

# COURSE SYLLABUS



COURSE TITLE: PSYC-120: Personal Growth & Development

CLASS SECTION: 001 M/W 11:30 AM - 12:50 PM

TERM: 2024W

COURSE CREDITS: 3

DELIVERY METHOD(S): LEC

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

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## INSTRUCTOR DETAILS

NAME: Bill Wong, PhD

EMAIL: [wongw@camosun.ca](mailto:wongw@camosun.ca) (use this one and not D2L please)

OFFICE Location: F342D

PHONE: 250-370-3264

Office HOURS: Feel free to come by on Mondays and Wednesdays (1:00-1:50), excluding holidays. If you drop by outside of my scheduled office time, I may be busy, attending a meeting or teaching another class. Keep in mind that if these hours do not work with your schedule, please contact me to arrange an alternate meeting time.

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

## CALENDAR DESCRIPTION

This course offers the student an academic and experiential introduction to models of personal growth. Topics include: psychoanalytic, behaviouristic, humanistic, and transpersonal approaches.

### PREREQUISITE(S):

One of:

- C in English 12
- C in Camosun Alternative

### CO-REQUISITE(S):

See Pre-requisites

### EXCLUSION(S):

Not Applicable

## COURSE LEARNING OUTCOMES / OBJECTIVES

Upon completion of this course a student will be able to:

1. Explain how and why theories of human growth and personality are developed.

2. Describe the major theories in a manner that reflects a good understanding of the affiliated terms and concepts.
3. Examine critically the strengths, weaknesses and applicability of theories.
4. Explain how personality theories apply to one's own life.

#### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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Required textbook:

Frager, F. & Fadiman, J. (2013). *Personality and personal growth*. (7<sup>th</sup> ed.) Boston, MA: Pearson.

[https://www.camosuncollegebookstore.ca/buy\\_textbooks.asp?](https://www.camosuncollegebookstore.ca/buy_textbooks.asp?)

Recommended:

1. These links connect to a wide variety of metacognitive skills such as exam prep, active reading and so forth.

<http://camosun.ca/services/writing-centre/learning-skills.html>

[https://camosun.libguides.com/Student\\_learning\\_success\\_guides](https://camosun.libguides.com/Student_learning_success_guides)

2. This is a wonderful online glossary of psychology terms and definitions.

<https://dictionary.apa.org/>

#### COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

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The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK or DATE RANGE	Reading (Try to complete before each class)	ACTIVITY or TOPIC	OTHER NOTES
Week 1 – Jan 8		Welcome! Course overview, expectations, & inquiries.	F266
Week 1 – Jan 10	-Introduction (2-7)	-Evaluation framework (strengths, weaknesses, applications)	
Week 2 – Jan 15	-Chapter 1 (19-39, 48-50)	-Psychoanalytic: S. Freud (intro)	
Week 2 – Jan 17		-Continue with Freud	
Week 3 – Jan 22		-More on Freud	
Week 3 – Jan 24		-Case Study Analysis 1: Freud (first 40 mins of class). Written in class. -Finish up Chapter 1 -If time, start Chap 3 Neo-Freudian: A. Adler	6%
Week 4 – Jan 29	-Chapter 3	-Continue with Adler	
Week 4 – Jan 31		-Finish up Adler -Adler quiz (last 15 mins of class)	3%
Week 5 – Feb 5	-Chapter 4	-Start Neo-Freudian: K. Horney	

WEEK or DATE RANGE	Reading (Try to complete before each class)	ACTIVITY or TOPIC	OTHER NOTES
Week 5 – Feb 7		-Finish K. Horney	
Week 6 – Feb 12		<b>Exam 1</b> (A study guide will be posted on D2L beforehand) Intro, Chapters 1, 3, 4	31%
Week 6 – Feb 14	-Chapter 6	-Psychosocial: E. Erikson (intro)	
Week 7 – Feb 19		<i>Family Day – Classes not held</i>	
Week 7 – Feb 21		<i>Reading Break – Classes not held</i>	
Week 8 – Feb 26		-If time, debrief Exam 1 -Afterwards, finish up Erikson	
Week 8 – Feb 28	-Chapter 8	-Behavioural: I Pavlov, JB Watson / BF Skinner	
Week 9 – Mar 4		-Continue with Behavioural	
Week 9 – Mar 6		-Skinner quiz: Reinforcement & Punishment procedures (first 15 mins of class) -Afterwards, finish Chapter 8	4%
Week 10 – Mar 11	-Chapter 9	-Start Social Cognitive: A. Bandura	
Week 10 – Mar 13		-Continue with Bandura	
Week 11 – Mar 18		-Cognitive: A. Beck, A. Ellis	
Week 11 – Mar 20		<b>Exam 2</b> (A study guide will be posted on D2L beforehand) Chapters 6, 8, 9	31%
Week 12 – Mar 25	-Chapter 11	-Humanistic: C. Rogers (intro)	
Week 12 – Mar 27		-If time, debrief Exam 2 -Afterwards, finish Rogers	
Week 13 – Apr 1		<i>Easter Monday – College Closed</i>	
Week 13 – Apr 3	-Chapter 12	-Case Study Analysis 2: Rogers (first 40 mins of class) -Afterwards, start A. Maslow	6%
Week 14 – Apr 8		-Finish Maslow -Course Summary	
Week 14 – Apr 10		<b>Exam 3</b> <i>Please note: You will be expected to create your own exam study guide this time. Chapters 11, 12</i>	19%

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

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DESCRIPTION	WEIGHTING
Case studies & quizzes (various dates as scheduled above)	19%
Exam 1	31
Exam 2	31
Exam 3	19
	<b>TOTAL</b>
	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information. <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

## COURSE GUIDELINES & EXPECTATIONS

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**Instructor's notes about student responsibilities.** I expect students to follow **standards of conduct**:

1. All students are expected to follow the College's Student Conduct Policy
2. Evaluative tasks must be written as scheduled. There will be no make-up opportunities without documentation (medical OR something equivalent). Please inform the instructor **BEFORE** the missed evaluative activity. If granted, **the instructor will determine the alternate exam date and time (or due date)**. Timely communication is important!

**There is NO make-up for missing the in-class activities, quizzes or exams except in HIGHLY unusual circumstances and ONLY if arranged prior to the scheduled deadline.** This makes it fair for everyone.

3. Evaluative tasks that are copied (identical or plagiarized) between students will result in 0% for ALL students involved. Work tasks must be used for this course only.
4. If a late evaluative task is allowed, in most cases, the mark will be reduced. Also, there may be additional guidelines pertaining to late or missed tasks.
5. Students may not use recording devices in the classroom without prior permission of the instructor. If approved, recordings made in class are for the student's personal use only and distribution of recorded material is prohibited.

*It is college policy that "If an instructor remains convinced that there has been a violation [such as plagiarism or cheating], he or she may assign a grade of F for the work involved, or for the course."*

### Instructor's notes about your grade

- A. If you are not satisfied with a grade I have given, you have the right to ask me to regrade the work. Work that I review may receive the same grade, a lower grade, or a higher grade.
- B. I reserve the right to ask you to resubmit work, or to show me extra material related to it.

C. **I will NOT be offering extra assignments** (beyond what is listed on pages 2-3) **or exam rewrites** to improve your final grade.

## SCHOOL OR DEPARTMENTAL INFORMATION

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Department information: <https://legacy.camosun.ca/learn/subjects/psychology/>

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc.). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first-class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures"

(<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

**Changes to this syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.