INSTRUCTOR: Rosann M. Ross, M.A., L.P.C., N.C.C.
OFFICE: McKee 0014M
PHONE: 351-2485
EMAIL: rosann.ross@unco.edu

OFFICE HOURS: I will answer emails within 24-48 hours after receiving them. Please put “PSY 350” in the subject line when emailing.

CLASS INFORMATION:
Prerequisite: PSY 120
Location: Cyberspace


COURSE OBJECTIVES:
1. To identify the major Western theoretical approaches to the study of personality and to be able to critically evaluate these theories through class discussions and exams.
2. To examine the multicultural perspectives on each personality theory studied.
3. To recognize the different scientific methodologies used to study personality.
4. To become aware of, and be able to apply to your life, the practical applications of the study of personality.
5. To demonstrate the ability to use the terminology of the discipline.
6. To better understand the self and others by experientially applying theoretical concepts through personal reflections.

EVALUATION:
1. Four multiple choice exam (40 points each) 160 points
2. Four personal reflections (10 points each) 40 points
3. Dream Journal 20 points

TOTAL POINTS AVAILABLE 220 points

Grading
You can view your up-to-date grades anytime in the student tools area on Blackboard. This course is plus/minus letter graded A-F.

The point percentage cutoffs are as follows:
91-100% = A 72-75% = C
89 - 91% = A- 69-71% = C-
86 -88% = B+ 66-68% = D+
82 -85% = B 62-65% = D
79-81% = B- 59-61% = D-
76-78% = C+ <58% = F

COURSE FORMAT:
This course is offered online through Blackboard. A common misunderstanding about online learning is that it is “self-paced” and that there are no specific schedules or guidelines. However, as in your face-to-face classes, there are schedules and deadlines that must be met. An excellent time management tip is to set aside a specific time to attend this online course. It has been calculated that the number of hours in class and expected hours outside of class is based on a formula: A 3-credit class is three hours in class per week, and another 2-3 hours for each credit outside of class. In other words, for this 3-credit course, you should expect to spend a total of 9-12 hours per week completing the work assigned in the syllabus. The Course Schedule provides the sequence of events and timing.
Exams
The four exams will be available in “Course Materials” on UNC’s Blackboard. Each exam consists of multiple choice questions and is worth 40 points. Each exam will be available on the dates listed in the course outline. **YOU MUST COMPLETE EXAMS 1-3 BY 12:00 P.M. ON SATURDAY OF EACH WEEK; EXAM 4 MUST BE COMPLETED BY FRIDAY, 1/9 BY 12:00 P.M. NOON.** The first exam will be available beginning Thursday, 1/18 at 12:00 a.m.

EXAM SCHEDULE
<table>
<thead>
<tr>
<th>Exam</th>
<th>Available</th>
<th>Due</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>Thursday, 12/18</td>
<td>Saturday, 12/20 by NOON</td>
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<tr>
<td>Exam 2</td>
<td>Thursday, 12/25</td>
<td>Saturday, 12/27 by NOON</td>
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<tr>
<td>Exam 3</td>
<td>Thursday, 1/1</td>
<td>Saturday, 1/3 by NOON</td>
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<tr>
<td>Exam 4</td>
<td>Wednesday, 1/7</td>
<td>Friday, 1/9 by NOON</td>
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PLEASE DO NOT WAIT UNTIL THE LAST MINUTE TO TAKE THE EXAMS!!! Because the longer that you are online taking an exam, the greater there is the chance for technical problems, so please be certain that you are fully prepared to take the exam. The time limit for each exam is 90 minutes. You cannot start an exam, stop, and then go back later to finish it. Again, do not open an exam until you have thoroughly studied the material and are ready to complete the exam in one 90- minute period.

Exams are open-book, but consulting with anyone during an exam is prohibited. That is, you may **not** work collaboratively with a classmate or anyone else when taking an exam. Also, although the exams are open-book, you will be responding to 40 items in 90 minutes. There will not be much opportunity to look up information in your text or notes.

ASSIGNMENTS
Please be sure that you are familiar with how to submit Assignments; I will be collecting all of the assignments through the course shell Assignment link. After you open your course, from the Control Panel, choose the Assignment link. **Click on the help button at the top of the page for information on how to submit your paper.**

PERSONAL REFLECTIONS
Throughout each of the chapters in the textbook are several “Personal Reflections” exercises. These are designed to give you a better feel for some aspects of each theory. Each will help you relate the theory in an experiential way to your own life. You can look at these assignments as tools to help you understand yourself a little better in the context of different theories. Please remember that these reflections are for your own benefit, and not to be written in any specified manner. Whatever you share in these reflections will not be shared with the class, and will be kept confidential by me. Given this, please allow yourself the freedom for deep introspection, as some of these reflections may touch something that is hidden within you, or something you may have kept from your consciousness. Should you feel especially uncomfortable when writing these reflections, please contact me via email, and we can discuss your feelings.

