

Spring, 2018

# Personal Growth

## CLP 2001, Section 02DE

Instructor: Rachel Heatherly, M. S.

Teaching Assistants (TAs): TBD

Emails: “Conversations” via Canvas emails

## WELCOME

### Description and Purpose

Welcome! I am delighted that you are taking this course and joining me this fall to learn more about yourself and others. I hope that this course will provide you an opportunity to learn interesting things about development and adjustment, and will stimulate your thoughtful reflection about how psychology can continue to be applied to your life and the lives of others. Think of this class as an introduction to concepts and techniques in psychology that apply to personal growth, development, and adjustment. This is an “eyes-on” class, with considerable reading and thinking, and also a “hands-on” class, with activities geared to increasing your awareness and applying what you are learning. By design, this course requires you to be an active and motivated learner. Your personal involvement and investment in the course are the keys to a personally- and academically-rewarding class experience.

### Goals You

will

- (1) Develop an understanding of current theories and issues relevant to human growth and development;
- (2) Become more aware of adjustment and growth-related issues in your life;
- (3) Better understand your relationships and interactions with others;
- (4) Learn course concepts in ways that are personally meaningful and can be applied in your daily life;

## WHAT YOU WILL NEED

### Required Text & Other Materials

Nevid, J. S., & Rathus, S. A. (2015). *Psychology and the challenges of life* (13<sup>th</sup> ed.). Hoboken, NJ: John Wiley & Sons.

ISBN13: 978-1118978252

Additional reading materials will be posted on Canvas. Exams will be based on the additional materials as well as the text.

### Class Procedures

Class lectures, assignments, and additional required readings are only accessible through the course website Canvas (<http://elearning.ufl.edu/>). You will submit your assignments electronically through the course website as well. **Instead of using your name on the documents you submit online, you will use an identifying number.** Your identifying number will be given to you after Drop/Add ends. **NOTE: Do**

**NOT write your name on any of your submissions unless explicitly asked to do so. You will NOT get any points if you write your name on the assignment.**

If you have questions throughout the semester, please post your question on the Discussion Board titled, “Course Questions.” Someone else in the class may have the same question as you or may know the response and may be able to reply sooner than the instructors or TAs. Also, posting it on the Discussion Board makes it available to the entire class. The instructors or TAs will typically reply within 24 hours of the post during the week (Monday to Friday). Discussion Boards will NOT be monitored on Saturdays and Sundays. Therefore, if you post something on Friday, you will get a response to it only on Monday.

If you experience technical issues, please notify your instructor through email and contact the UF Help Desk (352-392-4357) IMMEDIATELY. Write down the ticket number and email it to your instructor as this number will be used to verify your encounter with UF Help Desk. Make sure you allow plenty of time to submit your assignments. Make up assignments will only be given when UF Help Desk can confirm there was a technical error that prevented you from completing your work.

If the question is more personal, please send us an email (guidelines for disputing grades are somewhat different and are outlined in the next section). ALL email correspondence with the teaching assistants (TAs) and instructors must occur through the course website (Canvas “Mail”). Any emails sent to either the TAs or the instructors will also be responded to within 24 hours. Again, emails will be responded to only on weekdays. There will be no replies to emails on weekends. Therefore, please don’t wait till the last minute of the deadline to send an email.

**IMPORTANT:** Do NOT contact the instructor or the teaching assistants through non-professional means such as Facebook, personal email, cell phones, etc. This behavior will not be tolerated and considered harassment. First time offenders will receive an explicit written warning, and if the problem persists then the students will be reported to the university.

Please email ONLY your assigned person according to the following guidelines:

Last name:	TA to email:
<b>A-M</b>	<b>TBD</b>
<b>N-Z</b>	<b>TBD</b>

You may also choose to ask questions or discuss the material or concerns during “office hours.” Because this is an online course, “office hours” will occur in the Chat room on Canvas. You may join the chat room to talk with any of the TAs. If you would like a private meeting with a TA or the instructor, then we will use the "Conferences" app on Canvas. The TAs and instructor will be available in the chat room according to the following schedule:

<b>By appointment</b>	<b>Rachel Heatherly (Instructor)</b>
<b>TBD</b>	
<b>TBD</b>	

If your assigned TA is unable to answer your question either by email or during office hours, please send an email to the instructor through Canvas mail. If need be, other online office hours can be arranged with the instructor. There will be no in-person office hours for any reason with either the instructors or the TAs.

