

**Syllabus and Course Outline
PSY 1210 MWF**

**Psychology of Personal Growth
Dixie State University
Fall 2013**

Instructor: Dr. Christine E. Chew

Class Meets on: MWF **Time:** 10:00-10:50am

Room: MCD 102

Telephone: (435) 879-4404

E-Mail: chew@dixie.edu

Office: McDonald Building (MCD) 210

Office Hours: M/W/F 12-1pm T: 11:45-1:00 TR: 11:45-12:30pm

PROGRAM: Psychology

CREDIT HOURS: 3

CONTACT HOURS: Lecture: 3

COURSE DESCRIPTION:

This course is a special topics course that will explore the origins of the field of personality and growth psychology, as well as general topics in the field of psychology.

SOCIAL SCIENCE PROGRAM OBJECTIVES

As an outcome of taking courses in the Social Sciences Program, students shall:

1. Demonstrate the ability to examine human behaviors in a structured and organized way as a means of understanding the human condition. Measured by examination and/or oral and written reports.
2. Demonstrate the ability to recognize the ideas, people and events that are generally thought to be important by social scientists. Measured by examination and/or oral reports.

3. Develop a perceptual frame or reference based on social scientific knowledge. Measured by the presence of an attitudinal frame of reference which would be expressed in written or oral activities.
4. Exhibit concepts of critical thinking and scientific methodology in examining human behavior. Measured by the presence of an attitudinal frame of reference which would be displayed in written or oral activities.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course the student will be expected to:

1. To develop basic knowledge of the theoretical background of personal learning and growth theories.
2. Understand how we know what we know in the field of psychology, with regard to research.
3. Critically think about and evaluate general psychology paradigms as well as speak to the pitfalls and the strengths.
4. Apply knowledge in a useful way to the complexities of the field.

COURSE METHODS:

The course will be as a lecture/ seminar, with each student asked to consider particular questions during class discussions and reading material, and comment in the class on these issues. We will focus on:

1. Readings in relevant texts and articles
2. Lectures which discuss the readings
3. Small group exercises and self reflection exercises
4. Examination of the relevant literature in the field
5. Exams

Email is the preferred method for contacting the professor outside of class.
When emailing the professor the subject line should read **Personal Growth**

GENERAL CLASS CONDUCT

ALL CELL PHONES <u>OFF</u> WHEN YOU ENTER THE CLASSROOM
--

Attendance at all scheduled classes is required.

Students are expected to approach the class as mature adults and to conduct themselves accordingly. While questions and interaction with the instructor are encouraged during the seminar, disruptive remarks, behavior and unnecessary personal conversations between students will not be tolerated. At times a topic or topic matter may contain sensitive issues. It is imperative that we all conduct ourselves with respect

for others even should we disagree with someone's view point. Our classroom is a "safe" space, which requires that students agree to keeping sensitive matters confidential, and to respect each other's privacy with regard to personal remarks in classroom.

Please refrain from:

- Coming in late or leaving early. It is imperative that you make the commitment to be in class the entire class length.
- Doing other work or other activities aside from the classwork that is being presented or assigned.
- Sleeping during the class.
- Listening to I-pods or other portable music/audio devices.
- Making jokes or having discussions with others in the class that would be disruptive to others.

For more details, please see the disruptive behavior policy at:
<http://www.dixie.edu/humanres/policy/sec3/334.html>

Referrals:

Many psychology courses, such as this one, often provide students with self reflection oriented readings and activities. At times, this reflection can trigger emotional responses, or other types of reactions that can cause significant personal distress or upset. Sometimes these responses are from past issues, or traumas, or other things happening in a student's life. While I am able to understand this, as a clinician, and have training in the area of therapeutic intervention; as a faculty member, I am unable to engage in a relationship of this nature with my students. It is unethical, according to the field ethics code, and it is also considered a dual role relationship, which is highly discouraged. Should you find yourself in a situation of this sort, I would be happy to make a confidential referral for you, to our college counseling center, and provide any support I can to find you some resources. Again, unfortunately, I cannot serve you in a therapeutic role, but I am very happy we have the counseling center available to students for just such situations.

REQUIRED MATERIALS

Texts:

Title: **I Never Knew I Had A Choice: Explorations into personal growth**
Authors: Corey and Coreyey
Edition: Tenth Edition
Publisher: Cengage Learning

CLASS STRUCTURE

In general, the class will follow seminar / discussion format. All text material will not be covered in class. However, students are responsible for all material in the text reading assignments and handouts.

