignment will serve as a jumping off point for group discussion in class. More specific instructions and a rubric are in the Canvas assignment.

**Development Critical Thinking Questions (20% of final grade).** To learn more about stages of development and the personality, social, cognitive, and physical changes that occur in those stages, outside readings and/or videos will be assigned throughout the semester. Students will submit written responses to questions that require critical evaluation and application. These will be completed outside of class time, but this information could appear on learning demonstrations. More information is in the Canvas modules.

**Midterm Learning Demonstrations (25% final grade):** The midterms will consist of multiple choice questions that will require not only recognition of concepts, but comparisons, evaluations, and applications of concepts. Learning demonstrations will emphasize material that we talked about in class and was addressed in lectures, but to earn an A, you will need to also study the assigned readings.

**Final Paper (15% of final grade).** For this assignment, you will reflect on what you know about your self in terms of personality and aging. You should discuss personal applications of specific concepts discussed in this course. More detailed instructions can be found in the Canvas assignment.

**Final Learning Demonstration (20% final grade):** For your final learning demonstration, you will respond to questions that will require cumulative knowledge of personality psychology and adult development.

## **ASSESSMENT AND GRADING**

Student grades will be posted in the Canvas grade book. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be weighted as listed above and determined based on the following:

A = 93-100%

A- = 90-92.9%

B+ = 88-89.9%

B = 84-87.9%

B- = 80-83.9%

C+ = 77-79.9%

C = 70-76.9%

C- = 65-69.9%

D+ = 62-64.9%

D = 55-61.9%

D- = 50-54.9%

F = 49.9% or less

## **COURSE POLICIES AND EXPECTATIONS**

### **General and Attendance**

- Any changes to the syllabus (including course expectations and assignments) will be announced in class and/or as a Canvas announcement. Students are responsible for actively monitoring Canvas updates.
- Students are responsible for all content/material that is found within the Canvas course.
- Students should complete the assigned reading prior to class. Such practices will enable you fully participate in class activities.
- Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. Attendance will be taken at the beginning of class. If you are more than 15 minutes late to class, you will be counted absent. If you leave class early, you will be counted absent unless you notify me before class begins. If the student is absent for more than 10 percent of class sessions, 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. See [Academic Policies \(https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class\\_Attendance\)](https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class_Attendance) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

- Out of respect and care for one another, please do not attend class if you are feeling ill in any way. You will not miss points for being absent (just follow overall attendance policy above). Additionally, we will be wearing masks according to the university policies.
- If you miss class, you are responsible for obtaining [from a classmate] lecture material, class exercises, and all in-class announcements AND submit any assignments on time, if applicable.
  - As long as we are meeting in-person, I will not be recording lectures to post online.
  - I strongly encourage students to get vaccinated and stay vigilant about COVID to avoid missing class due to illness.
- There is no extra credit. The assignments and learning demonstrations are meaningful opportunities to show how much you have learned and how much time you are dedicating to learning the material.

### **Submitting Assignments**

- All due dates are posted in advance on Canvas. You may submit assignments early. Late work is accepted for 3 days, including weekend days, after the original due date. Canvas will automatically deduct 10% from the grade for each late day.
- Assignments are individual work; you are expected to complete the work on your own.
- Work submitted on Canvas must be in .doc, .docx, or .pdf file types only. The student is responsible for making sure Canvas files work and go through Turnitin. Files that do not open, are in the wrong file type, and/or can't go through Turnitin will be considered late until the problem is rectified.

### **Learning Demonstration (LD) Information**

- LDs may consist of multiple choice, fill-in-the-blank, and/or short answer questions. You may be required to interpret and apply information based on assigned readings, lectures, and learning activities.
- All LDs require cumulative knowledge. You will be tested on the current unit and previous units.
- LDs will be taken during in-person class using Canvas. On test day, each student must bring an electronic device to take their LD (laptop recommended; phone or tablet is NOT recommended). The LD is not open-internet or open-book. You may bring one 3"x 5" index card with any notes on it to use.
- A make-up midterm LD is available in cases of documentable emergency or illness or if the student provides at least 2 weeks' notice of a non-emergency absence. The make-up LD must be taken within 2 weeks of the original test date and it is up to the student to contact the professor to schedule a time to take the LD in a proctored setting. Each student may not have more than one make-up midterm LD per semester. There is no option to re-take a LD that was previously attempted.
- The final LD cannot be dropped or missed for any reason. Successful completion of this course requires the on-time completion of the Final LD (final exam) on Monday 12/13 from 1:30-4pm.

**About Contacting Me.** I welcome your questions (about class or otherwise) and would enjoy hearing from you throughout the semester. Do not hesitate to email me or take advantage of office hours. I will give prompt email replies during the day Monday - Friday. It is not guaranteed that I will read emails in the evenings and weekends, so please do not leave important questions for the last minute!

## **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. Academic dishonesty also includes such acts as cheating, fabrication of information, misrepresentations, having unauthorized possession of exams or acquiring/providing information about exams to offer/get an advantage. Academic dishonesty may lead to a zero for that assignment or examination and/or an F for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) [\\_\(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) for definitions of kinds of academic dishonesty and for further 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 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.

