

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

Instructor Information

Instructor: Jessica Rourke

Office hours: M 8:45-9:30am; 11:30-12:30pm

Office location: F352

Contact: rourkej@camosun.bc.ca

Course website: D2L

I enjoy all aspects of social psychology, however, my main area of research is forgiveness. I obtained my degrees in Social-Personality Psychology and in addition to teaching at Camosun and UVic, I work at 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.** 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, behavioristic, 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

M 9:30-11:30 Young 216; W 9:30-12:30 Fisher 310 (A= 9:30; B= 10:30; C=11:30)

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 and Assignments

WEEK	LECTURE TOPIC	TEXTBOOK READINGS
SEP 7	Intro Seminar	Introduction chapter
SEP 12, 14	Intro to the course; Freud	Ch 1: Freud and Psychoanalysis SEP 12: Mini assignment 1 due
SEP 19, 21	Jung	Ch 2: Jung and Analytical Psychology SEP 19: Mini assignment 2 due
SEP 26, 28	Adler + Quiz 1	Ch 3: Adler and Individual Psychology SEP 26: Mini assignment 3 due SEP 26: Case Study Quiz: Freud's psychosexual stages + defense mechanisms
OCT 03, 05	Adler + Review + Test 1	No readings OCT 03: Mini assignment 4 due OCT 05: Test 1 (Intro – ch 3)
OCT 12	Horney	Ch 4: Horney and Humanistic Psychoanalysis
OCT 17, 19	Horney; Erikson	Ch 5: Erikson and the Life Cycle OCT 17: Mini assignment 5 due
OCT 24, 26	Erikson; James	Ch 6: James and the Psychology of Consciousness OCT 24: Mini assignment 6 due
OCT 31, NOV 02	Skinner	Ch 7: Skinner and Radical Behaviorism OCT 31: Mini assignment 7 due
NOV 07, 09	Skinner + Review + Test 2	No readings Nov 07: Mini assignment 8 due Test 2, Nov 09 (ch 4 – ch 7)
NOV 14, 16	Bandura & Beck	Ch 8: Bandura and Social Cognitive Psychology; Beck and Cognitive Therapy
Nov 21, 23	Rogers	Ch 9: Rogers and the Person-Centred Perspective NOV 21: Mini assignment 9 due NOV 23: Soundtrack of My Life/Dream Analysis Assignment due
NOV 28, 30	Maslow + Quiz 2	Ch 10: Maslow and Transpersonal Psychology NOV 28: Rogers Case Study Quiz
DEC 05, 07	Catch up + Review + Test 3	No readings DEC 5: Mini assignment 10 due Test 3, Dec 07 (ch 8 – 10)

Student Assessment

Mini assignments: Throughout the course there will be 10 mini assignments	30%	Assignment information can be found in the "Assignments" folder on D2L. Please see weekly schedule for due dates. Each assignment is worth 3%
Sound Track of my Life/Dream Analysis Assignment	10%	This is your larger assignment, due Nov 23. Assignment information can be found in the "Assignments" folder on D2L
In class case study quizzes	5%	There will be 2 in-class quizzes Sept 26 & Nov 30 (there will be no make-up dates offered for these; each quiz is worth 2.5%)
Participation: This will include in-class seminar activities and discussions	10%	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.