You will be assigned one Reflection each week of class. The write-ups of your experience will be due according to the course schedule. Each write-up is worth 10 points for a total of 40 points. Please submit your Reflection via the Assignment Link as stated above. **NO LATE WRITE-UPS WILL BE ACCEPTED.**

Personal Reflection Schedule
<table>
<thead>
<tr>
<th>Reflection</th>
<th>Location</th>
<th>Due</th>
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<tbody>
<tr>
<td>Reflection #1</td>
<td>In Assignment Link</td>
<td>Wednesday, 12/17 by 12:00 p.m. NOON</td>
</tr>
<tr>
<td>Reflection #2</td>
<td>In text, “The Shadow” Page 65</td>
<td>Wednesday, 12/24 by 12:00 p.m. NOON</td>
</tr>
<tr>
<td>Reflection #3</td>
<td>In text, Connections &amp; Disconnections, Page 145</td>
<td>Wednesday, 12/31 by 12:00 p.m. NOON</td>
</tr>
<tr>
<td>Reflection #4</td>
<td>In Assignment Link, “The Letter”</td>
<td>Wednesday, 1/7 by 12:00 p.m. NOON</td>
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DREAM JOURNAL
Dreams are considered by most personality theorists as integral to understanding personality. Although each has his/her own way of interpreting/explaining the meaning of dreams, the important point to remember is that the purpose of dreams is typically addressed in each theorist’s conception of personality. This exercise is designed to assist you in paying attention to, and perhaps understanding better, an aspect of your personality that you may take for granted.

Make a dream journal by keeping a pad of paper by your bed. In the morning before you do anything else, make a few notes about your dream. Even if you have never remembered dreams before, this procedure will help you to recall them. Later in the day, write out your dreams in as much detail as you can recall. What are your associations with particular aspects of your dream? See if these associations point to possible meanings. For example, might your dreams be attempts at wish fulfillment? Try to guess what various segments of your dreams might mean. Pay attention to those fragments that seem part of your ‘day residue.’ Do you notice anything that reflects your desires or attitudes towards others?
Keep this journal for at least the first two weeks. As you read other parts of the text, you will learn other ways to analyze dreams. After you have read another theory, go over your dream journal and see if you can make new interpretations. Notice especially any recurrent themes or patterns. (Adapted from Frager & Fadiman, 1998, p. 35.)

At the end of the two weeks, write a 1-3 page SUMMARY of your dream journal. Point out themes, emotions, insight and/or interpretations that have occurred to you during the course of recording your dreams. Also point out how your interpretations may have changed after reading a new theory. The journal, along with your summary, is due Saturday, 1/3/2013 by 12:00 Noon. Please submit your dream journal and summary as one WORD document to the Assignment Link. The Journal (recorded dreams) is worth 10 points, and the Summary is worth 10 points.

Please keep in contact with me regarding any problems you may have in remembering your dreams. There are several techniques available that aid in recalling your dreams. There is also a link on the Announcement page in Blackboard that gives you some tips on how to remember your dreams. There are no minimum or maximum numbers of dreams that need to be recorded. Give yourself permission to experience this part of your personality!

EXTRA CREDIT

You can receive 5 points of extra credit by filling out the exit survey posted under Course Materials, and available during the last week of the semester. You will be asked about your experience in PSY 350-970 such as: Did you learn a lot? Were you satisfied with the delivery of the course? Would you recommend the course to other students? This is an important aspect of delivering online classes as it helps me to improve the course.

Communication between Student and Instructor

Students are encouraged to stay in contact with the instructor to ensure that all questions are answered and all assignments are clearly understood. The following procedures are recommended for communicating with me:

- Use the “General Class Questions” forum in the Discussion Board to ask any questions that you may have regarding assignments, course requirements, etc., especially if the answer will benefit the entire class.
- Send an email to me to ask questions about private issues, such as a score that you received on an exam or assignment. When sending an email, always include “PSY 350-970” in the subject line of the message.
- I will post important information, such as revised deadlines or reminders of tasks that need to be done, on the Announcements page of UNC’s Blackboard Page or through an email. Check out announcements and your email weekly.

NOTES:

Students with disabilities who believe they may need accommodations in this class are encouraged to contact Disability Support Services at 351-2289.