## **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](https://www.pointloma.edu/offices/spiritual-development) [\\_\(https://www.pointloma.edu/offices/spiritual-development\)](https://www.pointloma.edu/offices/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](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) 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) (<mailto: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.

## TITLE IX OFFICE

If you or someone you know would like help related to an experience of sexual violence including sexual assault, harassment, domestic violence, dating violence, stalking or other type of non-consensual sexual conduct, please contact the Title IX Coordinator at PLNU, Danielle Brown Friberg (619-849-2313). Reporting is also available on the Title IX website. The Title IX office understands the sensitive nature of these situations and can provide information about available on- and off-campus resources. Staff members at the office will also explain your rights and the judicial process options, if you choose to file a complaint. If you or someone you know feels unsafe or may be in imminent danger, please call the PLNU Department of Public Safety (619-849-2525) or local police department (9-1-1) immediately.

## STUDENT SUCCESS AND WELLNESS

If you or someone you know would like help related to a physical or mental health problem, (e.g., depression, anxiety, difficulty focusing on school or managing daily needs, grief, trauma resolution, sleep or eating changes, etc.), and/or would like academic assistance, please contact the appropriate office using the following information.

- Counseling Services 619-849-2574; [sdwellnesscenter@pointloma.edu](mailto:sdwellnesscenter@pointloma.edu) (<mailto:sdwellnesscenter@pointloma.edu>)
- Educational Access Center 619-849-2533; [eac@pointloma.edu](mailto:eac@pointloma.edu) (<mailto:eac@pointloma.edu>)
- Medical Services 619-849-2280; [sdwellnesscenter@pointloma.edu](mailto:sdwellnesscenter@pointloma.edu) (<mailto:sdwellnesscenter@pointloma.edu>)
- Tutorial Services 619-849-2953; [tutorialservices@pointloma.edu](mailto:tutorialservices@pointloma.edu) (<mailto:tutorialservices@pointloma.edu>)

## SCHEDULE

Week	Content & Textbook Readings (read prior to class)	Learning Demonstrations/ Assignments Due

<a href="#">Week 1</a> : Aug 31-Sept 3 (Class on Tues. and Wed.)	Introductions, Big Ideas of Personality; Ch. 1	
<a href="#">Week 2</a> : Sept 4 -10 No Monday Class (Labor Day)	Methods of Studying Personality; Ch. 2	
<a href="#">Week 3</a> : Sept 11 – 17	Personality Assessment; Ch. 3	
<a href="#">Week 4</a> : Sept 19 – 24	Persons and Situations; Ch. 4	<a href="#">Gotz et al. (2021) Discussion (Wednesday)</a>
<a href="#">Week 5</a> : Sept 25 – Oct 1	Personality Judgement; Ch. 5	<a href="#">Ert &amp; Fleischer (2020) Discussion (Wednesday)</a>
<a href="#">Week 6</a> : Oct 2 – 8	Trait Approaches; Ch. 6	<a href="#">Major Stages of Adulthood Module</a> and <a href="#">Critical Thinking (Friday)</a>
<a href="#">Week 7</a> : Oct 9 – 15	Personality Stability, Development, and Change; Ch. 7	<a href="#">Midterm Learning Demonstration 1 (Wednesday)</a>
<a href="#">Week 8</a> : Oct 16 – 22	Anatomy and Physiology of Personality; Ch. 8	<a href="#">Physical Development in Adulthood Module (Friday)</a>
<a href="#">Week 9</a> : Oct 23 – 29	Genetic and Evolutionary Perspectives of Personality; Ch. 9	<a href="#">Brown et al. (2020) Discussion (Wednesday)</a>
<a href="#">Week 10</a> : Oct 30 – Nov 5	Psychodynamic Perspectives of Personality; Ch. 10-11	<a href="#">Attachment Through the Life Course Module</a> and <a href="#">Critical Thinking (Friday)</a>
<a href="#">Week 11</a> : Nov 6 – 12	Humanistic and Positive Perspectives of Personality; Ch. 12	<a href="#">Wilt et al. (2017) Discussion (Wednesday)</a>



<a href="#">Week 12:</a> Nov 13 – 19	Cultural Influences on Personality; Ch. 13	<a href="#">The Developing Parent Module</a> and <a href="#">Critical Thinking (Friday)</a>
<a href="#">Week 13:</a> Nov. 20 – 26  No Wednesday Class (Thanksgiving)		<a href="#">Midterm Learning Demonstration 2 (Monday)</a>
<a href="#">Week 14:</a> Nov 27 – Dec 3	Learning, Motivation, and Emotion Perspectives of Personality; Ch. 14	<a href="#">Aging Module</a> and <a href="#">Critical Thinking (Friday)</a>
<a href="#">Week 15:</a> Dec. 4 – 10	Knowing the Self; Ch. 15  Personality Disorders; Ch. 17 (pgs 619-642)	<a href="#">Final Paper (Friday)</a>
Final Exam: Monday Dec. 13 @ 1:30-4pm		<a href="#">Final Learning Demonstration</a>

#### 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 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.