

**CAMOSUN COLLEGE
PSYCHOLOGY DEPARTMENT
PSYC 120 – Spring 2008**

INSTRUCTOR: Pam Tobin

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(please do not add me to your address book and to ensure your mail is not deleted as spam, put the course number in the “subject” line)
Website: <http://www.tobin.disted.camosun.bc.ca/>

TEXT: Fadiman, J. and Frager, F. Personality and Personal Growth.
Harper Collins College Publishers: New York, Latest Editions
(text is also available online)

COURSE DESCRIPTION AND LEARNING OUTCOMES

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 learning outcomes for course participants to work towards:

1. Explain how and why theories of human growth and personality are developed.
2. Describe the major theories, including a good understanding of the affiliated terms and concepts.
3. Examine critically the strengths, weaknesses and applicability of theories.
4. Apply concepts to explain how the personality theories apply to our own lives—relating the theory to the practice.

EVALUATION:

OPTION ONE: Do all:		
Quizzes 7 x 2%		14%
Test 1		20%
Test 2		23%
Paper 1		20%
Paper 2		23%

OPTION TWO: Choices! Choices!		
These are mandatory:		
Quizzes 7 x 3%		21%
Paper 1		25%
Choose TWO of these:		
Test 1		27%
Paper 2		27%
Test 2		27%

Note: with both options, you must hand in one paper BEFORE Test 1. There will be no exceptions for any reason, so allow for emergencies and choose early due dates. Quizzes will be written in class as per schedule.

GRADING FOR COURSE

90-100	A+	77-79	B+	65-69	C+	
85- 89	A	73-76	B	60-64	C	
80-84	A-	70-72	B-	50-59	D	0-49 F

READINGS:

A. The textbook is required 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. Read chapter well before writing a paper.
- 3) A review for the test.

B. You must attend all classes to make sure you don't miss material.

C. Some of the lecture notes will be on my website www.tobin.disted.camosun.bc.ca for only about a week after the lecture is presented in class. They are supplements and will not be as complete as the lecture notes.

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.

CHAPTER QUIZZES

Seven short quizzes will be given during the semester IN CLASS. (Due to the intensity of the short semester absolutely no out of class quizzes will be administered). The purpose of these is to review material and to help prepare for tests.

PAPERS

Students will have a choice of writing one OR two papers. 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 it is due. Late penalty of 1 percent per day will apply unless this occurs. Late papers will be graded, but not commented on, so if you want comments, please get your work in on time. 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. Papers are due in the first 15 minutes of class to avoid penalty. One paper must be handed in before Test One (as per schedule) to receive credit for it.

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 1 or 2 theorists to focus on depending on your choice of OPTIONS, and do one exercise from each from the suggested Assignment Selection which follows. Due dates are listed in the COURSE SCHEDULE. One paper must be submitted before the mid-term test.
- For your choice of 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. The paper must be about you, not someone else! Intertwine the *theory* and the *practice* throughout. Paper length is 800-1200 words. Overlength papers will be penalized and underlength ones penalize themselves. Put a word count on your paper. Make sure you have thoroughly read about the theory before beginning.
- Cite all statements or quotes taken from the text and references in APA style. Sample APA style papers are available at <http://camosun.ca/learn/programs/psyc.html>
- The exercises will be kept confidential
- If you wish to have help with your paper, please see me any time or call me. We can allow extra time for this.
- If you really bomb your paper, you may be able to do a rewrite but the highest grade you will receive will be 70%, so make sure you do a good job the first time!
- You are expected to turn in high quality papers so put lots of work into each one. (Rewrite!)
- Your grade will be determined by two criteria, with equal emphasis on both:
 - 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.


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. Use lots and lots of vocabulary. Put a word count on paper. 1% will be taken off for not underlining and for no word count.

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 with "☐". In your word count, include only the discussion, which must be able to stand alone but will not be marked without the inclusion of the exercise. If you are writing on a dream, movie or need an extensive description of a situation, include a synopsis of it as an appendix, also separate from the word count.

ASSIGNMENT SELECTION - 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 the dream as an appendix.
2.  Do the exercise on Psychosexual Stages, pages 28 (27- 5th ed.) in the text, answering the questions thoroughly. Include this as an appendix in your paper. Then write a thorough discussion, using Freudian explanations for the results and using the theory to help you understand your actions/feelings/thoughts.
3. Focus on Freud's theory of defense mechanisms. Analyze a situation where you have used several defense mechanisms, explaining Freud's the theory in depth, and describing how and why you used defenses (as Freud would see it). Write a paper that "hangs together" (not one that reads like a list). Be sure to cover Freud's overall theory as well as the defense mechanisms.
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. Inferiority/Superiority/Compensation/Cooperation: Do an in-depth discussion of these concepts in your life as Adler would. How would Adler look at aspects of your life, using these concepts and others that relate? Give a thorough discussion, using references well.
2.  From your text on page 98 (128- 5th ed.), do the exercise on "Goals" in detail, and discuss how the exercise, questions and your answers relate to Adler's theory. How would Adler see you and what would he say about your life, according to his theory? Include the text exercise as an appendix in your paper.
3. Cooperation:  From page 101 (132- 5th ed.) text, do the "Cooperation" exercise thoroughly and discuss how it and your experiences relate to Adler's theory. Include the text exercise as an appendix in your paper.
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. Exercise: Think of three people who you believe are in different Eriksonian stages and describe them in an appendix. What stage is each person in? What is the evidence for this? What concerns and critical issues do you see in the life of each? What are strengths? Weaknesses? Relevant past: explain how the current life of each person relates to past stages? You can use point form for this part.
Paper: Write a paper focusing on TWO of these people, and thoroughly discuss them according to Erikson theory. Your paper should be 50% theory and will include a lot of the information from your appendix.

...More Erikson exercises on next page...

2. 📖 Do the exercise on page 188 (224- 5th ed.), on "Identity". Discuss your answers relating them clearly to Erikson's theory. Explain Erikson's concepts as they relate to you, discussing as many aspects of it as you can. Include the text exercise as an appendix in your paper.
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. Include the dream as an appendix.
2. Archetypes in your life. Explain how Jung's theory relates to these aspects in your own personality. You can use the 📖 "personal reflection" exercises on page 66, 69, 70, (94, 97, 99 and/or 101- 5th ed.) and/or Internet/Library research. Include the text exercise as an appendix in your paper. Do not do all the exercises, only the ones that are relevant to your paper. You may also wish to discuss other archetypes and relate them to the theory as a whole. Cover the theory well.
3. *"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.
4. 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.
5. 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 254 or 258 ('Personal Reflections'). (325 or 329 - 5th ed.) Do a write-up, relating the exercise to Skinner's theories, explaining what occurred and why. In your paper comment on this approach, ways it might be useful in your life and any other relevant points that you think are worthy of discussion. Include ALL of your data.
2. Take concepts from Skinner's theory and relate them to a current or recent *specific* situation or event from your life where behaviorism is evident. Include data in a scientific manner. Your paper must be about you, not someone else or a pet. Outside resources will be essential to get more theoretical background.
3. Create an experiment where you modify some aspect of your behavior. Discuss Skinner's ideas thoroughly and describe the experiment. Include all data as an appendix.