



School of Arts & Science Psychology Department

Psyc 120-001ABC: Personal Growth and Development (Winter 2016)

Instructor Information

Instructor: Jessica Rourke

Office location: F352-3

Office hours: Th 10:15-11am; Fri 8:45-11am

Contact: rourkej@camosun.bc.ca

Course website: D2L

250-370-3217

I enjoy all aspects of social psychology, however, my main area of research is forgiveness, and I have studied it from both the victim and perpetrator perspectives. I obtained my degrees in Social-Personality Psychology and am currently the executive director of Restorative Justice Victoria.

Contacting Me: Please come to my office hours, or contact me at my Camosun account (rourkej@camosun.bc.ca). Do not contact me through D2L. In terms of a speedy response, email contact is better than phone contact. If you email me, please include “Psyc 120” in the subject line of your e-mail and make sure you put your full name at the end of your message. Please allow 2 business days for a reply. If I have not replied within that time frame, re-send your message and let me know it is the second time you are sending it. Please do not contact me to find out when assignments or exams will be graded. As soon as the grades are ready a notice will be posted on the course website.

Intended Learning Outcomes

Calendar description of Psyc 120: This course offers the student an academic and experiential introduction to models of personal growth. Topics: psychoanalytic, behaviouristic, humanistic, and transpersonal approaches.

My hope is that by the end of this course you 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

Required Materials

It's important that you read the assigned sections so that you can properly participate in class. You will be tested on material from both the lectures and the textbook. The textbook is available at the Camosun book store: Frager, R. & Fadiman, J. (2014). *Personality and Personal Growth* (7th edition/custom edition). Boston MA: Pearson.

Course Content and Schedule

Thursdays 11-1pm, Young Bldg 216

Fridays Fisher Bldg 310 (A = 11am-12pm; B = 12-1pm; C = 1-2pm)

Classes will combine lectures, readings, discussion, and activities to assist in your learning of the course material. Your participation in class activities is essential to meeting class objectives, so please come to class prepared!

**Please 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*

Weekly Topics and Readings

| WEEK | LECTURE TOPIC | TEXTBOOK READINGS |
|---------------------------------------------|----------------------------------|-----------------------------------------------------------------------------|
| JAN 14, 15 | Intro to the course | Introduction |
| JAN 21, 22 | Freud | Ch 1: Freud and Psychoanalysis |
| JAN 28, 29 | Jung | Ch 2: Jung and Analytical Psychology |
| FEB 04, 05 | Adler | Ch 3: Adler and Individual Psychology |
| FEB 11, 12 | Test + Horney | Ch 4: Horney and Humanistic Psychoanalysis Test 1, Feb 11 (intro – ch 3) |
| Feb 18, 19: READING BREAK – NO CLASS | | |
| FEB 25, 26 | Erikson | Ch 5: Erikson and the Life Cycle |
| MAR 03, 04 | James | Ch 6: James and the Psychology of Consciousness |
| March 10, 11 | Skinner | Ch 7: Skinner and Radical Behaviorism |
| MAR 17, 18 | Test + Bandura & Beck | Test 2, Mar 17 (ch 4 – ch 7) |
| MAR 24 (no class 25: Good Friday) | Bandura & Beck | Ch 8: Bandura and Social Cognitive Psychology; Beck and Cognitive Therapy |
| MAR 31 APR 01 | Rogers | Ch 9: Rogers and the Person-Centred Perspective |
| APR 07, 08 | Maslow | Ch 10: Maslow and Transpersonal Psychology |
| APR 14, 15 | Catch up | No readings Test 3, Apr 15 (ch 8 – 10) |

Student Assessment

| | | |
|------------------------------------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Assignments: Throughout the course there will be mini assignments. Dates and topics to be announced. | 40% | Unless otherwise noted, assignments are to be handed in online to the D2L class website. |
| Participation: This will include in-class seminar activities and discussions | 15% | Please come to class ready to contribute in a way that promotes discussion and demonstrates enthusiasm and preparedness. |
| Tests | Test 1: 15% Test 2: 15% Test 3: 15% | There will be 3 tests consisting mostly of Multiple Choice and Short Answer questions. Tests are non-cumulative. Please see weekly schedule for test dates. |

Grading System

If you are disappointed with a grade, it is your responsibility to arrange to meet with me to review the marking at the time the material is graded, not at the end of the term when the final grade is awarded. ***I will not review a grade/assignment if you come to see me later than 1 week after the grade was first posted.***

Extensions: Should you need an extension, please feel free to come and speak to me about it BEFORE the due date. If you are having trouble getting started on an assignment, do not hesitate to make use of my office hours. I would love to help you!

In determining your final letter grade in the course, anything .5 and above will be rounded up to the next percentage score; anything .4 and below will be rounded down to the previous percentage score. For example, 74.4% will be rounded to 74%, whereas 74.5% will be rounded to 75%.

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. |

Services to Assist Students to Succeed Throughout the Course

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available to assist you throughout your 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 your responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, at Student Services, and the College web site in the Policy Section.