



CAMOSUN COLLEGE
School of Arts & Science
Department of Psychology

PSYC-120-002
Personal Growth & Development
2018W

COURSE OUTLINE

The course description is available on the web @ <http://camosun.ca/learn/calendar/current/web/psyc.html>

Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

1. Instructor Information

(a)	Instructor:	Bill Wong, PhD		
(b)	Office Hours:	Mon (1:30-2:20), Wed (12:30-1:00), Thu (10:30-10:50) -If these do not work for you, contact me and we can schedule an alternate & mutually agreeable time.		
(c)	Office location:	Fisher 342B		
(d)	Phone:	250-370-3465	Alternative Phone:	n/a
(e)	Email:	wongw@camosun.ca – always use this e-mail ☺ & NOT the D2L one		
(f)	D2L Website:	http://online.camosun.ca		
(g)	Class Time & Location	Mon (11:30-1:20) in F334 Wed (11:30-12:20) in F334		

2. Intended Learning Outcomes

Upon completion of this course a 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) Texts:

Frager, F. & Fadiman, J. (2013). *Personality and personal growth*. (Camosun Custom 7th ed.)
Boston, MA: Pearson. ISBN: 1-269-29890-9

(b) Other material

Will mention or distribute in class

4. Course Content and Schedule

Class schedule

Week	Date	Reading (before class)	Topic (note: exams and writing activities based on text AND class material)	Important dates
1	Jan 8		<ul style="list-style-type: none"> Course overview – ice breaker & questions Introduction: Personality and growth Start reading the text! 	
	Jan 10	Intro (pp. 2-7)	<ul style="list-style-type: none"> Evaluation framework Psychoanalytic: S. Freud 	
2	Jan 15	Chap 1	<ul style="list-style-type: none"> Continue with Freud 	
	Jan 17		<ul style="list-style-type: none"> Defense mechanisms 	Freud Quiz = 3%
3	Jan 22		<ul style="list-style-type: none"> Finish up Freud / Start A. Adler 	
	Jan 24		<ul style="list-style-type: none"> Case study analysis #1 – Freud 	Case study #1 = 5%
4	Jan 29	Chap 3	<ul style="list-style-type: none"> NeoFreudian: A. Adler 	
	Jan 31		<ul style="list-style-type: none"> Case study analysis #2 - Adler 	Case study #2 = 5%
5	Feb 5	Chap 4	<ul style="list-style-type: none"> NeoFreudian: K. Horney 	
	Feb 7		<ul style="list-style-type: none"> Horney (conclude) Carl Jung – if we have time 	K. Horney Quiz = 2%
6	Feb 12		<ul style="list-style-type: none"> <i>Family Day – no class held</i> 	
	Feb 14		<ul style="list-style-type: none"> <i>Reading Break</i> 	
7	Feb 19	Chap 5	<ul style="list-style-type: none"> Intro E. Erikson 	
	Feb 21		<ul style="list-style-type: none"> Finish Erikson 	
8	Feb 26		<ul style="list-style-type: none"> Exam 1 – Based on: Intro, chapters 1 3, 4, 5 + class material A study guide will be posted on D2L beforehand 	Exam 1 = 35%
	Feb 28	Chap 7	<ul style="list-style-type: none"> Behaviourial: Skinner & J. B. Watson 	
9	Mar 5		<ul style="list-style-type: none"> Skinner 	
	Mar 7		<ul style="list-style-type: none"> Skinner (conclude) 	Skinner Quiz = 3%
10	Mar 12	Chap 8	<ul style="list-style-type: none"> Finish Chap 7 Cognitive psychology – A. Bandura, etc. 	
	Mar 14		<ul style="list-style-type: none"> Bandura 	
11	Mar 19		<ul style="list-style-type: none"> Cognitive psychology: Beck, and Ellis 	
	Mar 21		<ul style="list-style-type: none"> Case study analysis #3 – Bandura 	Case study #3 = 5%
12	Mar 26	Chap 9	<ul style="list-style-type: none"> Humanistic: Intro to C. Rogers 	
	Mar 28		<ul style="list-style-type: none"> Continue: Rogers 	
13	Apr 2		<ul style="list-style-type: none"> <i>Easter Monday – no class held</i> 	
	Apr 4	Chap 10	<ul style="list-style-type: none"> Humanistic: Intro to A. Maslow 	
14	Apr 9		<ul style="list-style-type: none"> Maslow, putting it all together + course summary 	Maslow activity = 2%
	Apr 11		<ul style="list-style-type: none"> Final reflection activity – done in class 	Reflection activity = 5%
<ul style="list-style-type: none"> Exam 2 (35%) on chapters 7, 8, 9, & 10 and class material: To be scheduled between April 16-24, 2018 by the College 				

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

5. Basis of Student Assessment (Weighting)

Task	Important notes	Value
Case studies	<ul style="list-style-type: none"> Three (3) in-class case analysis activities will be given throughout the course (dates listed on p. 4 of this syllabus). Each case analysis is worth up to 5% You must be in attendance to participate – sorry, <u>no make-up opportunities without appropriate documentation</u> Instructions will be provided beforehand 	15%
Quizzes/ Activities	<ul style="list-style-type: none"> Various activities done IN CLASS that may include a quiz or analysis Dates listed on p. 4 	15%
Exam 1	<ul style="list-style-type: none"> February 26, 2018 	35%
Exam 2	<ul style="list-style-type: none"> College will schedule this between April 16-24, 2018; do not schedule flights or holidays until you have sorted out your exam schedule 	35%
TOTAL		100%

6. Grading System

Standard Grading System (GPA)

Competency Based Grading System

Instructor's note: About your grade

- A. 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.
- B. I reserve the right to ask you to resubmit work, or to show me extra material related to it.
- C. Unfortunately, I will NOT be offering extra assignments or exams (beyond what is listed on p. 4) to improve your final grade.

7. Recommended Materials to Assist Students to Succeed Throughout the Course

- This link leads to a wide variety of learning skills such as exam prep, active reading and so forth.
<http://camosun.ca/services/writing-centre/learning-skills.html>
- This is a wonderful online glossary of psychology terminology.
<http://www.apa.org/research/action/glossary.aspx>

8. College Supports, Services and Policies

Immediate, Urgent, or Emergency Support

If you or someone you know requires immediate, urgent, or emergency support (e.g. illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts @ <http://camosun.ca/about/mental-health/emergency.html> or <http://camosun.ca/services/sexual-violence/get-support.html#urgent>

College Services

Camosun offers a variety of health and academic support services, including counselling, dental, disability resource centre, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit the **STUDENT SERVICES** link on the College website at <http://camosun.ca/>

College Policies

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies. Policies are available on the College website at <http://camosun.ca/about/policies/>. Education and academic policies include, but are not limited to, Academic Progress, Admission, Course Withdrawals, Standards for Awarding Credentials, Involuntary Health and Safety Leave of Absence, Prior Learning Assessment, Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, Student Appeals, Student Conduct, and Student Penalties and Fines.

A. GRADING SYSTEMS <http://camosun.ca/about/policies/index.html>

The following two grading systems are used at Camosun College:

1. 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		1
0-49	F	Minimum level has not been achieved.	0

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course, practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

B. 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 at <http://camosun.ca/about/policies/index.html> 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 are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
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.