

**Psychology 120-02 Winter 2010**  
**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  
D2L mail (preferred)

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**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**

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"> <thead> <tr> <th>Grade</th> <th>Percentage</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>A+</td> <td>90-100%</td> <td>Superior levels of achievement</td> </tr> <tr> <td>A</td> <td>85-89%</td> <td></td> </tr> <tr> <td>A-</td> <td>80-84%</td> <td></td> </tr> <tr> <td>B+</td> <td>77-79%</td> <td>High levels of achievement</td> </tr> <tr> <td>B</td> <td>73-76%</td> <td></td> </tr> <tr> <td>B-</td> <td>70-72%</td> <td></td> </tr> <tr> <td>C+</td> <td>65-69%</td> <td>Satisfactory level of achievement</td> </tr> <tr> <td>C</td> <td>60-64%</td> <td>Sufficient level of achievement to proceed with next level of study</td> </tr> <tr> <td>D</td> <td>50-59%</td> <td>Minimum level of achievement for which credit is granted</td> </tr> <tr> <td>F</td> <td>0-49%</td> <td>Minimum level is not achieved</td> </tr> <tr> <td>I</td> <td colspan="2">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:**

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.

### **ACADEMIC CONDUCT POLICY**

There is an Academic 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, Registration, and on the College web site in the Policy Section.

[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 2010**  
**Class Schedule**

<b>Week</b>	<b>Date</b>	<b>Topic</b>	<b>Reading</b>	<b>Quizzes</b>  (8 best)	<b>Assignments</b>  (two required – one before Test #1)	<b>Personal Reflection Exercises</b>  (Choose any 10 – do 5 before Test #1)
1	Jan 7 Th	Introduction / What is Personality?	Introduction			
	12 T	Personality / Freud				
2	14 Th	Freud	Ch 1			
	19 T	Freud				
3	21 Th	Adler	Ch 3	Freud	Freud	Freud
	26 T	Adler				
4	28 Th	Horney	Ch 4	Adler	Adler	Adler
	Feb 2 T	Horney				
5	4 Th	Erikson	Ch 6	Horney	Horney	Horney
	9 T	Erikson				
6	11 Th	Review		Erikson	Erikson	Erikson
	16 T	<b>TEST #1</b>				
7	18 Th	<b>Reading Break</b>				
	23 T	Jung	Ch 2			
8	25 Th	Jung				
	Mar 2 T	Jung				
9	4 Th	James	Ch 7	Jung	Jung	Jung
	9 T	James				
10	11 Th	Skinner	Ch 8	James	James	James
	16 T	Skinner				
11	18 Th	Skinner Bandura				
	23 T	Rogers	Ch 11	Skinner	Skinner	Skinner
12	25 Th	Rogers				
	30 T	Maslow	Ch 12	Rogers	Rogers	Rogers
13	Apr 1 Th	Maslow				
	6 T	Review		Maslow	Maslow	Maslow
14	8 Th	<b>TEST #2</b>				

**Psychology 120 - 02 – Fall 2009**

**Class Schedule**

<b>Week</b>	<b>Date</b>	<b>Topic</b>	<b>Reading</b>	<b>Quiz (8 best)</b>	<b>Assignment (hand one in before Test #1)</b>	<b>Personal Reflection Exercises</b>
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 Th	Review		Erikson	Erikson	Erikson
	13 F	<b>TEST #1</b>				
7	18 Th	Jung	Ch 2			
	20 F	<b>Reading Break</b>				
8	25 Th	Jung				
	27 F	Jung				
9	Mar 4 Th	James	Ch 7	Jung	Jung	Jung
	6 F	James				
10	11 Th	Skinner	Ch 8	James	James	James
	13 F	Skinner				
11	18 Th	Skinner				
	20 F	Bandura		Skinner	Skinner	Skinner
12	25 Th	Rogers	Ch 11			
	27 F	Rogers				
13	Apr 1 Th	Maslow	Ch 12	Rogers	Rogers	Rogers
	3 F	Maslow				
14	8 Th	Review		Maslow	Maslow	Maslow
	Exam Period	<b>TEST #2</b>				

**Psychology 120-01 – Fall 2008**  
**Class Schedule**

Week	Date	Topic	Reading	Due		
				Quiz (8 best)	Assignment (one due before Test #1)	Personal Reflection Ex.
1	Sept 2 T	Introduction	Introduction			
	4 Th	What is Personality?				
2	9 T	Freud	Ch 1			
	11 Th	Freud				
3	16 T	Freud				
	18 Th	Adler	Ch 3	Freud	Freud	Freud
4	23 T	Adler				
	25 Th	Horney	Ch 4	Adler	Adler	Adler
5	30 T	Horney				
	Oct 2 Th	Erikson	Ch 6	Horney	Horney	Horney
6	7 T	Erikson				
	9 Th	Review		Erikson	Erikson	Erikson
7	14 T	<b>TEST #1</b>				
	16 Th	Jung	Ch 2			
8	21 T	Jung				
	23 Th	Jung				
9	28 T	James	Ch 7	Jung	Jung	Jung
	30 Th	James				
10	Nov 4 T	Skinner	Ch 8	James	James	James
	6 Th	Skinner				
11	11 T	<b>Remembrance Day</b>				
	13 Th	Skinner				
12	18 T	Bandura		Skinner	Skinner	Skinner
	20 Th	Rogers	Ch 11			
13	25 T	Rogers				
	27 Th	Maslow	Ch 12	Rogers	Rogers	Rogers
14	Dec 2 T	Maslow				
	4 Th	Review		Maslow	Maslow	Maslow
15	Exam Period	<b>TEST #2</b>				

