

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

Course Title: PSY 1001-Psychology of Personal Development (3 units)
Sections- 5, 6, 10

Semester: Fall 2024

Location: Taylor Hall Room 314

Day/Time: Section 5 Tuesday & Thursday 2:55 pm - 3:50 pm
Section 6 - Tuesday & Thursday 4:00 pm - 4:55 pm
Section 10 - Monday 4:00 pm - 5:40 pm (in RLC 102)

Final Exam: S5: Tuesday 4:30-7:00
S6: Thursday 4:30-7:00
S10: Monday 4:00

Instructor: Glen Laster MA,

Contact Information: Email: glenlaster@pointloma.edu
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Phone:619-849-3246

Office hours: Thursdays 10 am to 2 pm & Wednesdays 9 am to 11:30 am 1:00 pm to 3:30:pm

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 cultures.

1. REQUIRED TEXTS AND MATERIALS:

- a. Palmer, J.P (2000). *Let Your Life Speak*.
- 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 that allow students to reflect on their personal, social, mental, and spiritual development. The course emphasizes various attitudes and skills that 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 before 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 discussions 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 success.
- d. To help you discover and resolve social and cultural blocks to a 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...SEE PLNU POLICIES SECTION OF SYLLABUS BELOW.

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 the reflection paper is turned in late.
- c. **Autobiography: (DUE-3/12)** 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 the paper becomes closer to the 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 Educational Access Center (EAC), located in the Bond Academic Center. (EAC@pointloma.edu or 619-849-2486). The EAC'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 EAC, in conjunction with the student, will develop an AP to

meet that student's specific learning needs. The EAC 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 EAC 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:

Autobiography (90 pts)	Approximately 23.6%
Small Groups (45 pts)	Approximately 11.8%
Exam 1 (45 pts)	Approximately 11.8%
Exam 2 (45 pts)	11.8%
Exam 3 (45 pts)	11.8%
Exam 4 Final (45 pts)-Required	11.8%
Reflection Papers- 4 total papers (11 pts each)	Approximately 11.6%
Attendance (23 pts)	Approximately 5.8%
TOTAL POINTS – 382	100%

Grading Scale

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

9. FINAL EXAMINATION POLICY Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

10. ATTENDANCE: You will be expected to attend all classes in person this semester. We will take attendance at the beginning of each class worth 1pt for being present each day of class. You will be allowed 2 free misses from class this semester. Use them wisely. Each miss after the 2 free misses will be a 5pt deduction from your final

point total at the end of the semester. Please make sure to communicate with me if you must/need to miss class.

11. 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/attendance in class via CANVAS), cell phones, etc. during class.* THANK YOU for respecting this policy.

12. SMALL GROUPS: Thursday's TBD (45pts)

13. 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 RECORDING NOTIFICATION

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

PLNU ACADEMIC HONESTY POLICY

SEE THE ACADEMIC HONESTY POLICY ABOVE

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academically 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

ALSO SEE ACADEMIC ACCOMODATIONS ABOVE

If you have a diagnosed disability, please contact PLNU's Educational Access Center (EAC) within the first two weeks of class to demonstrate need and to register for accommodations by phone at **619-849-2486** or by email at **EAC@pointloma.edu**. See **Educational Access Center** for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

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.

ARTIFICIAL INTELLIGENCE (AI) POLICY*

Note: Below are three sample artificial intelligence (AI) policy statements for your consideration. You may use, revise, or delete this section as needed for your course.

Note: Consider this statement if you will not permit the use of AI.

Use of Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) is not permitted, and use of these tools will be treated as plagiarism.

Note: Consider this statement if you will permit some use of AI.

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

Note: Consider this statement if you will permit free use of AI.

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski, etc.) in this course. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. For example, if you use ChatGPT, you must cite ChatGPT including the version number, year, month and day of the query and the statement "Generated using OpenAI. <https://chat.openai.com/>"

Language and Belonging*

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](#).

Sexual Misconduct and Discrimination*

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix.

PLNU SPIRITUAL CARE

Please be aware that PLNU strives to be a place where you grow as a whole person. 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](#)

SEE THE SEMESTER DAILY CLASS SCHEDULE BELOW

DAILY SEMESTER SCHEDULE

<i>Section</i>	<i>Date</i>	<i>Readings</i>	<i>Special Notes</i>
	T 9/3	Discuss Syllabus	Introductions
Growth Religion	R 9/5	Peck: pp. 185-208	
	T 9/10	Peck: pp. 209-232	
	R 9/12	Palmer: pp. 1-8	
	T 9/17	Palmer: pp. 9-36	
	R 9/19	Palmer: pp. 37-55	
	T 9/24	Three Psychologies	
	R 9/26	Test 1	Reflection Paper #1 Due
Discipline	T 10/1	Peck: pp. 11-32	
	R 10/3	Peck: pp. 32-50	
	T 10/8	Peck: PP. 51-77	
	R 10/10	Dead Poets Society	
	T 10/15	Dead Poets Society	
	R 10/17	Dead Poets Society	
	T 10/22	Test 2	Reflection Paper #2 Due
Fall Break	R 10/24-25	Fall Break	
Love	T 10/29	Peck: pp. 81-111	
	R 10/31	Peck: pp. 111-139	Autobiography Due
	T 11/5	Peck: pp. 140-160	
	R 11/7	Peck:pp160-182; 312-315	
	T 11/12	Palmer: pp. 56-72	
	F 11/14	Palmer: pp. 73-94	
	T 11/19	Test 3	Reflection Paper #3 Du
	R 11/21	Palmer: pp 95-109	
Grace	T 11/26	Peck: pp. 235-253	
Thanksgiving Break	11/27-29	Thanksgiving Break	
	T 12/3	Peck: pp. 254-271	
	R 12/5	Peck: pp. 272-289	

	T/ 12/10	Peck: pp. 289-311	
	R 12/12	Test #4	Reflection Paper #4 Due
Final Exam	TBA		