## CLASS POLICIES

### Requirements/Expectations

#### *General Expectations*

You can expect this class to be personally and intellectually fulfilling, but also **demanding**. The course requires you to read, think, write, and apply what you are learning. Although learning styles vary, most find that reading assigned materials before they are covered in a lecture, then reviewing the materials again, improves retention of the information.

There are exams and quizzes to evaluate your understanding of the course material. Please be advised that material covered in a lecture will not simply duplicate reading requirements. There may be additional materials posted for each module on Canvas. Please make sure that you access all of them on Canvas because exams will be based on the readings as well as the additional materials.

Self-reflections, Discussion Posts, and Discussion Reply are due by **11:55 pm on the dates** specified in the Due Dates document. NO MAKE-UP EXAMS OR QUIZZES WILL BE GIVEN, except for university excused absences with adequate documentation. **LATE WORK IS NOT ACCEPTED AND WILL RECEIVE A GRADE OF 0.**

The instructor and TAs are here to help you learn. Make use of the chat feature in the course website for online office hours, discussions boards, and email through the course website to communicate with the instructors and TAs. Once again, please note that ALL email correspondence must only occur through the Canvas site.

NOTE. Please be advised that this is a 16-week self-directed online course. It is therefore critical to not fall behind and follow the suggested course outline.

#### *Grade Disputes*

This is a large class with multiple assignments. We will try our hardest to ensure that you are not graded unfairly. However, if you wish to contest any of your grades, the following are the rules:

- 1) **Quizzes, Exams, and Group Discussion-** please email the instructor, Rachel Heatherly, through Canvas mail if you have a problem with either your quiz or exam grade or the Group Discussion posts within **48 hours** of receiving the grade.
- 2) **Self-assessment and Reflect assignments-** please email the instructor, Rachel Heatherly, through Canvas mail if you have a problem with either your grade or the Group Discussion posts within **48 hours** of receiving the grade.

After **48 hours** of receiving the grade, all grades are final and will not be looked at again. Since this is a dense, fast moving class, we will not have time to review grades throughout the semester. It is your responsibility to stay on top of your grades throughout the semester.

### **Accommodations for Students with Disabilities**

Students requesting accommodation must first register with the Disability Resource Center (DRC) in the Dean of Students office. The DRC will provide you the necessary documentation and you must then provide this documentation to the instructors when requesting accommodation (for an online course, this means that you should send the information to the instructors-see the contact information in the course). I am happy to work with both the student and the DRC to come to an arrangement that satisfies the requirements of the course while best accommodating the student's individual needs.

### **Academic Honesty**

When students enroll at the university, they commit themselves to the standard drafted and enacted by students.

Preamble: In adopting this honor code, the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the university community. Students who enroll at the university commit to holding themselves and their peers to the high standard of honor required by the honor code. Any individual who becomes aware of a violation of the honor code is bound by honor to take corrective action. The quality of a University of Florida education is dependent upon community acceptance and enforcement of the honor code.

Honor Pledge: *We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Honor Code.*

*On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied:*

*"On my honor, I have neither given nor received unauthorized aid in doing this assignment."*

It should be clear that academic dishonesty, such as cheating, is NOT tolerated at the University of Florida. Cheating is defined in the University Handbook, and it is the student's responsibility to be familiar with its many forms (including plagiarism). If there is a suspected academic honesty violation, the **Student Honor Code Procedures** will be followed.

