

Syllabus for: Personal Growth and Development

Semester & Year:	Summer 2013
Course ID and Section Number:	Psych 33 D4567
Number of Credits/Units:	3
Day/Time:	m-th 1-4
Location:	
Instructor's Name:	FRENEAU
Contact Information:	Office location and hours: Del Norte E8 Phone:707-465-2334 Email: phil-freneau@redwoods.edu

Course Description (catalog description as described in course outline):

Student Learning Outcomes (as described in course outline) :

Special accommodations: College of the Redwoods complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. Please present your written accommodation request at least one week before the first test so that necessary arrangements can be made. No last-minute arrangements or post-test adjustments will be made. If you have a disability or believe you might benefit from disability related services and may need accommodations, please see me or contact Disabled Students Programs and Services. Students may make requests for alternative media by contacting DSPPS.

Academic Misconduct: Cheating, plagiarism, collusion, abuse of resource materials, computer misuse, fabrication or falsification, multiple submissions, complicity in academic misconduct, and/ or bearing false witness will not be tolerated. Violations will be dealt with according to the procedures and sanctions proscribed by the College of the Redwoods. Students caught plagiarizing or cheating on exams will receive an "F" in the course.

The student code of conduct is available on the College of the Redwoods website at:

<http://www.redwoods.edu/District/Board/New/Chapter5/Ap5500.pdf>

College of the Redwoods is committed to equal opportunity in employment, admission to the college, and in the conduct of all of its programs and activities.

Psychology 33 - Personal Growth & Adjustment

Instructor: Dr. Phil Freneau, 465-2334

Email: Phil-Freneau@redwoods.edu

TEXTBOOK: I Never Knew I Had a Choice: Explorations in Personal Growth (8th ed.), Corey, Gerald & Corey, Marianne, S. (2006). Belmont, CA: Thomson Brooks/Cole.

COURSE DESCRIPTION: Introductory survey of the principles of personality development, personal growth, and personal and social adjustment. A few of the topics covered include: understanding and controlling emotions; interpersonal relationships; the psychology of love, sex, and sex roles; work; creativity. In this course students learn to apply psychological theories and principles to their own lives and to overcome barriers to personal effectiveness in learning, work, and interpersonal relationships.

COURSE OUTCOMES/OBJECTIVES:

- 1. Understand and describe the major theorists and basic principles of personality development.**
- 2. Apply the theoretical ideas and principles taught to one's own life in order to overcome barriers to personal effectiveness.**
- 3. Identify healthy lifestyle choices that have an overall effect on an individuals' mental and physical health.**
- 4. Critically think about psychological information in the popular press.**
- 5. Describe how stress affects body systems and overall health.**

- 6. Discuss the different types of sexual relationships including current research in this field.**
- 7. Explain how participation in groups effects individual's behavior; including pivotal research in this area.**
- 8. Apply the concepts of core values to work choices.**
- 9. Students will apply knowledge of the classifications of mental health disorders in classroom discussions and exams.**
- 10. Analyze how modern technological changes have an effect on mental health.**
- 11. Identify the different types of learning styles.**
- 12. Apply the methods of reducing test anxiety to their personal experience.**

COURSE REQUIREMENTS AND GRADING:

This course is a theme-oriented one that makes use of brief lectures and small-group work to explore topics in a personal manner. As such, students are expected to complete assigned readings for each topic prior to each class session, to write weekly reactions papers (based on reactions to readings and to their participation in class/group sessions), and to actively participate in small-group explorations. This course requires both a personal and academic involvement on the part of the student, since the course deals mainly with understanding oneself and others. Other specific requirements are listed below:

Active participation in class discussions

Prompt attendance at ALL the class sessions

Keeping up to date with all of the assigned readings

Midterm test

Take-home reactions papers

Completion of the self-reflective activities in each chapter of the book

Final examination

BASIS FOR GRADING:

A student's grade for this course will be determined by evidence of the quality of learning as demonstrated by his or her performance in the following areas:

reactions papers (25 points)

midterm test (20 points)

final examination (25 points)

class participation (attendance and in-class writing) (25 points)

Grading Scale:

100 - 90 = A 89 - 80 = B 79 - 70 = C

69 - 60 = D 59 - 0 = F

REACTION PAPERS:

There are 5 reaction papers due, each of which should be two double-spaced typewritten pages. The approximate suggested length is between one to two typed double spaced pages. Each of these papers is worth 5 points maximum. To earn credit for a reaction paper it is expected that it will be turned in at the beginning of the class each week. You might want to write about your personal reactions to certain topics within a chapter. How do certain sections within a chapter have personal meaning to you? How can you apply a particular topic that is discussed to your own life? What are you learning about yourself from each chapter? What might you want to do about what you are learning about yourself? Some topics may be highly personal and you might not want to share your personal reactions to a given topic. If this is the case, you can then write a critique of the chapter. What are your thoughts about the ideas presented in a given chapter? Thus, your reactions papers can be a combination of your personal reactions to what you are learning about yourself and also a critique and discussion about a few key points of the chapter that most stand out for you. Each of the 7 reaction papers covers two chapters. It may be best to focus on one chapter, or comment more briefly on two chapters.

Reaction paper #1 on Chapters 1+2

Reaction paper #2 on Chapters 3+4

Chapters 5+6 part of midterm

Reaction paper #3 on Chapters 7+8

Reaction paper #4 on Chapters 9+10

Reaction paper #5 on Chapters 11+12

Chapters 13+14 part of final

CLASS PARTICIPATION/ATTENDANCE:

You are expected to be an active learner, which includes verbally participating in the class discussions and small-group discussions. You are also expected to bring questions for discussion to the class sessions and demonstrate that you are keeping up to date with your reading assignments for each of the chapters in the textbook. **Participation** is a **MUST** in this course. This class will involve some degree of self-exploration and interpersonal learning. The instructor will talk more fully about the guidelines for self-disclosure and the expectations at the first class meeting. **Attendance** at the full duration of class is expected at each class meeting, unless you have an emergency situation or are really ill. For me to credit you with an **EXCUSED ABSENCE**, you need to know that it is **YOUR RESPONSIBILITY** to inform me of such cases immediately upon returning to class. Absences and tardiness will be a factor in determining your participation/attendance grade; excessive absences or tardiness might result in getting a full grade deducted (or in some cases even failing the course).

COURSE PLAN

Week 1: Introduction to the Course

Week 2: Invitation to Personal Learning and Growth

Week 3: Reviewing Your Childhood and Adolescence

Week 4: Adulthood and Autonomy

Week 5: Your Body and Wellness

Week 6: Managing Stress

Week 7: Love

Week 8: Relationships

Week 9: Becoming the Woman or Man You Want to Be

Week 10: Sexuality

Week 11: Work and Recreation

Week 12: Loneliness and Solitude

Week 13: Death and Loss

Week 14: Meaning and Values

Week 15: Pathways to Personal Growth

Week 16: Final Examination