

**The University of Findlay  
College of Liberal Arts**

**Spring Semester 2010**

*The Mission of the University is to equip our students  
for meaningful lives and productive careers.*

**Course Number/Title:** PSYC 113.01 **Psychology of Becoming** offered each semester

**Credit Hours:** 3

**Class Time/Place:** 11:00 – 12:15 TH Main212

**Prerequisites:** None

**Instructor:** Don Collins  
200 Howard St.  
4750 collins@findlay.edu

**Office Hours:** 11:00 - noon M, W; 1:30 - 3:00 M, W; 3:30 – 4:30 T, H

**Course Description** A beginning course for the person interested in an experiential/? experience-centered approach to psychology. Emphasis is on the adjustment process as well as on personal growth and development.

**Relationship to the Conceptual Framework** This course represents a foundation for further investigation in psychology from an experiential perspective. You will investigate behaviors and adjustment as a developmental process of aging. Stress and necessary adjustment will be examined both from a view of normal adjustment and a look at abnormal adjustment. Finally, you will research the interpersonal and social aspects of adjustment. This course will aid you in examining yourself and the behavior/adjustment of others. As a General Education course, you will be expected to examine ideas from the perspective of a psychologist. This course includes a service learning component.

- Course Objectives:** When you successfully complete this course, you will be able to:
1. understand some essential elements of psychology.
  2. understand some theories of psychology.
  3. understand yourself better.
  4. understand the nature of stress and adjustment.
  5. utilize several methods for building better interpersonal relationships.
  6. apply a few of the theories and principles of psychology to real life experiences.

**General Education Learning Outcomes Addressed**

Goal 1. Students will take courses which expose them to a range of basic religious beliefs and diverse ethical perspectives and which encourage them to develop their own perspectives on global issues.	X
Goal 2. Students will become familiar with the historical, scientific, literary, and/or philosophical content of a range of disciplines.	X
Goal 3. Students will acquire and practice skills for reading, writing, speaking, listening, abstract inquiry, critical thinking, logical reasoning, and using computers and related technology.	X
Goal 4. Throughout their general education experience, students will analyze and reflect upon the challenges facing our global society as well as the importance of being a life-long learner and responsible citizen.	X



**Course Policies and Practices**

You must read all assignments prior to arrival in class. Class discussions will focus on reading assignments, and your participation is expected. Since the focus on this course is a practical knowledge of counseling, it is essential that you fully examine the strategies as expected and fulfill your reactions to counseling problems on time, other-wise the practical experience will not be of much use.

Class attendance is expected. You will be permitted two unexcused absences without penalty. 1% of final grade penalty will be assessed for each absence over two, and those with perfect attendance will receive 1% extra credit. You will have to discuss "excused" absences with me privately, for normally they count as 1/2 an absence.

Class assignments will be submitted as indicated. Since understanding the class and fully experiencing the class is predicated on your participation, penalties will be assessed to late work. Please consult with me in advance for any absences due to activities outside the class.

**Cell phones are not permitted in the classroom during tests. If you use a computer, it must be always related to the classroom experience. Any deviation will result in the computer being turned off and not permitted in the future in the classroom.**

**Take Home Final Due**

*Noon, April 28*

**Special Services**

If you are a student with a disability, it is your responsibility to register with the Office of Disability Service and notify your instructor one week prior to any needed service so that reasonable accommodations can be made for you.

**Course and Instructor Evaluation**

*Done in last week of semester*

**Tentative Course Outline (Course outline is subject to change throughout the semester)**

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Homework and papers are in **bold face print** and must be submitted in writing on the day noted, papers are underlined.

January	7	Introduction	
	12	Read Chapter 1	Knowing and Valuing Yourself
		<b>Do Self-Appraisal, 407-08</b>	
	14	<b>Do Self-Concept Inventory</b>	
	19	Read Chapter 2	Understanding Yourself Throughout the Lifespan
	21	<b>Do Ch 2 Reflections &amp; Applications (R &amp; A)</b>	Major Ed Davies guest
	26	Read Chapter 3	Exploring Values and Making Wise Choices
	28	<b>Do Ch 3 R &amp; A</b>	

February	2	<b><i>Initial test on chapters 1 &amp; 2 &amp; 3</i></b>	
	4	Read Chapter 4	Achieving Happiness and Satisfaction
	9	<b>Do Ch 4 R &amp; A</b>	
	11	Read Chapter 5	Experiencing and Expressing Emotion
	16	<b>Do Ch 5 R &amp; A</b>	
	18	Read Chapter 6	Improving Your Health
	23	<b>Do Ch 6 R &amp; A</b>	
	25	<b><i>Major test on chapters 4 – 6</i></b>	
March	2, 4	<i>Spring Break</i>	
	9	Read Chapter 7	Becoming a Positive Listener
	11	<b>Do Ch 7 R &amp; A</b>	
	16	Read Chapter 8	Improving Communication: How to Send Messages
	18	<b>Do Ch 8 R &amp; A</b>	
	23	Read Chapter 9	Improving Communication: What to Say
	25	<b>Do Ch 9 R &amp; A</b>	
	30	Major test on chapters 7 – 9	
April	1	Read Chapter 10	Building Healthy Relationships
	6	<b>Do Ch 10 R &amp; A</b>	
	8	Read Chapter 11	Succeeding in Your Career
		<b><u>Service Learning Paper due</u></b>	
	13	<b>Do Ch 11 R &amp; A</b>	
	15	Read Chapter 12	Developing & Enriching Intimate Relationships
		<b>Do Ch 12 R &amp; A</b>	
	20	Discuss Service Learning papers	
	22	<b><i>Final Test -- chapters 10 - 12</i></b>	
	28	<b><i>Take Home Final due at noon in Prof. Collins' office A hard copy is required.</i></b>	