

SPRING 2025

Meeting days: Tuesday/Thursday	Instructor: Breanna (Bree) Schiff, LMFT, Adjunct Professor
Meeting times: 8:00 am - 9:15 am	Phone: N/A
Meeting location: Taylor Hall, Room 314	E-mail: bschiff@pointloma.edu
Final Exam: Thursday 5/8, 10:30am - 1pm	Office location and hours: Culbertson Hall or Zoom, please email to make an appointment

PLNU MISSION

Teach ~ Shape ~ 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.

GENERAL EDUCATION 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 survey of psychology as an empirical/behavioral science. Topics include biological correlates of behavior, learning, cognition, emotion, motivation, personality, assessment, development, psychopathology, psychotherapy, and social psychology. Students should take PSY 1003 if they do not meet the criteria for PSY 1001.

Prerequisite(s): PSY 1001 (may be taken concurrently)

COURSE LEARNING OUTCOMES

You will be able to...

- Critically evaluate evidence offered in support of claims made about the human experience
 - Describe the basic neural and behavioral processes associated with learning, memory, sensation, perception, and language
 - List the major milestones in human development and describe the major theories that seek to explain them
 - Explain the major theories of intelligence, motivation, and emotion
 - Describe the role of cognitive and behavioral influences on personality and social behavior
 - Recognize the symptoms of common psychological disorders and explain the evidence-based therapies used to treat them
 - **General Education Learning Outcome (2a):** Students will develop an understanding of self that fosters personal well-being
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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.

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 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

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. For all student appeals, faculty and students should follow the procedures outlined 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 in accordance with the Americans with Disabilities Act (ADA). 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 work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. The EAC makes accommodations available to professors at the student's request.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students

cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any special accommodations.

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.

If you (or someone you know) have experienced a bias incident regarding language, you can find more information on reporting and resources at www.pointloma.edu/bias.

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. If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at www.pointloma.edu/bias.

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 faith. If students have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

***TRIGGER WARNING**

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive several types of information. In PSY1001, we will cover a variety of topics, some of which you may find triggering. These topics include suicide, abuse, substance use, and some sexual content. Each time this topic appears in a reading or unit, it is marked on the syllabus. The experience of being triggered versus intellectually challenged are different. The main difference is that an individual must have experienced trauma to experience being triggered, whereas an intellectual challenge has nothing to do with trauma. If you are a trauma survivor and encounter a topic in this class that is triggering for you, you may feel overwhelmed or panicked and find it difficult to concentrate. In response, I encourage you to take the necessary steps for your emotional safety. This may include leaving class while the topic is discussed or talking to a therapist at the Counseling Center. Should you choose to sit out on discussion of a certain topic, know that you are still responsible for the material; but we can discuss if there are other methods for accessing that material, and for assessing your learning on that material. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of psychology, and I will support you throughout your learning in this course.

LOMA WRITING CENTER

The Loma Writing Center exists to help all members of the PLNU community cultivate transferable writing skills to engage their academic, professional, personal, and spiritual communities. We work toward this goal by conducting one-on-one consultation sessions, supporting writing education across the PLNU community, and participating in ongoing writing center research. Getting feedback from the Loma Writing Center while you're in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar and polishing final drafts, and more. For information about how to make in-person or online appointments, see Loma Writing Center webpage or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.

- Appointment Calendar: <https://plnu.mywconline.com/>
- Website: <https://www.pointloma.edu/centers-institutes/loma-writing-center>
- Email: writingcenter@pointloma.edu

LOMABOOKS INSTRUCTIONS FOR STUDENTS

This course is part of our course material delivery program, LomaBooks. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about LomaBooks, please go to <https://www.pointloma.edu/lomabooks>

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 [Class 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.

USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [*Technology and System Requirements*](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online. Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

POLICY ON ARTIFICIAL INTELLIGENCE (AI)

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) 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. **Any suspicious AI generated content submitted will receive a failing grade and follow the PLNU Academic Honesty Policy guidelines.**

PLNU ATTENDANCE POLICY

You are allowed 2 absences from classes without penalty. For each absence above 2 absences you will lose 5 points from your course grade. 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 class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (3 absences), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent (6 absences), the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an “F” grade. See Academic Policies in the Undergraduate Academic Catalog.

INCOMPLETES AND LATE ASSIGNMENTS

Students are required to keep up with the reading material and chapter quizzes. If a Chapter Quiz is missed by the deadline, the student will receive a 0 as a grade. Students are also required to be in person for their assigned presentation day, there will be no changes to the class schedule to accommodate a new presentation day. All assignments (including replacement papers and final papers) are due by the end of the assigned time for our final exam. Any late submissions will be deducted 15% from the final grade.

REQUIRED TEXT

Myers, D. G., DeWall, C. N., & Gruber, J. (2024). Psychology. Worth Publishers, Macmillan Learning.

