

SYLLABUS
PSY 1001-10: Psychology of Personal Development
Spring 2022

Faculty: Dr. Kendra Oakes Mueller
Semester Units: 3
Schedule: T 12:30-2:15pm (course section); R 12:30-1:20pm (small group)
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PLNU Mission Statement

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.

FE 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 cultures.

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 up through age 20, as well as transfer students with fewer than 24 transferrable units. All other transfer students are required to take PSY 103, General Psychology. Letter Grade.

The Relationship between Psy 1001 and other College Curricula

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 qualitative skills necessary for successful living in modern society.

Course Learning Outcomes

Students 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

Course Spirit

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. Professor and students alike must respect and honor one another.

Textbook

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

Attendance

The faculty members strongly believe that you should be exposed to all elements of PSY 1001. Regular class attendance and participation are considered minimal requirements to be met. There are no allowed or excused absences except when absences are necessitated by certain university-sponsored activities and are approved by the Provost. Students involved in these activities, should notify the professor during the first week of classes to develop an appropriate plan for the semester. Current PLNU catalogue states “Whenever the number of accumulated absences in class, for any cause exceeds 2 weeks (**2 sessions**), the faculty member is to notify the Associate Provost for Academic Administration, which may result in de-enrollment”. See Academic Policies in the Undergraduate Academic Catalog.

Electronics Policy

In order to help foster a safe environment for all, Psy 1001 has a no electronic devices permitted in this class (unless they are part of an EAC accommodation, or permission is granted by the professor). Given the personal and exploratory nature of this course, it is important for the classroom environment to be one where people like their thoughts, responses and comments are respected by everyone in the classroom environment. Additionally, a student's classroom contribution is vital to the academic environment at Point Loma. Although, it does not need to be said to most college students, using phones, computers or other devices detracts from the classroom environment. We doubt that this will be a problem, but first-time violation of the policy will result in a 1% reduction in a student's overall PSY 101 grade, and each subsequent violation will result in a 3% reduction in a student's overall PSY 101 grade.

Professors' powerpoint slides will be posted to canvas following the lectures and discussions for students to reference after class. If you have questions or concerns please bring those up to your professor.

Grading

A minimum of 50% is needed to pass the course. The final grade will be computed on the following basis:

1. 40% Exams (4)
2. 20% Autobiography
3. 10% Small Group Attendance, Participation & Assignments (given by your small group leader)
4. 10% Attendance & Participation (& assignments)
5. 20% Course Reflection Papers (3)

Point Loma Nazarene University: Psychology Department, Academic Guides

DEPARTMENT FACULTY NORMAL CURVE GUIDES

Z Score		Percentage Score		
A	1.33	A =	93-100%	Total points
A-	1	A -	90-92%	
B+	0.67	B +	88-89%	
B	0.33	B	84-87%	
B-	0	B -	80-83%	
C+	-0.33	C +	77-79%	
C	-1	C	70-76%	
C-	-1.33	C -	65-69%	
D+	-1.67	D +	62-64%	
D	-2	D	55-61%	
D-	-2.33	D -	50-54%	
F	<-2.33	F	49%	or below

Test Policies

If a student cannot take a test due to any circumstances the student needs to notify the professor prior to the examination (in person or by phone/email). Any missed exam will result in a **5% deduction** taken from the final grade of that exam (whether taken early or late).

Assignments

Course Reflection Papers

In addition to your autobiography (which will be discussed in class), you will be required to submit an additional 12 written pages over the course of the semester. Specifically, each student will write 3 four page papers demonstrating an understanding and integration of the course material. Specific prompts for each of these papers will be on canvas. The goal of these additional papers is help you reflecting on your personality and story, with the hope of being used as a springboard for your autobiography. Your reflection papers should be a minimum of four pages, be typed, and double-spaced using **1 inch margins 12-point font size in Times New Roman**. Grade reductions will result from large font, large margins and/or large spacing between lines on the page. You must do your own work. Work that appears to be copied will earn 0 points. Papers will be submitted via canvas.

