

**CAMOSUN COLLEGE  
PSYCHOLOGY DEPARTMENT  
PSYC 120**

**INSTRUCTOR:** Pam Tobin

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**TEXT:** Fadiman, J. and Frager, F. Personality and Personal Growth.  
Harper Collins College Publishers: New York, Latest Editions

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**COURSE DESCRIPTION AND OBJECTIVES**

This course offers the student an academic and experiential introduction to models of personal growth with the focus on the study of personality development. The following are specific objectives for course participants to work towards:

1. understand how and why theories of human growth and personality are developed.
2. acquire a knowledge of the major theories, including a good understanding of the affiliated terms and concepts.
3. develop a critical perspective of the theories, examining their strengths, weaknesses and applicability.
4. demonstrating the relevance of the theories to your own life--relating the theory to the practice.

**EVALUATION**

Tests	
Test 1	20%
Test 2	20%
Pop Quizzes 5 x 2%	10%
Personal Exercise Papers	50%
2 X 25%	

**GRADING FOR COURSE**

A+ 95 - 100	B+ 80 - 84	C+ - 65 - 69	D - 50 - 59
A 90 - 94	B 75 - 79	C - 60 - 64	F - 0 - 49
A- 85 - 89	B- 70 - 74		

**READING THE TEXTBOOK:**

This is essential for this course. I suggest three readings.

- 1) A quick read of the chapter to get a global perspective of the theory - done before class.
- 2) A more careful study to really comprehend all concepts - done during the week we cover the theory in class.
- 3) A review for the test.

**EVALUATION DETAILS****TESTS**

There will be 2 tests, each covering half the course. (Multiple choice, true/false, definitions, and short answer questions). Each will emphasize the course content from text and lectures.

**POP QUIZZES**

Six short quizzes will be given during the semester **IN CLASS**. (absolutely no out of class quizzes will be administered). The best 5 marks will count, so you have some flexibility if you are sick or miss a class. The purpose of these is to review material and to help prepare for tests.

**PERSONAL EXERCISE PAPERS**

There are two papers to write. See next page for details.

**POLICY REGARDING LATE ASSIGNMENTS**

Late assignments *may* be accepted if negotiations are made with the instructor **PRIOR** to the due date. Extensions must be requested a minimum of 24 hours before they are due. Late penalties of 2 marks per day will apply unless this occurs. Medical or personal reasons do not remove late penalty if the instructor has not been contacted. This is to motivate students to take personal responsibility for good planning and respectful communication.

**NOTE:** one paper must be submitted before the mid term, on the appropriate date as listed in the schedule.

## PERSONAL EXERCISE PAPERS

The purpose of these assignments is to help you integrate the THEORY with PRACTICE and to help with the understanding and application of the theories.

- Choose 2 theorists to focus on, and do one exercise on each from the suggested Assignment Selection which follows. Due dates are listed in the COURSE SCHEDULE.
- For each theorist write a paper that combines an explanation of specific theoretical concepts with your personal experience and own ideas. Try to see yourself as the theorist would see you. Intertwine the *theory* and the *practice*. Paper length is 750-900 words. Overlength papers will be penalized and underlength ones penalize themselves. Put a word count on your paper.
- **One exercise paper must be submitted before the mid-term on the correct due date.**
- The exercises will be kept confidential
- Your grade will be determined by two criteria:
  - 1) the clarity of the description of your experience (practice component)
  - 2) demonstrated depth of understanding through discussion of related theoretical concepts (theory component). Explain the theory thoroughly.
- You are expected to turn in high quality papers so put lots of work into each one. (Rewrite! Rewrite!). You should use outside references to show a broader base of research and knowledge. Cite all statements or quotes taken from the text and references in APA style.


As you use the vocabulary and concepts from each theory, underline each the first time they appear. This will help you see how much of the theory you are actually using. You will lose 1 mark for neglecting to underline. Use lots and lots of vocabulary.

If you have other ideas for an exercise, either from the text, from another source, or that you have created, please discuss them with me. There is room for some flexibility.




**Note: Some of these assignments have exercises from the text to do before doing the write-up. Submit the reporting of the exercise as an appendix. These selections are marked "☐". In your word count (750-900), include only the discussion, which must be able to stand alone but will not be marked without the inclusion of the exercise.**

## **ASSIGNMENT SELECTION - PERSONAL EXERCISE PAPERS**



### **FREUD**

1. You are the patient, Freud is the therapist. Take one of your dreams to him and let him analyze it. (Don't be sidetracked by the fact that he is dead!). Make sure you use Freudian concepts and vocabulary to explicate the analysis. Include an account of the dream as an appendix (separate from word count)
2.  Do the exercise on Psychosexual Stages, pages 27 (29- 4<sup>th</sup> ed.) in the text, answering the questions in an appendix. Then write a 750-900 word discussion, using Freudian explanations for the results and using the theory to help you understand your actions/feelings/thoughts.
3. Focus on Freudian theory and defense mechanisms. Choose a situation where you have used several defense mechanisms, define each and explain how and why you used it, explaining Freudian theory in depth. Remember to write a paper that "hangs together" (not one that reads like a list).
4. Chose a situation or specific example from your life and explain what happened and why, as Freud would see it. Take Freud's major concepts from the theory and apply them, doing a good job of connecting the theory to practice.

