



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

**PSYC-120-D01**  
**Personal Growth & Development**  
**2021W**

## COURSE OUTLINE

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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.

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### 1. Instructor Information

(a)	Instructor:	Bill Wong, PhD
(b)	Office Hours:	Tue (11:30-1:00), Wed (11:30-1:00) - email me beforehand to schedule appointment -If these do not work for you, please contact me and we can schedule an alternate & mutually agreeable time.
(c)	Office:	Fisher 342B (Not usually there due to remote delivery)
(d)	Phone:	250-370-3465 – for non-urgent matters. Since I am not on campus, leave a message and I'll call back as soon as I can.
(e)	Email:	<a href="mailto:wongw@camosun.ca">wongw@camosun.ca</a> – always use this e-mail ☺ & NOT the D2L one. This will be our main point of contact.
(f)	D2L Website:	<a href="http://online.camosun.ca">http://online.camosun.ca</a>
(g)	Class Time & Location	Online: Wednesdays (D01 = 2:30-3:20). Look for the <b>Collaborate</b> tab 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*. (7<sup>th</sup> ed.) Boston, MA: Pearson.

(b) Other

Will distribute or mention in class.

#### 4. Course Content and Schedule (Be certain that you can attend these dates)

Week	Date	Reading (chapter depends on text edition)	Topic (note: exams and writing activities based on text AND class material)	Important due dates
1	Jan 13		<ul style="list-style-type: none"><li>• <b>First online meeting!</b></li><li>• Introduction: Collaborate learning platform</li><li>• Course overview + Q&amp;A</li></ul>	
2	Jan 20	-Intro (pp. 2-7) -Chap 1 (Freud)	<ul style="list-style-type: none"><li>• Evaluation framework</li><li>• Psychodynamic: S. Freud</li></ul>	
3	Jan 27		<ul style="list-style-type: none"><li>• Quiz at start of class time; class resumes afterwards</li></ul>	Freud DM Quiz = 4% <b>(20 mins on D2L)</b>
4	Feb 3	Chap 3 (Adler)	<ul style="list-style-type: none"><li>• Neo-Freudian: A. Adler</li></ul>	
5	Feb 10	Chap 4 (Horney)	<ul style="list-style-type: none"><li>• Case study analysis #1 – class afterwards</li><li>• Neo-Freudian: K. Horney</li></ul>	Case study #1 = 7% <b>(30 mins on D2L)</b>
6	Feb 17		<ul style="list-style-type: none"><li>• <b>Reading Break – No classes held</b></li></ul>	
7	Feb 24	Chap 5 or 6 (Erikson)	<ul style="list-style-type: none"><li>• Psychosocial: intro E. Erikson</li></ul>	PR 1 Assignment = 2% (upload on D2L)
8	Mar 3		<b>Exam 1 – Based on: All content from Weeks 1-7 including D2L content and class meetings. A study guide will be posted on D2L beforehand</b>	<b>Exam 1 = 36% (50 mins on D2L)</b>
9	Mar 10	Chap 7 or 8 (Skinner)	<ul style="list-style-type: none"><li>• Behavioural: B.F. Skinner / J.B. Watson</li></ul>	
10	Mar 17		<ul style="list-style-type: none"><li>• Cognitive psychology – A. Bandura</li></ul>	
11	Mar 24	Chap 8 or 9 (Cognitive)	<ul style="list-style-type: none"><li>• Quiz at start of class time; class resumes afterwards</li><li>• Cognitive: Beck, Ellis</li></ul>	Skinner quiz = 5% <b>(15 mins on D2L)</b>
12	Mar 31	Chap 9 or 11 (Rogers)	<ul style="list-style-type: none"><li>• Finish up Cognitive chapter</li><li>• Humanistic: C. Rogers</li></ul>	Case Study #2 = 7% <b>(30 mins on D2L)</b>
13	Apr 7	Chap 10 or 12 (Maslow)	<ul style="list-style-type: none"><li>• Humanistic: A. Maslow</li></ul>	
14	Apr 14		<ul style="list-style-type: none"><li>• Putting it all together for growth</li><li>• Review &amp; course summary</li></ul>	PR 2 Assignment = 2% (upload on D2L)
<b>Exam 2 (37%) Based on: All content from Weeks 9-14 including D2L content and class meetings. All up to you! You create your own study guide. To be scheduled between April 19-27 by the College (Confirm date/time before you make any plans)</b>				

## 5. Basis of Student Assessment (Weighting)

Evaluation Tasks	• <b>Important notes:</b> You must be in attendance (online) to participate – sorry, <u>no make-up opportunities without appropriate documentation</u>	Value
Case studies	<ul style="list-style-type: none"> <li>Two (2) online case studies will be given (dates listed above).</li> <li>Each case analysis is worth up to 7%</li> <li>Instructions will be provided beforehand</li> </ul>	14%
Quizzes	<ul style="list-style-type: none"> <li>Two quizzes done ONLINE. Dates listed above</li> </ul>	9%
Assignments	<ul style="list-style-type: none"> <li>Personal reflections: Due dates listed above</li> </ul>	4%
Exam 1	<ul style="list-style-type: none"> <li>Mar 3, 2021</li> </ul>	36%
Exam 2	<ul style="list-style-type: none"> <li>The College will schedule this between April 19-27, do not plan travel or anything else until you see your exam schedule</li> </ul>	37%
<b>TOTAL</b>		<b>100%</b>

## 6. Grading System

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

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

1. These links connect 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>

<http://camosun.ca.libguides.com/CSSCHome>

2. This is a wonderful online glossary of psychology terminology.

<https://dictionary.apa.org/>

3. Writing support information: <http://camosun.ca/services/writing-centre/>

4. Help Centres: <http://camosun.ca/services/help-centres/index.html>

## 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, Student Ancillary Fees, Academic Integrity, Grade Review & Appeals, Student Misconduct and Academic Accommodations for Students with Disabilities 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.

## 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. I will NOT be offering extra assignments or exams (beyond what is listed on pp. 2-3) to improve your final grade.

**Instructor's notes about student responsibilities.** I expect students to follow **standards of conduct:**

1. All students are expected to follow the College's Student Conduct Policy
2. 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. Please inform the instructor in a timely manner.
3. Exams, quizzes, case studies 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.**
4. Assignments that are copied (identical or plagiarized) between students will be given 0% for ALL students with identical work.
5. Work must be used for this course only. Late assignments will be reduced by 50% (net) and assignments submitted > **2 days** past the deadline will not be accepted unless you have permission from me beforehand.
6. Students may not use recording devices in the classroom without prior permission of the instructor. Recordings made in class are for the student's personal use only and distribution of recorded material is prohibited.
7. Online quizzes, case studies & exams must be completed **WITHOUT** using the textbook, internet, notes or help from other students, friends, family, and so forth.

***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."***