



**School of Arts & Science
PSYCHOLOGY DEPARTMENT**

**PSYC 120-001
Personal Growth and Development
Winter, 2011**

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

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|-----|---------------|---|--------------------|-----|
| (a) | Instructor: | Bill Wong, PhD | | |
| (b) | Office Hours: | 11:30-12:20 (T, W, & F) and other times by appointment | | |
| (c) | Office: | Fisher 106E (down hallway next to bookstore) | | |
| (d) | Phone: | 250-370-3374 | Alternative Phone: | n/a |
| (e) | Email: | wongw@camosun.bc.ca | | |
| (f) | D2L Website: | http://online.camosun.ca | | |
| (g) | Time/Location | Thu (9:30-12:20) / Young 201 | | |

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. (2006). *Personality and personal growth*. (6th ed.) Upper Saddle River, NJ: Pearson.

(b) More to follow – will circulate or mention in class

4. Course Content and Schedule

- See page 4 for all the details

5. Basis of Student Assessment (Weighting)

| Task | Important notes | Value |
|---------------------|--|-------------|
| In class activities | <ul style="list-style-type: none"> Four (4) short in-class activities will be given throughout the course (dates listed on p. 4 of this syllabus) In-class activities are worth up to 5% each You <u>must</u> be in attendance to participate - <u>no make-up opportunities</u> Instructions will be provided beforehand | 20% |
| Exam 1 | <ul style="list-style-type: none"> Based on: class material, introduction, chaps 1 & 3 Questions requiring definitions & short answers An outline will be provided beforehand February 10, 2011 | 22% |
| Assignment | <ul style="list-style-type: none"> Instructions will be provided beforehand Due March 3, 2011 (start of class) | 15% |
| Exam 2 | <ul style="list-style-type: none"> Based on: class material, chapters 4, 6, & 8 Questions requiring definitions & short answers March 17, 2011 | 23% |
| Exam 3 | <ul style="list-style-type: none"> Based on class material, chaps 9, 11, & 12 April 14, 2011 | 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. (For these courses a final grade will be assigned to either the 3 rd course attempt or at the point of course completion.) |

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|-----------|---|
| 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. |
|-----------|---|

About your grade

1. If you are not satisfied with a grade I have given, you have the right to ask me to regrade the work. Work that I review may receive the same grade, a lower grade, or a higher grade.
2. I reserve the right to ask you to resubmit work, or to show me extra material related to it.

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 2010-2011 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 will not typically 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

| Date | Reading (before class) | Topic (note: exams and writing activities based on text and class material) |
|--|------------------------|---|
| Jan 13 | Introduction | <ul style="list-style-type: none"> • Course overview – answer questions • Introduction: Personality and growth • Freud |
| Jan 20 | Chap 1 | <ul style="list-style-type: none"> • Freud (conclude) |
| Jan 27 | | <ul style="list-style-type: none"> • In class activity #1 - Freud (5%) (9:30-10:00) • Adler |
| Feb 3 | Chap 3 | <ul style="list-style-type: none"> • Adler (conclude) • In class activity #2 – Adler (5%) (11:50-12:20) |
| Feb 10 | | <ul style="list-style-type: none"> • Exam 1 – Introduction, chapters 1 & 3 (22%) (9:30-11:00) • Horney (intro – 11:00-12:20) |
| Feb 17 | Chap 4 | <ul style="list-style-type: none"> • Horney |
| <i>Feb 24</i> | | <ul style="list-style-type: none"> • <i>Reading break – no classes</i> |
| Mar 3 | Chap 6 | <ul style="list-style-type: none"> • Assignment due (15%) (start of class) • Erikson |
| Mar 10 | Chap 8 | <ul style="list-style-type: none"> • Skinner |
| Mar 17 | Chap 9 | <ul style="list-style-type: none"> • Exam 2 – Chapters 4, 6, & 8 (23%) (9:30-11:00) • Cognitive psychology – 11:00-12:20) |
| Mar 24 | | <ul style="list-style-type: none"> • Cognitive psychology (conclude) • In class activity #3 – Cognitive (5%) (11:50-12:20) |
| Mar 31 | Chap 11 | <ul style="list-style-type: none"> • Rogers |
| Apr 7 | Chap 12 | <ul style="list-style-type: none"> • In class activity #4 – Rogers (5%) (9:30-10:00) • Maslow |
| Apr 14 | | <ul style="list-style-type: none"> • Exam 3 on Chapters 9, 11, & 12 (20%) (9:30-11:00) |
| Note: There is no “other” final exam for this course ☺ | | |

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