### **ADLER**

1.  Do exercise on "Power" page 125 (104- 4<sup>th</sup> ed.). Discuss (750-900 words) your answers as Adler would see you. Since this is a very short exercise you need to really work to relate it to Adler.
2.  From your text on page 128 (105- 4<sup>th</sup> ed.), do the exercise on "Goals", and discuss (750-900 words) how the exercise, questions and answers relate to Adler's theory.
3.  From page 132 (109- 4<sup>th</sup> ed.) text, do the "Cooperation" exercise and discuss (750-900 words) how it and your experiences relate to Adler's theory.
4. Do an analysis of a dream, as Adler would. Make sure you use Adlerian concepts and vocabulary to explicate the analysis. Include an account of the dream as an appendix (separate from word count)

### **ERIKSON**

1.  Do the exercise on page 221 (205- 4<sup>th</sup> ed.), on Eriksonian Stages. Choose two of the people and discuss the answers relating them clearly to Erikson's concepts. (750-900 word discussion).
2.  Do the exercise on page 224 (208- 4<sup>th</sup> ed.), on "Identity". Discuss your answers relating them clearly to Erikson's concepts. Explain Erikson theory. (750-900 word discussion).
3. Focus on one particular aspect of your own personality and show how at least three stages relate or have related to it. Use good coverage of the whole of Erikson's theory, explaining the different concepts and being clear and specific as to how they relate to you.

## JUNG

1. Record your dreams for a week. Select one dream, or part of one dream. Using a Jungian approach provide an extensive interpretation of the dream. Include an analysis of the symbols in the dream, both personal and collective. Describe the archetypes represented in your discussion, and any other relevant concepts as well. Include the dream as an appendix.
2. If you have filled out the Myers-Briggs instrument, discuss your findings, placing the emphasis on how the dimensions measured fit with Jung's theories, and how this fits in with the rest of Jung's theory, and how both of these apply to you. Avoid focusing on a detailed description of how the Myers-Briggs describes your personality.
3. 📖 Archetypes in your life - using the "personal reflection" exercises on page 94, 97, 99 and/or 101 (69, 72, 75, 76 - 4<sup>th</sup> ed.) discuss in 750-900 words how Jung's theory relates to these aspects in your own personality. Cover the theory well.
4. *"Jung found the mandala symbol occurring spontaneously in dreams and images of his patients. He believed that the mandala is an archetypal symbol of wholeness that can aid us in integrating our personality."* (Engler, 1979)  
To do a mandala, start with a reasonably large (at least 12 x 12) piece of paper. Draw a circle or square and complete it with colors, shapes, designs, symbols, pictures, etc. with the focus on Jungian concepts. Discuss your drawing, analyzing the symbols (both collective and personal) as Jung would. Explain archetypal representations and aspects of consciousness. Comment on your thoughts, feelings and awarenesses during this process. You may choose to do 2 simpler mandalas each depicting a major aspect of Jung's theory, or one more elaborate drawing which depicts many aspects. Your mark will be based primarily on your discussion.
5. Analyze a movie, TV show or play you have seen discussing Jungian theory. Since the important part of these assignments is to relate the theory to your life, you must include a good section on how/ why you identified with this movie-- how it helps you understand yourself.
6. Analyze a specific event or situation in your life using Jungian concepts and vocabulary. You should go to outside resources to explore ideas in depth.

## SKINNER

1. 📖 Do one exercise from page 325, 329 or 331 ('Personal Reflections'). (334, 338, or 340- 4<sup>th</sup> ed.) (There will be no rewards for doing "Modifying your Professor's Behavior"! Do a write-up, relating the exercise to Skinner's theories, explaining what occurred and why. In your 750-900 word paper comment on this approach, ways it might be useful in your life and any other relevant important points that you think are worthy of discussion. Include your answers to the questions (personal reflections) as an appendix, as well as including ALL of your data.
2. Take any group of concepts from Skinner's theory and relate it to a specific situation or event from your life. Outside resources will be essential to get more theoretical background.

**Note: Some of these assignments have exercises from the text to do *before* doing the write-up. Submit the reporting of the exercise as an appendix. These selections are marked "📖". In your word count (750-900), include only the discussion, which must be able to stand alone but will not be marked without the inclusion of the exercise.**