## **EVALUATION**

### **Handbook and Syllabus Quiz**

As some students may be getting acclimated to the course and may not have the text, I have decided to forego formal instruction from the text during the first week. Furthermore, as this is an online course, there is a PowerPoint presentation posted for week 1 on keys to taking online courses. One of the keys to succeeding in such a course is to be extremely familiar with your handbook (Canvas) and syllabus. As a

result, your very first assignment will be to review the handbook and syllabus, and prepare for a quiz. This quiz will be worth 5 points (10 questions in total, 0.5 point per question) and you will have ten (10) minutes to complete it. It will be due on Sunday, 1/14/18, by 11:55 PM.

## Examinations

**1. Chapter Quizzes: Module Exams:** There will be a quiz for each of the chapters covered in this class (not all chapters are covered!). Each chapter quiz consists of a short objective, 10 item assessment (multiple choice format). Items are drawn at random from a larger pool of items, so no two people may receive the same quiz. Because the quizzes are online, you can consider the quizzes to be open book/open note activities, but that does not mean you can consult with other students to complete the quiz. Doing so is cheating, which is academic dishonesty. Chapter quizzes are not cumulative; each quiz pertains to material covered in a particular chapter. Each quiz will be worth 10 points (10 questions in total, 1 point per question). The quizzes are timed (15 minutes per quiz) and they must be completed within certain specific time frames. Although exams are not linked to quiz completion, it is a good idea to complete the chapter quizzes for the points and also to help you prepare for the exams. After quiz deadlines, you will not be allowed to complete a quiz. Pay close attention to the Due Dates document. The maximum amount of total points you may earn on these quizzes is 100. This means you do not have to take all the quizzes and only need to complete enough to earn the 100 points (if you want the maximum points).

- **Chapter Quizzes will be open from Monday 12am to Friday 11:55 pm, you will have 15 minutes for each quiz**

**2. Module Exams:** There will be one exam at the end of each module. Generally, modules will cover three chapters of material (listed on the course schedule below). Each exam consists of a short objective, 30-item assessment (mostly in multiple choice format). Because the exams are online, you can consider the quizzes to be open book/open note activities, but you may not consult with other students to complete the exam. Doing so is cheating, which is academic dishonesty and we will treat it as such. Module exams are not cumulative; each will pertain only to the material covered in that module. Each question will be worth 1 point (30 points/exam). The exams are timed (45 minutes each) and they must be completed within specific time frames. These examinations will help you prepare for the cumulative final exam. After the deadline, you will not be allowed to complete an exam. There will be no makeup examinations so communication is key! Please pay close attention to the **Course Schedule** at the end of this syllabus.

- **Module exams will be open on specific Mondays (outlined in the Course Schedule) from 9am-11:55 pm. You will have 45 minutes to complete.**
- 3. Final Exam:** There will be a cumulative final examination worth 50 points. It will be comprised of 50 multiple choice items worth one point. You will have 90 minutes to complete the examination. Questions for the exams can come from class lectures and/or other activities, readings, and assignments that were covered in the course. Final exam questions require comprehension, application, and integration of course material, and are timed.

- **The Final exam will be open on Monday, 4/30. Final exam will be available on Canvas under “Assessments” strictly from 9am-11:55pm. You will have 1.5 hour to complete it.**

### **Discussion Posts and Replies**

There will be one discussion post each week. This post will require reflection and reaction synthesizing the themes of that week’s materials. You will be responsible to respond to one discussion post per week (6 points per discussion post).

I also will ask that you contribute one reply to your classmates’ reflections each discussion post. The idea is to get a conversation going—you can answer someone’s question (perhaps with an overlooked fact or with your own opinion, or maybe with a YouTube video?), disagree (civilly, of course), or otherwise expand on someone’s initial post. As long as you’re thinking deeply and talking to each other, that will do. Your discussion reply is worth 2 points.

Discussion posts should reflect your thoughtful contribution and creative thinking. Although there is no a word limit, an appropriate post should have at least three paragraphs (i.e., approximately 12 to 18 sentences total). Replies should also reflect your thoughtful contribution to the topic, and should be at least one paragraph (i.e., 5 to 7 sentences). Failure to adhere to this will result in forfeiture of your points. Remember, you are looking at both the quality and quantity of these discussion posts and replies.

