



Psychology/Point Loma Nazarene University
PSY1001 - Psychology of Personal Development
Section 4 - 3 Units

Spring 2022

Meeting days: T/Th	Instructor: Arianna Knowles, Adjunct Professor
Meeting times: 8:30-9:25am Final Exam: Tuesday 7:30-10:00	Phone: 619-663-4088
Meeting location: Taylor 314	E-mail: afarine@pointloma.edu Office Hours: 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 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 culture.

COURSE DESCRIPTION

A first-year introduction to issues and various theories in psychology which allow you to reflect on your 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 for first-year freshmen (those graduating from high school the spring prior to attending PLNU), as well as transfer students with fewer than 24 transferable units. All other transfer students are required to take PSY 1003, General Psychology. Letter Graded.

RELATIONSHIP BETWEEN PSY 1001 & OTHER COLLEGE CURRICULA

This course is also one of the components of the 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.

COURSE LEARNING OUTCOMES

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 strengths and blocks to successful college and life experience
- Detect tools to bring resources to 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

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

- **Please get 2nd edition:** Brown, B. (2020). *The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are*. MN: Hazelden Publishing.
- Peck, S. (1978). *The road less traveled*. NY: Simon and Schuster.
- Dead Poets Society movie rental

Additional required readings will be available on Canvas. The copyright-protected material provided within the class is solely for your personal academic use in fulfillment of the learning objectives of the course.

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 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.

ASSESSMENT AND GRADING

Your final grade will be composed of the following:

- Autobiography 75 points
- Small Groups 45 points
- Exams (x4) 140 points
- Papers (x3) 75 points

Grade Scale Based on Percentages

A	B	C	D	F
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 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.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments submitted after their due date incur a 5% point deduction. All assignments excepting the final exam are due by April 28, 2022.

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 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

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.

The only excused absence occurs when you miss class due to a college-sponsored activity (approved in writing by the Academic Dean). Excused absences for serious illness (hospitalization) and other calamities are up to the discretion of the section professor. Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more

than 10 percent of class meetings, the faculty member can file a written report which may result in 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 in the Undergraduate Academic Catalog.

Students not present for a test will 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.* If the professor is unavailable you need to email or voicemail the professor prior to the examination. If you notify the professor prior to the examination you *might* be excused.

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](#)

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 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 music detracts from the classroom environment. *In PSY 1001 students are not permitted to use their laptop computers or cell phones during class.* 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 PSY1001 grade, and each subsequent violation will result in a 3% reduction in a student's overall PSY 1001 grade.

COURSE SCHEDULE AND ASSIGNMENTS

SECTION	DATE	CLASS CONTENT OR ASSIGNMENT	ASSIGNMENTS DUE
World Views	1/13/22	Syllabus & course overview watch intro online, meet via Zoom at 9am	
	1/18/22	Peck: pp. 185-208	
	1/20/22	Read Internal Family Systems - on Canvas	
	1/25/22	Read Enneagram Institute - on Canvas	
	1/27/22	Read Enneagram Institute - on Canvas	
	2/1/22	Peck: pp. 208-225	
	2/3/22	Peck: pp. 225-232 Paper due by 10pm	Paper #1
	2/8/22	Exam 1	Exam
Discipline	2/10/22	Peck: pp. 11-32	
	2/15/22	Peck: pp. 32-50	
	2/17/22	Peck: pp. 51-64	
	2/22/22	Peck: pp. 64-77	
	2/24/22	No class meeting - watch Dead Poets Society movie on your own time or in the ARC at 6:30pm	
	3/1/22	Dead Poets Society class discussion - paper due by 10pm	Paper #2
	3/3/22	Exam 2	Exam
Love	3/15/22	Peck pp. 81-111	
	3/17/22	Peck: pp. 111-134	
	3/22/22	Peck: pp. 134-155	
	3/24/22	Peck: pp. 155-182; 312-315	
	3/29/22	Gifts of Imperfection: pp. 11-42	
	3/31/22	Gifts pp. 43-65	
	4/5/22	Gifts pp. 66-83 & 101-112	
	4/7/22	Gifts pp. 120-140 Paper #3 due by 10pm	Paper #3
	4/12/22	Exam 3	Exam
Grace	4/19/22	Peck: pp. 235-253	
	4/21/22	Peck: pp. 253-271	
	4/26/22	Peck: pp. 271-289	
	4/28/22	Peck: pp. 289-311	
	4/29/22	autobiography due by 10pm	Autobiography
	5/3/22	Exam 4 - normal class time	Exam