Academic Dishonesty

All work done for PSY 350 must be your own work. Students who cheat and/or plagiarize will receive an “F” for the course. The University of Northern Colorado’s Student Code of Conduct (www.unco.edu/dos/pdf/StudentCodeofConduct.pdf) and Honor Code (www.unco.edu/dos/communityStandards/honor_code/index.html) strictly prohibit any form of academic misconduct.

Academic misconduct includes but is not limited to plagiarism, cheating, fabrication, and knowingly or recklessly encouraging or making possible any act of plagiarism, cheating, or fabrication. Academic misconduct is an unacceptable activity in scholarship and is in conflict with academic and professional ethics and morals. All incidents of alleged plagiarism or other forms of academic dishonesty will be investigated and violations of academic integrity will result in a consequence that may be as severe as an F in the class and a recommendation for expulsion. For more information on plagiarism and appropriate paraphrasing, please see: http://www.unco.edu/dos/academicIntegerty/students/index.html.

Diversity Statement

The College of Education and Behavioral Sciences (CEBS) supports an inclusive learning environment where diversity and individual differences are understood, respected, appreciated and recognized as a source of strength. We expect that students, faculty and staff within CEBS will be accepting of differences and demonstrate diligence in understanding how other peoples’ perspectives, behaviors, and world views may be different from their own. Furthermore, as stated by UNC, “The University will not engage in unlawful discrimination in...educational services against any person because of race, religion, gender, age, national origin, disability, or veteran status. It is the University’s policy to prohibit discrimination in...educational services on the basis of sexual orientation or political affiliation.” (See http://www.unco.edu/hr/AAEO_TitleIX.htm <http://www.unco.edu/hr/AAEO_TitleIX.htm>). Please visit the CEBS Diversity and Equity Committee website for more information on our commitment to diversity (http://www.unco.edu/cebs/diversity).
Login at Blackboard:
Point your web browser to:  http://unco.blackboard.com/
Click on login (There is additional information on the gateway page for logging in.)
Your **username** is the first 8 characters of your UNC email address (e.g., boop1234 or BOOP 1234).
Your **password** is your student number (Bear Number).
**Communication in this class will be through your Bear Mail account.**

The email address added to the Blackboard system will be “your name” @Bears address. Contact User Support at 970-351-4357 for problems and questions. Once you get logged in, you will see (starting December 15) your Blackboard course page with PSY 350-970 listed under “Courses in which I am participating.” You will need to click on the link to get into the course.

**Blackboard Help**
To succeed in this class, you must be proficient in the use of Blackboard. To receive help with Blackboard, go to http://www.unco.edu/blackboard/student_help.htm, or call the Help Desk at 351-4357 or 1-800-545-2331.
COURSE OUTLINE

WEEK 1 – DECEMBER 15 – 20

READ:  
Introduction
Chapter 1 – Sigmund Freud and Psychoanalysis
Chapter 2 – Carl Jung and Analytic Psychology
Chapter 13 – Yoga and the Hindu Tradition

PERSONAL REFLECTIONS DUE (by 12:00 NOON)
#1 Wednesday, 12/17

EXAM 1:  
Available Due (by 12:00 p.m.)
Thursday, 12/18 Saturday, 12/20

WEEK 2 – DECEMBER 21 - 27

READ:  
Chapter 3 – Alfred Adler and Individual Psychology
Chapter 4 - Karen Horney and Humanistic Psychoanalysis
Chapter 15 – Sufism and the Islamic Tradition

PERSONAL REFLECTIONS DUE (by 12:00 NOON)
#2 Wednesday, 12/24

EXAM 2:  
Available Due (by 12:00 NOON)
Thursday, 12/25 Saturday, 12/27

WEEK 3 – DECEMBER 29 - JANUARY 3

READ:  
Web Chapter on Wilhelm Reich and Somatic Psychology:

Chapter 5 – Feminist Approaches to Personality Theory
Chapter 7 – William James: The Psychology of Consciousness

PERSONAL REFLECTIONS DUE (by 12:00 Noon)
#3 Wednesday, 12/31

DREAM JOURNAL DUE (by 12:00 Noon.)
DUE Saturday, 1/3

EXAM 3:  
Available Due (by 12:00 Noon)
Thursday, 1/1 Saturday, 1/3

WEEK 4 – JANUARY 4 - 9

READ:  
Chapter 11 – Carl Rogers and the Person-Centered Approach
Chapter 12 – Abraham Maslow and Transpersonal Psychology
Chapter 14 – Zen and the Buddhist Tradition

PERSONAL REFLECTIONS DUE (by 12:00 Noon)
#4 Wednesday, 1/7

EXAM:  
Available Due (by 12:00 p.m.)
Wednesday, 1/7 Friday, 1/9