



**School of Arts & Science  
PSYCHOLOGY DEPARTMENT**

**PSYC 120-02  
Personal Growth and Development  
Winter 09**

**COURSE OUTLINE**

The Approved Course Description is available on the web @ \_\_\_\_\_

Ω Please note: this outline will be electronically stored for five (5) years only.  
It is strongly recommended students keep this outline for your records.

**1. Instructor Information**

(a)	Instructor:	Grace Chan		
(b)	Office Hours:	See posted times or by appointment		
(c)	Location:	Wed - E348, Fri - F306		
(d)	Phone:	250-370-3217	Alternative Phone:	
(e)	Email:	chang@camosun.bc.ca		
(f)	Website:	D2L		

**2. Intended Learning Outcomes**

*(No changes are to be made to this section, unless the Approved Course Description has been forwarded through EDCO for approval.)*

Upon completion of this course the 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.

**3. Required Materials**

- (a) Texts: Fadiman, J. & Frager, F. (2005). *Personality and personal growth*. Upper Saddle River, NJ: Pearson.

(b) Other

**4. Course Content and Schedule**

*(Can include: class hours, lab hours, out of class requirements and/or dates for quizzes, exams, lectures, labs, seminars, practicums, etc.)*

See below

**5. Basis of Student Assessment (Weighting)**

(Should be linked directly to learning outcomes.)

See below

- (a) Assignments
- (b) Quizzes
- (c) Exams
- (d) Other (e.g., Attendance, Project, Group Work)

## 6. Grading System

(No changes are to be made to this section, unless the Approved Course Description has been forwarded through EDCO for approval.)

### Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D	Minimum level of achievement for which credit is granted; a course with a "D" grade cannot be used as a prerequisite.	1
0-49	F	Minimum level has not been achieved.	0

### Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy E-1.5 at [camosun.ca](http://camosun.ca) for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that, due to design may require a further enrollment in the same course. No more than two IP grades will be assigned for the same course. (For these courses a final grade will be assigned to either the 3 <sup>d</sup> course attempt or at the point of course completion.)

<b>CW</b>	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.
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## 7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

### LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College calendar, at Student Services or the College web site at [camosun.ca](http://camosun.ca).

### STUDENT CONDUCT POLICY

There is a Student Conduct Policy **which includes plagiarism**. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, at Student Services and on the College web site in the Policy Section.

### ADDITIONAL COMMENTS AS APPROPRIATE OR AS REQUIRED

## Psychology 120-02 – Winter 2009 Personal Growth and Development

Instructor: Grace Chan  
Office: F352  
Office Hours: see posted times  
or by appointment

Phone: 250-370-3217  
E-mail: [chang@camosun.bc.ca](mailto:chang@camosun.bc.ca)  
D2L mail (preferred)

### **Text:**

Fadiman, J. & Frager, F. (2005). *Personality and personal growth*. Upper Saddle River, NJ: Pearson.

### Calendar Description

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

### Course Objectives & Intended Learning Outcomes

Learning theories of personality, models of personal growth and development, students will be able to apply the concepts for self understanding and growth. Upon completion of this course, the 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.

### **Class organization**

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Classes will combine lectures, readings, videos, discussion, and experiential exercises to assist the integration of specific theories or concepts. **Your participation in class activities is essential to meeting class objectives.**

**\*Note:** This course is an exploration of theories and of oneself. All participants are expected to maintain confidentiality about personal information learned about other students.