- To recap, throughout the semester, you will be writing thirteen discussion posts and thirteen discussion replies. Each discussion post is worth 6 points, and each discussion reply is worth 2 points for a total 104 points for the course.
  - **Discussions Post is due on Fridays by 11:55pm; Discussion Reply are due on Sundays by 11:55pm.**

### **Self-Reflections: Reflect, Reflect, Reflect**

Near the end of each chapter, you will find a section called “Your Personal Journal” and a couple of “Reflect” questions (For example: In chapter 1 this is on page 37). These must be answered and submitted through “Assignments.” There is not necessarily a right answer to these questions but there are qualitatively better ways to write answers. These Self-Reflection questions will help you to relate one or more of the chapter topics to your life, to make the material personal and meaningful, and probably will make it easier for you to remember the concept(s) for the exams. Each one will be worth a maximum of 7 points (91 points total).

These Self-Reflection entries should be 500 words minimum and reflect your thoughtfulness and creativity. Please be aware that some topics may evoke very personal reactions. Please only share to the extent you feel comfortable sharing. If you find that your response feels too personal, perhaps one good way to moderate your level of discomfort may be through incorporating class material. Cite an additional external source with the link in APA formatting.

**NOTE!!! Students will be assigned a random, three digit grading code to be submitted in lieu of their name for Article Reaction assignments. Students MUST refrain from submissions that include identifying information other than this code (e.g. name, UFID, etc.). Additionally, you need to have your code as the title of your assignment. For example, if your code is 123, your first assignment should be named “Self-reflection 1\_123.” Failure to adhere to this policy will result in zero point for that assignment. NO EXCEPTIONS!!!**

**Extra- credit?**

There will be no extra credit opportunities unless otherwise specified by the instructor.

**Grading**

Grading depends upon your quality of responses in the assignments, depth of personal involvement in the course, and mastery of content provided in readings and lectures. A curve will not be used. Your final grade is based on the total number of points you accumulate. Your grade will be calculated by summing the points you earned on the exams, quizzes, and assignments.

**Maximum Total Points**

<b>Criteria</b>	<b>Points</b>
Two 5-point Handbook & Syllabus Quiz	10
Ten 10-point Chapter Quiz	100
Thirteen 7-point Self-Reflections	91
Thirteen 6-point Discussion Posts	78
Thirteen 2-point Discussion Replies	26
Five 30-point Module Examinations	150
<b>Final Exam</b>	<b>50</b>
<b>TOTAL</b>	<b>505</b>

Points will be transformed into grades using the following scale:

<b>Grade</b>	<b>Scores</b>	<b>Percentage</b>
<b>A</b>	465-505	> 92%
<b>A-</b>	454-464	90%-91%
<b>B+</b>	445-454	88%-89%
<b>B</b>	414-444	82%-87%
<b>B-</b>	404-413	80%-81%

<b>C+</b>	394-403	78%-79%
<b>C</b>	364-393	72%-77%
<b>C-</b>	354-363	70%-71%
<b>D+</b>	344-353	68%-69%
<b>D</b>	313-343	62%-67%
<b>D-</b>	303-312	60%-61%
<b>E</b>	302 and below	< 59%

UF Policies for Grade Points: <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