ASSESSMENTS AND GRADING

Grades will be based on the following:

Sample Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89.99	C+ 77-79.99	D+ 67-69.99	F Less than 59.99
A- 90.00-92.99	B 83-86.99	C 73-76.99	D 63-66.99	
	B- 80-82.99	C- 70-72.99	D- 60-62.99	

CHAPTER QUIZZES (10 points each, 150 points total):

- One quiz will be assigned for each chapter of the textbook (16 chapters = 16 quizzes).
- Each quiz will be 10 questions and worth 10 points.
- The lowest quiz score will be DROPPED, only counting 15 quizzes toward final grade.
- One quiz score may be REPLACED with a 2-page research paper for 10 points*
- Quizzes will be open note and open book, taken on Canvas using Honorlock.
- Quizzes will be due the FRIDAY of the week it is covered in lecture (about one chapter quiz per week, sometimes two chapters), see Class Schedule in syllabus for due dates.

PRESENTATION (100 points):

- Presentations will be done in groups of 2-3
- Groups will choose one chapter of the textbook to cover.
- Presentations will apply the concepts from the chapter to an example(s) from culture, art, media, history, etc.*
- Presentations will be 10-15 minutes each and will be done in class every 4 chapters.

FINAL PAPER (100 points):

- In place of a final exam, there will be a final paper.*
- Paper will be due by the end of the scheduled time for our final exam during finals week.

**See Canvas for prompt and rubric.*

PSY1003 COURSE SCHEDULE AND ASSIGNMENTS

WEEK OF	SECTION	CLASS LECTURE	READING	ASSIGNMENT
Week 1 - 01/14/25	Chapter 1: Psychological Science	Syllabus/Class Introduction/Module 1	p. 2-19	
Week 1 - 01/16/25		Module 2-3	p. 20-51	Chapter 1 Quiz due Friday 1/17 by 11:59pm
Week 2 - 01/21/25	Chapter 2: Biology of the Mind	Module 4-5	p. 52-69	
Week 2 - 01/23/25		Module 6-7	p. 70-88	Chapter 2 Quiz due Friday 1/24 by 11:59pm
Week 3 - 01/28/25	Chapter 3: Consciousness and the Two-Track Mind	Module 8	p. 89-94	
Week 3 - 01/30/25		Module 9-10	p. 95-125	Chapter 3 Quiz due Friday 1/31 by 11:59pm
Week 4 - 02/04/25	Chapter 4: Nature, Nurture and Human Diversity	Module 11-13*	p. 126-164	
Week 4 - 02/06/25	Chapter 5: Developing Through the Life Span	Module 14-15*	p. 166-189	Chapter 4 Quiz due Friday 2/7 by 11:59pm
Week 5 - 02/11/25		Module 16-17*	p. 190-212	
Week 5 - 02/13/25		PRESENTATIONS	None	Chapter 5 Quiz due Friday 2/14 by 11:59pm
Week 6 - 02/18/25	Chapter 6: Sensation and Perception	Module 18	p. 213-222	
Week 6 - 02/20/25		Module 19-20	p. 223-258	Chapter 6 Quiz due Friday 2/21 by 11:59pm
Week 7 - 02/25/25	Chapter 7: Learning	Module 21-23	p. 259-292	
Week 7 - 02/27/25	Chapter 8: Memory	Module 24-26	p. 293-325	Chapter 7 & 8 Quiz due Friday 2/28 by 11:59pm
Week 8 - 03/04/25	Chapter 9: Thinking and Language	Module 27-28	p. 326-351	
Week 8 - 03/06/25		PRESENTATIONS	None	Chapter 9 Quiz due Friday 3/7 by 11:59pm

WEEK OF	SECTION	CLASS LECTURE	READING	ASSIGNMENT
Week 9 - 03/11/25		NO CLASS - Spring Break		
Week 9 - 03/13/25		NO CLASS - Spring Break		
Week 10 - 03/18/25	Chapter 10: Intelligence	Module 29-31	p. 352-378	
Week 10 - 03/20/25	Chapter 11: Motivation	Module 32-35	p. 379-414	Chapter 10 & 11 Quiz due Friday 3/21 by 11:59pm
Week 11 - 03/25/25	Chapter 12: Emotions, Stress and Health	Module 36-38	p. 416-439	
Week 11 - 03/27/25		Module 39-40	p. 440-467	Chapter 12 Quiz due Friday 3/28 by 11:59pm
Week 12 - 04/01/25	Chapter 13: Social Psychology	Module 41-42	p. 468-487	
Week 12 - 04/03/25		Module 43-44	p. 488-517	Chapter 13 Quiz due Friday 4/4 by 11:59pm
Week 13 - 04/08/25		PRESENTATIONS	None	
Week 13 - 04/10/25	Chapter 14: Personality	Module 45-47	p. 518-550	Chapter 14 Quiz due Friday 4/11 by 11:59pm
Week 14 - 04/15/25	Review	Review	None	
Week 14 - 04/17/25		NO CLASS - Easter Recess		
Week 15 - 04/22/25	Chapter 15: Psychological Disorders	Module 48-50*	p. 551-581	
Week 15 - 04/24/25		Module 51-53*	p. 582-598	Chapter 15 Quiz due Friday 4/25 by 11:59pm
Week 16 - 04/29/25	Chapter 16: Therapy	Module 54	p. 599-613	
Week 16 - 05/01/25		Module 55-56	p. 614-633	Chapter 16 Quiz due Friday 5/2 by 11:59pm
Week 17 - 05/06/25	Finals Week	NO CLASS - Finals Week		Final Paper Due 5/8 by 1pm
Week 17 - 05/08/25		NO CLASS - Finals Week		

**Trigger Warning (see section in syllabus for support)*