## Course Evaluation

<b>Tests</b>	<b>45%</b>	<ul style="list-style-type: none"> <li>• test #1 – 20%, test #2 – 25%</li> <li>• all tests are based on information from the lectures and assigned readings</li> <li>• tests will consist of multiple choice and short answer questions</li> <li>• tests will not be cumulative</li> <li>• see class schedule for test dates</li> <li>• there will be a 5% per week penalty on late tests</li> </ul>																																				
<b>Assignments</b>	<b>25%</b>	<ul style="list-style-type: none"> <li>• two assignments – <u>one assignment due before test #1</u></li> <li>• see separate handout for guidelines</li> <li>• see class schedule for assignment due dates</li> <li>• there will be a 5% per week penalty on late assignments</li> </ul>																																				
<b>Quizzes</b>	<b>15%</b>	<ul style="list-style-type: none"> <li>• 9 quizzes - best 8 marks will count</li> <li>• see class schedule for quizzes dates</li> <li>• given at the beginning of class - <u>no make-up quiz</u></li> </ul>																																				
<b>In-Class Writings (ICW)</b>	<b>5%</b>	<ul style="list-style-type: none"> <li>• 10 short in-class writings will be given throughout the course</li> <li>• in-class writings are marked Pass/Fail – ½ mark each</li> <li>• students <u>must</u> be in attendance to participate in in-class writings - no make-up</li> </ul>																																				
<b>Personal Reflection Exercises (PRE)</b>	<b>10%</b>	<ul style="list-style-type: none"> <li>• see separate guidelines and topics for personal reflection exercises and due dates</li> <li>• hand in exercises to D2L Dropbox (online)</li> <li>• length of exercises - minimum 150 words</li> <li>• marked Pass/Fail – 1 mark each</li> </ul>																																				
<b>Total</b>	<b>100%</b>	<p><b><u>Letter Grade:</u></b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Grade</th> <th style="text-align: center;">Percentage</th> <th style="text-align: center;">Description</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">A+</td> <td style="text-align: center;">90-100%</td> <td style="text-align: center;">Superior levels of achievement</td> </tr> <tr> <td style="text-align: center;">A</td> <td style="text-align: center;">85-89%</td> <td></td> </tr> <tr> <td style="text-align: center;">A-</td> <td style="text-align: center;">80-84%</td> <td></td> </tr> <tr> <td style="text-align: center;">B+</td> <td style="text-align: center;">77-79%</td> <td style="text-align: center;">High levels of achievement</td> </tr> <tr> <td style="text-align: center;">B</td> <td style="text-align: center;">73-76%</td> <td></td> </tr> <tr> <td style="text-align: center;">B-</td> <td style="text-align: center;">70-72%</td> <td></td> </tr> <tr> <td style="text-align: center;">C+</td> <td style="text-align: center;">65-69%</td> <td style="text-align: center;">Satisfactory level of achievement</td> </tr> <tr> <td style="text-align: center;">C</td> <td style="text-align: center;">60-64%</td> <td style="text-align: center;">Sufficient level of achievement to proceed with next level of study</td> </tr> <tr> <td style="text-align: center;">D</td> <td style="text-align: center;">50-59%</td> <td style="text-align: center;">Minimum level of achievement for which credit is granted</td> </tr> <tr> <td style="text-align: center;">F</td> <td style="text-align: center;">0-49%</td> <td style="text-align: center;">Minimum level is not achieved</td> </tr> <tr> <td style="text-align: center;">I</td> <td colspan="2" style="text-align: center;">Standing incomplete until such time as the work is completed, normally to a maximum of six weeks following a semester</td> </tr> </tbody> </table>	Grade	Percentage	Description	A+	90-100%	Superior levels of achievement	A	85-89%		A-	80-84%		B+	77-79%	High levels of achievement	B	73-76%		B-	70-72%		C+	65-69%	Satisfactory level of achievement	C	60-64%	Sufficient level of achievement to proceed with next level of study	D	50-59%	Minimum level of achievement for which credit is granted	F	0-49%	Minimum level is not achieved	I	Standing incomplete until such time as the work is completed, normally to a maximum of six weeks following a semester	
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### **Guidelines of student conduct:**

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1. All students are expected to follow the College's Student Conduct Policy - see below.
2. It is essential for students to attend all classes. You must be in attendance to participate in in-class activities/writings. There will be no make-up opportunities without a doctor's note.
3. Tests must be written as scheduled. Make-up tests will only be allowed with proper documentation. You must contact the instructor prior to the test, and provide documentation within 7 days of the missed test date to be eligible for the make-up test.
4. Assignments must be typed and be handed in at the start of the class on due dates. There will a 5% per week penalty on late assignments without prearrangement and proper documentation.
5. Work must be used for this course only. Work copied (identical or plagiarized) between students will be given 0% for all students involved.
6. Late work will only be accepted in extreme cases. The instructor reserves the right not to give make-up tests, and to refuse or penalize late assignments. Please schedule your time to meet all due dates.

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### **ACADEMIC CONDUCT POLICY**

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[www.camosun.bc.ca/divisions/pres/policy/2-education/2-5.html](http://www.camosun.bc.ca/divisions/pres/policy/2-education/2-5.html)

### **LEARNING SUPPORT AND SERVICES FOR STUDENTS**

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Registrar's Office or the College web site at

<http://www.camosun.bc.ca>

**Psychology 120 - 02 – Winter 2009**  
Class Schedule

Week	Date	Topic	Reading	Quiz (8 best)	Assignment (hand one in before Test #1)	Personal Reflection Exercises
1	Jan 7 W	Introduction / What is Personality?	Introduction			
	9 F	Personality / Freud				
2	14 W	Freud	Ch 1			
	16 F	Freud				
3	21 W	Adler	Ch 3	Freud	Freud	Freud
	23 F	Adler				
4	28 W	Horney	Ch 4	Adler	Adler	Adler
	30 F	Horney				
5	Feb 4 W	Erikson	Ch 6	Horney	Horney	Horney
	6 F	Erikson				
6	11 W	Review		Erikson	Erikson	Erikson
	13 F	<b>TEST #1</b>				
7	18 W	Jung	Ch 2			
	20 F	<b>Reading Break</b>				
8	25 W	Jung				
	27 F	Jung				
9	Mar 4 W	James	Ch 7	Jung	Jung	Jung
	6 F	James				
10	11 W	Skinner	Ch 8	James	James	James
	13 F	Skinner				
11	18 W	Skinner				
	20 F	Bandura		Skinner	Skinner	Skinner
12	25 W	Rogers	Ch 11			
	27 F	Rogers				
13	Apr 1 W	Maslow	Ch 12	Rogers	Rogers	Rogers
	3 F	Maslow				
14	8 W	Review		Maslow	Maslow	Maslow
	Exam Period	<b>TEST #2</b>				