Typically, classes will consist of lecture, discussion, and experiential type of activities. Student participation during class discussions will be graded with a point value; and in borderline grade cases, the quantity and quality of student participation may affect the final grade

EVALUATION:

Grading will be based upon possible points in the course distributed as follows:

1. 5 scheduled exams (worth 50 points)	250 points
2. Final Exam	100 points
3. Project	50 points
4. Class assignments/activities, participation	15 points

TOTAL 415 points

GRADING SCALE:

A = (95 – 100%)
A- = (90-94%)
B += (87-89%)
B = (83-86%)
B-= (80-82)
C+ = (77-79%)
C+ (73-76%)
C+ (70-72%)
D = (60 – 69%)
F = (59% and less)

EXAMINATIONS:

Grades will be determined in part based on student performance on exams. (50 pts each) The exams, including the final exam, and will be multiple choice.

Final Exam:

The final exam will be cumulative, but very broad. You can expect a variety of questions from the course; however they will be very general in nature. (100pts)

Project:

This course will require each student to present a personal growth project, of their choosing, to the class at the end of the course. This presentation will be 10 minutes long, and will highlight certain parts of the process. More info to come regarding this project as the course begins. (50 points)

Make Up Policy

As a rule, there will not be any make up exams in this course. Please talk with the instructor regarding any approved absences as per college policy.

CLASS ASSIGNMENTS & ACTIVITIES

Class assignment points will be based on in-class activities and assignments throughout the semester.

The professor reserves the right to assign activities as is deemed necessary during the semester.

READING ASSIGNMENTS:

You will be expected to complete the required reading assignments outlined in the course schedule, regarding assessment issues, prior to class and incorporate this learning into your comments during lecture and case presentations.

COURSE OUTLINE

<u>Aug. 19:</u>	Course Introduction
<u>Aug 21:</u>	Introduce a friend
<u>Aug 23:</u>	What is Psychology of Personal Growth?
<u>Aug 26:</u>	Chapter 1 : Personal Learning and Growth
<u>Aug 28:</u>	Chapter 1 Con't
<u>Aug 30:</u>	Positive Psychology
<u>Sept 2:</u>	Holiday/No Class
<u>Sept 4:</u>	Chapter 2 : Childhood and Adolescence
<u>Sept 6:</u>	Chapter 2, Con't
<u>Sept 9:</u>	Chapter 3: Adulthood and Autonomy
<u>Sept 11:</u>	Chapter 3: Con't
<u>Sept 13:</u>	Exam #1 Take home (Due on Sept. 16)
<u>Sept 16:</u>	Grading of Exam #1 and Chapter 4: Body Wellness
<u>Sept 18:</u>	Chapter 4 Con't
<u>Sept 20:</u>	Chapter 5: Stress!

<u>Sept 23:</u>	Chapter 5: Stress Con't
<u>Sept 25:</u>	Special Topic/Stress related
<u>Sept 27:</u>	Chapter 6: Love
<u>Sept 30:</u>	Chapter 6: Love
<u>Oct. 2</u>	Love Con't
<u>Oct. 4:</u>	Exam #2 take home (Due Oct. 7)
<u>Oct 7:</u>	Grading of Exam #2/ Chapter 7: Relationships
<u>Oct 9:</u>	Chapter 7: Relationships
<u>Oct 14:</u>	Catch up
<u>Oct 16:</u>	Chapter 8: Becoming the man or woman
<u>Oct 18 :</u>	Chapter 8, Con't
<u>Oct 22:</u>	Chapter 11: Loneliness and Solitude
<u>Oct 24:</u>	Chapter 11, Con't
<u>Oct 26 :</u>	Exam #3 take home, due on Oct. 28
<u>Oct 28:</u>	Grade Exam #3/ Special activity
<u>Oct 30:</u>	Chapter 9: Sexuality
<u>Nov 1:</u>	Sexuality Con't
<u>Nov 4 :</u>	Healthy Relationships Guest speaker
<u>Nov 6:</u>	Group Activity with relationships
<u>Nov 8:</u>	Exam #4 Take home Due on Nov. 11
<u>Nov. 11</u>	Grade Exam #4
<u>Nov. 13</u>	Chapter 12: Death and Loss
<u>Nov 15:</u>	Chapter 13 Meaning and Values
<u>Nov 18:</u>	Presentations
<u>Nov. 20:</u>	Chapter 14: Pathways to Personal Growth
<u>Nov. 22</u>	Presentations
<u>Nov. 25</u>	Exam #5 take home, Due Dec. 2
<u>Dec. 2:</u>	Grade Exam #1/ Presentations
<u>Dec. 4:</u>	Presentations
<u>Dec. 6:</u>	Presentations

