



Syllabus for Psychology 33 Personal Growth & Development

Course Information

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| Semester & Year: Fall 2019 |
| Course ID: Psych 33 Section #: 047389 |
| Instructor's name: Stephen Quiggle |
| Day/Time or *Online: Tuesdays & Thursdays 10:05 a.m. to 11:30 a.m. |
| Location or *Online: SC 204 (Science building) |
| Number of units: 3 |

Instructor Contact Information

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| Office location or *Online: Below |
| Office hours: As needed by prior appointment |
| Phone number: (707) 223-1713 |
| Email address: stephen-quiggle@redwoods.edu |

Required Materials

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| Textbook Title: I Never Knew I Had a Choice |
| Edition: 10th |
| Author: Corey & Corey |
| ISBN: 9781285067681 |

Required Materials

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| Textbook Title: The Four Agreements |
| Author: Don Miguel Ruiz |

Catalog Description

The course surveys psychological theories and empirical research as applied to personal growth, personality development and adjustment. The topics covered include: personality development, self-esteem, stress and coping, health, psychology of love, sex and sex roles, mental health diagnoses, work and group behavior. Students will learn to apply psychological theories and principles to their own lives. Students are asked to look at their own barriers to personal effectiveness in learning, work and interpersonal relationships.

Course Student Learning Outcomes

Students will be able to:

1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective for development across the lifespan.
2. Describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the peer-review process in science.
3. Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.
4. Differentiate between individual and sociocultural differences as applied to psychology of adjustment.

Evaluation & Grading Policy

Rubrics and grading standards (listed below) will be discussed in class.

recommended preparation

General Psychology; English 150

Special accommodations statement

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 DSPS at 707-476-4280.

Student feedback policy

Student coursework progression can be addressed privately after class or by appointment. All graded coursework will be returned by the class meeting following the due date.

Student Accessibility Statement and Academic Support Information

Academic support is available at Counseling and Advising and includes academic advising and educational planning, Academic Support Center for tutoring and proctored tests, and Extended Opportunity Programs & Services, for eligible students, with advising, assistance, tutoring, and more.

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| Term Calendar & class schedule |
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Class will begin on **August 27th** and end on **December 17th**; we will meet every **Tuesday and Thursday at 10:05 a.m. SC-204** unless otherwise noted. **If you're going to drop the course, do it by September 6th!**

| Week | Topic | Reading | Activity / Assessment / Assignment due* |
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| Week 1: 8/27 & 29 | Course Introduction. Review Course syllabus, materials, & process. | Review text and Four Agreements (FA) | Class mixer; Group assgnmts Syllabus Quiz |
| Week 2: 9/3 & 9/5 | Invitation to personal learning | Chapter 1 FA introduction | |
| Week 3: 9/10 & 9/12 | Childhood & Adolescence | Chapter 2 | |
| Week 4: 9/17 & 9/19 | Adulthood & Autonomy | Chapter 3 FA - 1 st Agreement | Presentations |
| Week 5: 9/24 & 9/26 | Wellness | Chapter 4 | Written Assignment 1 |
| Week 6: 10/1 & 10/3 | Stress Management... Anxiety abatement | Chapter 5 FA - 2 nd Agreement | |
| Week 7: 10/8 & 10/10 | Love | Chapter 6 | Group Presentations |
| Week 8: 10/15 & 10/17 | Relationships | Chapter 7 | Mid term |
| Week 9: 10/22 & 10/24 | Becoming the person that you choose to be | Chapter 8 FA - 3 rd Agreement | |
| Week 10: 10/29 & 11/1 | Sex & sexuality... they're not the same things! | Chapter 9 | |
| Week 11: 11/5 & 11/8 | Work & Recreation; they're not mutually exclusive | Chapter 10 | Written Assignment 2 |
| Week 12: 11/12 & 11/15 | Loneliness & Solitude | Chapter 11 FA -4 th Agreement | Group Presentations |
| Week 13: 11/19 & 11/22 | Death & Loss | Chapter 12 | Term paper / Book report outline Thursday* |
| Week 14: 11/26 & 11/28 | Take the week off. Give thanks! | For Fun | Relax |
| Week 15: 12/3 & 12/5 | Meaning & Value | Chapter 13 FA - In concert | |
| Week 16: 12/10 & 12/13 | Pathways to Personal Growth | Chapter 14 | Term paper Due Thursday* Term exam Thursday* |
| Week 17: 12/17 | Final & paper returned Final engagement | | Term exam & papers returned |

Evaluating and Reporting Progress

Your grade will be determined by the quality of your writing assignments, the mid and term quiz scores, group participation project and level / quality of participation totaling 400 points (there are extra credit opportunities). **Personal grades will only be discussed privately.**

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| Participation: attendance, discussion, engagement | 150 |
| 2 Group presentations - 25points each | 50 |
| Mid-term exam | 50 |
| 2- brief written assignments- 25 points each | 50 |
| Term exam | 50 |
| Term paper or book report | 50 |
| Total | 400 |

Grading Scale

A 100% - 90% B 89% - 80% C 79% - 70% D 69% - 60% F below 60% NP below 70%

Scoring Rubrics (how your work is evaluated)

Written Assignments (25 pts): The goal of the short papers is to learn about applying psychological process and communicate what you have learned. There may be annotated bibliographies, executive summaries, or short article reviews that shall each be:

-) 1-2 page
-) 1.5 spacing
-) 1" margins
-) 12 point font (Times or Arial)

Accurately and concisely (briefly) write a narrative that addresses the prompt you will be given. A minimum of two sources are required for each essay. Use both in-text/body (parenthetical) citations and a reference page. Please use APA style guides. Assignments are due on the Thursday of the week due either at the beginning of class or be emailed to me prior to class. **Late assignments are accepted by prior arrangement.**

Term Paper (50 pts): Papers should be 3-5 pages following the mechanics above. **Consult a minimum of four scholarly resources** and cite. Complete an APA title page. Topics to choose from will be given well in advance. Outlines are required week 13 and equal 20%of the total grade of the paper (basically, you earn 10 points for turning in an outline so that I can make sure you're on the right track!)

Quizzes and Exams are a combination of multiple choice and fill in the blank (with terms provided) and short answer essay. These assessments are concise and designed to let us (you and me) know what you've learned. No gimmicks, no tricks. For multiple choice, there is one clear and correct answer and two or three incorrect choices.

Extra Credit will be available intermittently throughout the course and will equate to about 20 points total. Therefore, while Xcredit may "help" boost your grade, it will not make up for a missed paper or term exam!