Autobiography

You will complete an autobiography. This is an opportunity to reflect on who you are as a person using narrative psychology as the framework. Here is how one author describes narrative psychology: “In the realm of narrative psychology, a person’s life story is not a biography of the facts and events of a life, but rather the way a person integrates those facts and events internally- picks them apart and weaves them back together to make meaning. This narrative becomes a form of identity, in which the things someone chooses to include in the story, and the way they tell it, can both reflect and shape who they are. A life story doesn’t just say what happened, it says why it was important, what it means for who the person is, for who they will become, and for what happens next” (Beck, nd).

You will complete 8 pages that both tell your story and reflect/interpret upon your story. Your autobiography should be typed, and double-spaced using **1 inch margins 12-point font size in Times New Roman**. Papers will be submitted through canvas.

- It is your opportunity to tell your story and reflect on your journey so far.
- What it IS NOT: A discussion of where you grew up, where you went to school.....
- What it IS: It is the narrative you will construct from the events of your life thus far.
- In assembling your story, consider the following questions:
 - o What gives your life meaning?
 - o What have you learned from disappointment/failure/success?
 - o What experiences have informed or affected your journey so far?
 - o What important lessons have you integrated into your world view?
 - o Can you remember a time when you felt strong/happy?
 - o What challenges occurred to threaten that happiness?
 - ☞ Were you able to find meaning in those challenges?
 - o What are your goals? What are your dreams?
 - o What outcomes would you like to see one day?

Autobiography (continued)

- Use your creativity and imagination to tell your story.
- You may use the following items to enhance the telling of your story:
- o Pictures
 - o Drawings
 - o Paintings
 - o Music
 - o Multimedia
 - 10% will be deducted per day for any paper turned in late unless previous arrangements have been made with the professor (See Canvas for due date).
 - Formatting:
 - o 7-8 pages in length
 - o 1” margins, double spaced, Times New Roman font.
 - You will be graded on:
 - o Spelling & Grammar (10 points),
 - o Telling the Story (40 points)
 - o Effort/Coverage (10 points),
 - o Creativity (10 points)
 - o Interpreting the Story (10 points)
 - o Insight (10 points)

Attendance & Participation (assignments)

You will choose to read **one** of the books listed above in the course materials. You will complete a **minimum 3-pg review** of the book. This review should demonstrate that you have completed the reading, and communicate your personal thoughts on the issues addressed in the book. Your reflection paper should be typed, and double-spaced using **1 inch margins 12-point font size in Times New Roman Papers** will be submitted through canvas.

Small Group

Your final small group grade will be given to your section professor the last week of classes by your small group leader. The points for your small group grade will be comprised of: letters (8), attendance, evaluations of your leader (through qualtrics survey), descriptions of organizational methods used, attending/exploring different campus related events, and a self-assessment of your own participation within the group.

Late Policy

Any missed or late assignments will result in a **5% deduction** taken from the final grade of that exam or assignment. These deductions occur one time for each exam or assignment and are not cumulative by length of time. All late or missed work must be turned in by the last week of classes **Friday by 11:59pm**, prior to final exams to receive credit.

Academic Accommodations

All students are expected to meet the minimum standards for this course as set by the instructor. Students with learning disabilities who may need accommodations should first discuss options and services available to them in the Academic Support Center (ASC) during the first two weeks of the semester. The ASC, in turn, will contact professors with official notification and suggested classroom accommodations, as required by federal law. Approved documentation must be provided by the student and placed on file in the ASC prior to the beginning of the semester.

Academic Dishonesty

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated in the university catalog, “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. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course.” See [Academic Policies](#) in the undergrad student catalog.

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.

FERPA Policy

In compliance with federal law, neither PLNU student ID nor social security number should be used in publically posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (each faculty member choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the “Information Release” section of the student portal. See [Policy Statements](#) in the undergrad student catalog.

Final Exam

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the Class Schedules site. No requests for early examinations or alternative days will be approved. In the rare case that a student is scheduled for more than three (3) final examinations on the same day, the student is authorized to contact each professor in order to work out an alternative time for one of those examinations. This professor needs to be contacted at least 2 weeks prior to finals for any and such arrangements.

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.

Course Credit Hour

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.