Final Exam: Weds Dec. 11 9:30-11:30am

*** ALL TEST DATES AND ASSIGNMENTS SUBJECT TO CHANGE ****

Important DSC dates to remember (for course dates, see schedule on the course website):

- Aug 19 Classwork Starts
- Aug 22 Last Day to Waitlist
- Aug 23 Last Day to Add Without Signature
- Aug 28 Drop/Audit Fee Begins (\$10 per class)
- Aug 28 Residency Application Deadline
- Sep 2 Labor Day
- Sep 3 \$50 Late Registration/Payment Fee
- Sep 9 Pell Grant Census
- Sep 9 Last Day for Refund
- Sep 9 Last Day to drop without receiving a "W" grade
- Sep 10 Courses dropped for non-payment
- Sep 13 Last Day to Add/Audit
- Oct 1 Associate's degree Graduation Deadline - Fall 2013
- Oct 9 Mid-Term Grades Due
- Oct 10-11 Semester Break
- Oct 14 Last Day to Drop Individual Class
- Oct 21 Spring and Summer 2014 class schedules available online
- Nov 1 Bachelor's degree Graduation Deadline - Spring 2014
- Nov 8 Last Day for Complete Withdrawal
- Nov 11 Spring Registration open to Seniors (90+ credits)
- Nov 12 Career Day
- Nov 12 Spring Registration open to Juniors (60+ credits)
- Nov 13 Spring Registration open to Sophomores (30+ credits)
- Nov 14 Spring Registration Open to All Students
- Nov 27-29 Thanksgiving Break
- Dec 6 Classwork Ends
- Dec 9-13 Final Exams

Disability Accommodations: Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator (Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located in the North Plaza Building. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

College resources: Several college resources are available to help you succeed. Check out the links for each one to get more information.

If you need help understanding the content of your courses, go to the Tutoring Center located on the 4th floor of the Holland Centennial Commons in Room 431. You can visit them online at <http://dsc.dixie.edu/tutoring/>

If you need help writing papers, go to the Writing Center on the fourth floor of the Holland Centennial Commons in room 421. You can also visit them online at http://new.dixie.edu/english/dsc_writing_center.php

If you need to use a computer to do schoolwork on campus, go to the Computer Center in the Smith Computer Center or the Library basement.

If you are assigned to take a test in the Testing Center, go to the North Plaza. You can get information on their website at <http://new.dixie.edu/testing/>

The Library has all kinds of information and resources. Visit the Dixie State College Library on the 2nd, and 3rd floors of the Holland Centennial Commons, or go to the library website at <http://library.dixie.edu/>

Classroom expectations: It is the responsibility of an instructor to manage the classroom environment to ensure a good learning climate for all students. This means not talking when the teacher is talking, following instructions, and speaking and acting respectfully to the professor

Academic integrity:

DSC believes that most students are honest. However, cheating will not be tolerated, and if discovered, a zero grade will be given for that assignment or exam, and you will not be allowed to make it up. Repeated or aggravated offenses will result in failing the course. Any time you take credit for work you did not do, you are cheating. This includes getting the answers to homework problems from someone else, copying information from a library or internet source and presenting it as if it were your own words which is called plagiarism. Plagiarism is a particularly serious offense in academia.

Looking at someone else's answers on an exam, and asking someone who has already taken a test about what questions it contains also constitutes cheating. This course has

been designed to minimize the temptation to cheat, however it is not the job DSC or the instructor to make things “cheat proof.” If you cheat and are not caught, it doesn't mean that you "beat the system." It means you violated the Student Code and forfeited your integrity.

For further information on the Student code please refer to <http://library.dixie.edu/policies/studentcodesectionfour.pdf> page 8. DSC is committed to helping students honor the student code and to have consequences for those who do not abide by its standards.

COPYRIGHT STATEMENT:

Students shall adhere to the laws governing the use of copyrighted materials. They must insure that their activities comply with fair use and in no way infringe on the copyright or other proprietary rights of others and that the materials used and developed at Union College contain nothing unlawful, unethical, or libelous and do not constitute any violation of any right of privacy.

College approved absences: Dixie College Policy explains in detail what needs to happen if you anticipate being absent from class because of a college-sponsored activity (athletic events, club activities, field trips for other classes, etc). Please read this information and follow the instructions carefully! The policy can be found at: <http://www.dixie.edu/humanres/policy/sec5/523.html>

Dmail: Important class and college information will be sent to your Dmail account. This information includes your DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Dmail account. If you don't know your user name and password, go to www.dixie.edu and select “Dmail,” for complete instructions. You will be held responsible for information sent to your Dmail email, so please check it often.