**Psychology 120-01/02 – Winter 2008**  
**Class Schedule**

Week	Date	Topic	Reading	Quiz (8 best)	Assignment (hand one in before Test #1)	Personal Reflection Exercises
1	Jan 9 W	Introduction / What is Personality?	Introduction			
	11 F	Personality / Freud				
2	16 W	Freud	Ch 1			
	18 F	Freud				
3	23 W	Adler	Ch 3	Freud	Freud	Freud
	25 F	Adler				
4	30 W	Horney	Ch 4	Adler	Adler	Adler
	Feb 1 F	Horney				
5	6 W	Erikson	Ch 6	Horney	Horney	Horney
	8 F	Erikson				
6	13 W	<b>TEST #1</b>				
	15 F	<b>Reading Break</b>				
7	20 W	Jung	Ch 2	Erikson	Erikson	Erikson
	22 F	Jung				
8	27 W	Jung				
	29 F	James	Ch 7	Jung	Jung	Jung
9	Mar 5 W	James				
	7 F	Skinner	Ch 8	James	James	James
10	12 W	Skinner				
	14 F	Skinner				
11	19 W	Bandura		Skinner	Skinner	Skinner
	21 F	<b>Good Friday</b>				
12	26 W	Rogers	Ch 11			
	28 F	Rogers				
13	Apr 2 W	Maslow	Ch 12	Rogers	Rogers	Rogers
	4 F	Maslow				
14	9 W	Review		Maslow	Maslow	Maslow
	11 F	<b>TEST #2</b>				

**Psychology 120-01 – Fall 2007**

**Class Schedule**

Week	Date	Topic	Reading	Due		
				Quiz (8 best)	Assignment (one due before Test #1)	Personal Reflection Ex.
1	Sept 4 T	Introduction / What is Personality?	Introduction			
	6 Th	Personality / Freud				
2	11 T	Freud	Ch 1			
	13 Th	Freud				
3	18 T	Adler	Ch 3	Freud	Freud	Freud
	20 Th	Adler				
4	25 T	Horney	Ch 4	Adler	Adler	Adler
	27 Th	Horney				
5	Oct 2 T	Erikson	Ch 6	Horney	Horney	Horney
	4 Th	Erikson				
6	9 T	Trait & Somatic Approaches		Erikson	Erikson	Erikson
	11 Th	<b>TEST #1</b>				
7	16 T	Jung	Ch 2			
	18 Th	Jung				
8	23 T	Jung				
	25 Th	Jung James	Ch 7			
9	30 T	James		Jung	Jung	Jung
	Nov 1 Th	James Skinner	Ch 8			
10	6 T	Skinner		James	James	James
	8 Th	Skinner				
11	13 T	Skinner Bandura				
	15 Th	Bandura		Skinner	Skinner	Skinner
12	20 T	Rogers	Ch 11			
	22 Th	Rogers				
13	27 T	Maslow	Ch 12	Rogers	Rogers	Rogers
	29 Th	Maslow				
14	Dec 4 T	Review		Maslow	Maslow	Maslow
	6 Th	<b>TEST #2</b>				





**Psychology 120-01/02 – Winter 2007**  
**Class Schedule**

<b>Week</b>	<b>Date</b>	<b>Topic</b>	<b>Reading</b>	<b>Quiz (8 best)</b>	<b>Assignment (hand one in before Test #1)</b>	<b>Personal Reflection Exercises</b>
1	Jan 10 W	Introduction / What is Personality?	Introduction			
	12 F	Personality / Freud				
2	17 W	Freud	Ch 1			
	19 F	Freud				
3	24 W	Adler	Ch 3	Freud	Freud	Freud
	26 F	Adler				
4	31 W	Horney	Ch 4	Adler	Adler	Adler
	Feb 2 F	Erikson	Ch 6	Horney		
5	7 W	Erikson			Horney	Horney
	9 F	Reading Break				
6	14 W	Trait & Somatic Approaches		Erikson	Erikson	Erikson
	16 F	<b>TEST #1</b>				
7	21 W	Jung	Ch 2			
	23 F	Jung				
8	28 W	Jung				
	Mar 2 F	James	Ch 7	Jung	Jung	Jung
9	7 W	James				
	9 F	Skinner	Ch 8	James	James	James
10	14 W	Skinner				
	16 F	Skinner				
11	21 W	Bandura		Skinner	Skinner	Skinner
	23 F	Rogers	Ch 11			
12	28 W	Rogers				
	30 F	Maslow	Ch 12	Rogers	Rogers	Rogers
13	Apr 4 W	Maslow				
	6 F	Good Friday				
14	11 W	Review		Maslow	Maslow	Maslow
	13 F	<b>TEST #2</b>				



## **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. The purpose of these is to review material and to help prepare for tests.

Personal exercise papers: There are two papers, one is due before the midterm. You have a choice to do both before the midterm. Note due dates on class schedule.

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.

## **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.