## Due Dates

Week	Day	Topic	Notes
		Class overview	
1/8-1/14	M-SU	<i>Getting to know you! Familiarize with Handbook and Syllabus</i>	
1/14	SU	<b>Discussion Post; Handbook and Syllabus Quiz</b>	
		Module 1 Chapter 1 ( <i>Topic 1</i> )	
1/15-1/18	M-Th	<i>Personal growth and psychology and challenges of life</i>	
1/19	F	<b>Discussion Post; Chapter Quiz</b>	
1/21	SU	<b>Discussion Reply; Self-Reflection</b>	
		Module 1 Chapter 2 ( <i>Topic 2</i> )	
1/22-1/25	M-Th	<i>Personality theories</i>	
1/26	F	<b>Discussion Post; Chapter Quiz</b>	
1/28	SU	<b>Discussion Reply; Self-Reflection</b>	<b>Review for exam 1</b>
<b>1/29</b>	<b>M</b>	<b>Module 1 Exam</b>	
		Module 2 Chapter 3 ( <i>Topic 3</i> )	
1/29-2/1	M-Th	<i>Stress</i>	
2/2	F	<b>Discussion Post; Chapter Quiz</b>	
2/4	SU	<b>Discussion Reply; Self-Reflection</b>	
		Module 2 Chapter 4 ( <i>Topic 4</i> )	
2/5-2/8	M-Th	<i>Psychological Factors and Health</i>	
2/9	F	<b>Discussion Post; Chapter Quiz</b>	
2/11	SU	<b>Discussion Reply; Self-Reflection</b>	
		Module 2 Chapter 5 ( <i>Topic 5</i> )	
2/12-2/15	M-Th	<i>Developing Healthier Behaviors</i>	
2/16	F	<b>Discussion Post; Chapter Quiz</b>	
2/18	SU	<b>Discussion Reply; Self-Reflection</b>	<b>Review for exam 2</b>
<b>2/19</b>	<b>M</b>	<b>Module 2 Exam</b>	
		Module 3 Chapter 6 ( <i>Topic 6</i> )	
2/19- 2/22	M-Th	<i>The Self in a Social World</i>	
2/23	F	<b>Discussion Post; Chapter Quiz</b>	
2/25	SU	<b>Discussion Reply; Self-Reflection</b>	

Module 3 Chapter 7 ( <i>Topic 7</i> )			
2/26-3/1	M-Th	<i>Social Influence</i>	
3/2	F	Discussion Post; Chapter Quiz	
3/4	SU	Discussion Reply; Self-Reflection	Review for exam 3
SPRING BREAK!			NO class this week!
3/5-3/9	M-SU	<b>SPRING BREAK: NO CLASS!</b>	<b>ENJOY!</b>
3/12	M	<b>Module 3 Exam</b>	
Module 4 Chapter 10 ( <i>Topic 8</i> )			
3/12-3/15	M-Th	<i>Interpersonal Attraction</i>	
3/16	F	Discussion Post; Chapter Quiz	
3/18	SU	Discussion Reply; Self-Reflection	
Module 3 Chapter 11 ( <i>Topic 9</i> )			
3/19-3/22	M-Th	<i>Relationships &amp; Communication</i>	
3/23	F	Discussion Post; Chapter Quiz	
3/25	SU	Discussion Reply; Self-Reflection	
***		Module 4 Chapter 12 ( <i>Topic 10</i> )	p.394-409**
3/26-3/29	M-Th	<i>Gender</i>	
3/30	F	Homecoming; Discussion Post; <b>NO CHAPTER QUIZ!</b>	
4/1	SU	Discussion Reply; Self-Reflection	
***		Module 4 Chapter 12 ( <i>Topic 10 Cont'</i> )	p.410-438***
4/2-4/5	M-Th	<i>Sexuality and Sexual Behavior</i>	
4/6	F	Holiday; Discussion Post; Chapter Quiz	
4/8	SU	Discussion Reply; Self-Reflection	Review for exam 4
4/9	M	<b>Module 4 Exam</b>	
Module 5 Chapter 13 ( <i>Topic 11</i> )			
4/9-4/12	M-Th	<i>Adolescent and Adult Development</i>	
4/13	F	Discussion Post; Chapter Quiz	
4/15	SU	Discussion Reply; Self-Reflection	
Module 5 Chapter 14 ( <i>Topic 12</i> )			
4/16-4/19	M-Th	<i>The Challenge of the Workplace</i>	
4/20	F	Discussion Post; Chapter Quiz	
4/22	SU	Discussion Reply; Self-Reflection	Review for exam 5
4/23	M	<b>Module 5 Exam</b>	

<b>4/23-4/25</b>	<b>M-W</b>	<b>EXAM PREP</b>
<b>4/26-4/27</b>	<b>Th-F</b>	<b>Reading Days</b>
<b>4/30</b>	<b>M</b>	<b>FINAL Exam (Online)</b>

For those of you who read the whole syllabus, the codeword of the course is: Gainesville!