



**CAMOSUN COLLEGE**  
**School of Arts & Science**  
**Department of Psychology**

**PSYC-120-001**  
**Personal Growth & Development**  
**Winter 2019**

**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.

---

*Camosun College is located on the traditional territories of the Lkwungen and WSÁNEĆ, peoples.*

**1. Instructor Information**

<b>(a) Instructor</b>	Marty Donatelli
<b>(b) Office hours</b>	Monday and Wednesday 1:00 – 2:00pm Tuesday & Thursday 12:30 – 1:30pm Or by appointment
<b>(c) Location</b>	Paul 220
<b>(d) Phone</b>	250 370-3220 <b>Alternative:</b> _____
<b>(e) E-mail</b>	donatellim@camosun.bc.ca
<b>(f) Website</b>	On D2L

**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

**4. Course Content and Schedule**

See last page for details

## 5. Basis of Student Assessment (Weighting)

Task	Important notes
Exams (3) 70% (23, 20, 27)	Based on: class material, and readings Questions; primarily multiple choice, some matching & short answers.
In class/seminar Assignments 15%	Instructions will be provided in class/seminar
Personal reflection assignments 10%	Relating concepts from theories to personal life/experiences Submitted to D2L drop boxes
Quizzes 5%	Available and due weekly on D2L
<b>TOTAL 100%</b>	

## 6. Grading System

- Standard Grading System (GPA)
- Competency Based Grading System

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

## 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.

## 9. Student Conduct

I expect students to follow the College's Student Conduct Policy. As well as the following:

**Make-up.** There will be no make-up opportunities without a doctor's note (or equivalent). It is up to you to follow up and make arrangements to catch up on missed assignments/exams.

Exams must be written as scheduled. Make-up tests will only be allowed with proper documentation. You must contact the instructor prior to the test. The instructor will determine the alternate exam date and time.

**Plagiarism.** Assignments that are copied (identical or plagiarized) between students will be given 0% for ALL students with identical work.

Work must be used for this course only.

*It is college policy that "If an instructor remains convinced that there has been a violation [such as plagiarism or cheating], he or she may assign a grade of F for the work involved, or for the course."*

**Electronic devices.** No electronic devices are allowed during exams. This includes but is not limited to; computers, electronic dictionaries, electronic translators, cell phones, tablets, and other personal electronic devices.

Student's use of lap tops and tablets in class is restricted to note taking. Students using their laptops/tablets for other purposes will have their laptop privileges revoked. All cell phones must be turned off during class. Exceptions for emergency purposes only must be discussed with the instructor ahead of time.

**Personal reflection.** This course does require the student to examine her/his own life. Self understanding is beneficial in its own right and frequently leads to personal growth. Please note this course is not intended as a form of personal therapy. If course content or exercises results in significant distress the student is encouraged to utilize Camosun's counselling services (Dawson building room 202, ph 250-370-3571)

**Sharing information.** Students are encouraged to share information about themselves as relevant to the course. The expectation is that students will not share personal information learned about other students. However, students must be aware that this is a public venue and confidentiality cannot be assured.

#### **FAQ**

If I get a grade on an assignment or test I don't like, can I redo it? No

Can I do the in-class seminar assignment on my own at home? No

Can I do extra work to improve my grade? No

Can I just have more marks/percentage points to bump up my grade? No

Will the instructor remind of us of due dates for upcoming assignments and tests throughout the semester? No

Can I hand in work late without receiving a penalty? No. Late work is penalized 5% per day

Will you tell us what's on the test? No, but the material you will be responsible for will be clearly outlined.

If I complete an assignment and hand it in on time am I guaranteed to receive 100%? No

Can I use somebody else's words or ideas and claim they are mine? No, absolutely not. This is plagiarism and you will receive an F on the assignment, or an F in the course, or both

Do I have to share personal information about myself if I'm uncomfortable doing so? No

Can I use somebody else's words or ideas if I properly quote or cite the source? Yes  
If I ask, will the instructor help me with the course requirements? Yes (but he won't do them for you)

Can I get feedback on written work from the instructor before I hand it in? Yes (general review. Submit at least 48 hrs before due date)

Can I get accommodation if I'm sick or experienced an emergency? Yes, if you have proper documentation.

If I choose to can I withdraw from the course or switch to audit? Yes – prior to the change/audit date

If I am not clear on why I got the grade I did can I talk to the instructor? Yes

Can I talk to my instructor if I am unclear on what is expected for an assignment or course requirement? Yes

There are course concepts I find unclear; can I talk to my instructor? Yes

I missed last class. Did I miss anything important? Yes (It is your responsibility to ask a classmate to photocopy their notes)

## **Dates**

Course requirements – see next page

Last day to withdraw or switch to audit without receiving a failing grade is March 13<sup>th</sup>

Do not arrange to travel before the end of the final exam period.

No work will be accepted after 4:00 p.m. on Apr 15

## 10. Class Schedule

Week	Date	Reading (before class)	Topic (note: exams and writing activities based on text AND class material)
1	Jan 9 <sup>th</sup>	Intro (pp. 2-9)	Course overview & Introductions
2	16 <sup>th</sup>	Ch 1	Freud
3	23 <sup>rd</sup>	Ch 2	Jung
4	30 <sup>th</sup>	Ch 4	Horney
5	Feb 5 <sup>th</sup>		<b>Exam 1</b>
	12 <sup>th</sup>		<b>No class; reading week.</b>
6	19 <sup>th</sup>	Ch 3	A. Adler
7	26 <sup>th</sup>	Ch 5	Erikson
8	Mar 5 <sup>th</sup>	Ch 7	Skinner
9	12 <sup>th</sup>		<b>Exam 2</b>
10	19 <sup>th</sup>	Pp 171-182	James
11	26 <sup>th</sup>	Ch 8	Bandura, Beck, Ellis
12	Apr 2 <sup>nd</sup>	Ch 9	Rogers
13	9 <sup>th</sup>	Ch 10	Maslow
14	TBA		<b>Exam 3</b>

PREs (Personal Reflection Exercises) are due:

Feb 12<sup>th</sup>

March 19<sup>th</sup>

April 15<sup>th</sup>

Submissions are made to the Drop box on D2L.

No .pages formats please

Details on choices and requirements for each assignment are available on D2L (Select 'My Tools'. Then 'Content')

Information contained in this course outline is correct at the time of publication. Content of the courses may be revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor will endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses. The timetable may also be revised.