



**School of Arts & Science
PSYCHOLOGY DEPARTMENT**

**PSYC 120-001
Personal Growth and Development
Winter 2010**

COURSE OUTLINE

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

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:	Bill Wong, PhD		
(b)	Office Hours	11:30-12:20 (T & W) & 10:30-12:20 (F); if these do not work for you, we can schedule an alternate & mutually agreeable appointment		
(c)	Office:	F106E		
(d)	Phone:	370-3374	Alternative Phone:	n/a
(e)	Email:	wongw@camosun.bc.ca – use this one only		
(f)	D2L Website:	http://online.camosun.ca		

2. Intended Learning Outcomes

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) Frager, F. & Fadiman, J. (2005). *Personality and personal growth*. Upper Saddle River, NJ: Pearson.
- (b) More to follow – will circulate or mention in class

4. Course Content and Schedule

- Course schedule
 - Th 9:30-12:30, F100
 - See page 4 for course content

5. Basis of Student Assessment (Weighting)

Task	Important notes	Value
In class activities	<ul style="list-style-type: none"> • Three (3) short in-class activities will be given throughout the course • In-class activities are marked – up to 5% each • You <u>must</u> be in attendance to participate - <u>no make-up opportunities</u> • Instructions will be provided beforehand • These are NOT open-book • Jan 21, Jan 28, Mar 25 	15%
Exam 1	<ul style="list-style-type: none"> • Based on: class material, introduction, chaps 1 & 3 • Questions requiring definitions & short answers • Instructions will be provided • Feb 4, 2010 	20%
Exam 2	<ul style="list-style-type: none"> • Based on: class material, chaps 4, 6, & 8 • Questions requiring definitions & short answers • Mar 11, 2010 	20%
Paper 1	Instructions will be provided <ul style="list-style-type: none"> • due Feb 25 • see separate handout for guidelines • there will be a <u>10% net per day penalty</u> on late assignments (work submitted 2 days after deadline will not be accepted) • Do not submit via e-mail 	10%
Paper 2	Instructions will be provided <ul style="list-style-type: none"> • due Apr 1 • see separate handout for guidelines • there will be a <u>10% net per day penalty</u> on late assignments (work submitted 2 days after deadline will not be accepted) • Do not submit via e-mail 	15%
Exam 3	<ul style="list-style-type: none"> • Based on class material, chaps 9, 11, & 12 only • Date: Apr 8, 2010 	20%
TOTAL		100%

6. Grading System

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 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. <i>(For these courses a final grade will be assigned to either the 3rd course attempt or at the point of course completion.)</i>
CW	<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.

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.

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.

8. Important information

College Policies	Camosun has policies on grading, academic offences, resolution procedures, and consequent sanctions. Please familiarize yourself with these policies (see 2009-2010 College calendar).
Attendance, assignments (e.g., papers) and exams	Attendance is important because it keeps you in contact with the course materials and any changes that may occur throughout the semester. A missed exam or assignment will result in a mark of zero. Unfortunately, make-up exams & assignments will not be offered. If there is a serious medical or compassionate reason that you would like considered, contact the instructor <u>before</u> the test or due date. Time management issues and competing priorities are NOT sufficient reasons. Documentation to support your claim is <u>always</u> required (e.g., physician's note explaining why you could not attend the exam).

9. Class schedule & content

Week	Date	Reading (before class)	Topic (note: exams and writing activities based on text and class material)
1	Jan 7	Introduction	<ul style="list-style-type: none"> • Course overview – answer questions • Introduction: Personality and growth • Freud
2	Jan 14	Chap 1	<ul style="list-style-type: none"> • Freud (conclude) • Prepare for In class activity #1
3	Jan 21	Chap 3	<ul style="list-style-type: none"> • In class activity #1 - Freud • Adler
4	Jan 28		<ul style="list-style-type: none"> • Adler (conclude) • In class activity #2 - Adler • Prepare for Exam 1
5	Feb 4		<ul style="list-style-type: none"> • Exam 1 – Introduction, chapters 1, 3
6	Feb 11	Chap 4	<ul style="list-style-type: none"> • <i>Briefly review Exam 1</i> • Horney • APA tips for your paper assignment
7	Feb 18		<ul style="list-style-type: none"> • Reading Break – no classes
8	Feb 25	Chap 6	<ul style="list-style-type: none"> • Paper #1 due (submit @ beginning of class) • Erikson • Prepare for Exam 2
9	Mar 4	Chap 8	<ul style="list-style-type: none"> • Skinner
10	Mar 11		<ul style="list-style-type: none"> • Exam 2 on chaps 4, 6, & 8
11	Mar 18	Chap 9	<ul style="list-style-type: none"> • <i>Briefly review Exam 2</i> • Cognitive psychology
12	Mar 25	Chap 11	<ul style="list-style-type: none"> • In class activity #3 - Cognitive • Rogers
13	Apr 1	Chap 12	<ul style="list-style-type: none"> • Paper #2 due (submit @ beginning of class) • Maslow • Course summary
14	Apr 8		<ul style="list-style-type: none"> • Exam 3 on chaps 9, 11, & 12

**I reserve the right to make changes to this course outline.*