

Humanistic Psychology
PSY 371
Sam Houston State University

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"There can be no growth without struggle. The temptation to remain within the parameters of the familiar, is the comfort of complacency."

Anonymous

GENERAL COURSE DESCRIPTION:

The field of Humanistic Psychology views the human experience in a most positive way. Humanistic Psychologists are of the belief that self-concept, or how we view ourselves, is of utmost importance, in terms of where the journey of life leads us. Psychologists like Abraham Maslow have suggested that, with a good self-concept, and the willingness to work very hard, you can become whoever you want to become, whether it's a doctor, lawyer, philosopher, etc. This belief, that we, as human beings, have unlimited potential, and that we should take full advantage of all the wondrous things that we can accomplish, in the course of our lives, is what is called the Human Potential Movement. This course will investigate, in depth, the theoretical orientations of humanistic psychology. We will examine life as it is viewed through prominent humanistic psychologists and writers.

TEXTBOOKS:

There are three (3) textbooks for this class:

- (1) The Meanings of Life by Roy Baumeister (Required)
- (2) Man's Search for Meaning by Viktor Frankl (Required)
- (3) A Way Of Being by Carl Rogers (Recommended)

COURSE FORMAT:

Class will consist of lecture and discussion, either in groups or as a class. Students are strongly encouraged to actively participate in class through discussion. Two exams will be given and one writing assignment will be assigned throughout the semester and it must be handed in to me in a timely manner. **No late assignments will be accepted.**

EXAMS:

There will be two in-class exams. The exams will consist of multiple-choice questions. Exam questions will come from lecture material as well as textbook material, which may or may not have been covered in class. Therefore, it is very important that you read the chapters for each exam. The tentative calendar will indicate which topics will comprise each exam, tentative exam dates, and other important deadlines and reminders. Course grades will be based on the grading scale below. *YOU WILL NEED SCANTRONS (GREEN) AND No. 2 PENCILS FOR EACH EXAM.*

HUMANISTIC PSYCHOLOGY PAPER:

This is to be a maximum of two-pages on how instances in your life have shaped your life, from a humanistic perspective. Example questions to ask yourself might include: How has my past made me who I am today? How can the way I view the world dictate my future? Is the goodness in me and in others a constant or an ill-conceived notion? Do the concepts of self-esteem, self-actualization, and congruence play a part in where my life is now and where it is going?

This paper is to be typed, doubled-spaced, and **PROOFREAD!!!** You will lose points for not checking your work and grammatical and spelling errors.

ILLUSTRATION OF MEANING - MAN'S SEARCH FOR MEANING DISCUSSION:

On November 26th, each student is to bring a one-to-two page report on the book *Man's Search For Meaning* by Viktor Frankl. The paper must contain the purpose of the book, its main themes, and three critical instances that occurred in the book. We will discuss these in class and each student will explain their reaction to the book. **You must read the book!!!**

GRADING SCALE:

A = 450 to 500 points
B = 400 to 449 points
C = 350 to 399 points
D = 300 to 349 points
F = below 299 points

GRADE DISTRIBUTION:

Exam 1	- 100 points
Exam 2	- 100 points
Paper	- 100 points
Illustration of Meaning	- 100 Points
Attendance	
/Participation	- <u>100</u> points
	500 points

ATTENDANCE POLICY:

Attendance **WILL BE** taken every day, and it is part of your final grade. Students are strongly encouraged to attend class regularly as exam material comes from class lectures and discussion, as well as textbook material. Any student who exceeds five absences (excused or unexcused) will be asked to withdraw from the class.

MAKE-UP EXAMS:

Make-up exams will not be given unless you have a legitimate and valid excuse (e.g., family emergency, illness, and hospitalization). Please let me know in advance if you will miss an

exam. If you fail to let me know **in advance** that you will be missing an exam (even if you have a valid excuse), you will not be allowed to make up that exam. All make-up exams will consist solely of essay questions.

ALL MAKE-UP EXAMS WILL BE ADMINISTERED THE DAY OF YOUR FINAL EXAM.

POLICY ON UNETHICAL CONDUCT:

Unethical conduct in the form of cheating and/or plagiarism will not be tolerated. Anyone caught engaging in unethical conduct will automatically receive an F in the course.

SPECIAL ACCOMMODATIONS:

Any student who, because of a disabling condition, may need special accommodations should speak with me as soon as possible to make the necessary arrangements.

Please feel free to contact me anytime. If there is anything I can help you with, I will be more than happy to do so.

NOTE: I RESERVE THE RIGHT TO MAKE CHANGES TO THIS SYLLABUS.

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Fall 2007

August 20	Introduction to Humanistic Psychology and review of syllabus
August 27	What is Humanistic Psychology - class lecture
September 3	Labor Day-No Class
September 10	Chapter 3 - The Four Needs of Meaning
September 17	Chapter 4 - The Myth of Higher Meaning
September 24	Chapter 5 - Self-Identity and the Value Gap **Humanistic Psychology Paper Due**
October 1	Chapter 6 - Work, Work, Work, Work
October 8	Chapter 7 - Passionate Love, Domestic Bliss **Exam 1**
October 15	Chapter 8 - Religion
October 22	Chapter 9 - Happiness
October 29	Chapter 10 - Suffering and Unhappiness
November 5	Chapter 11 - Meanings of Death
November 12	Chapter 12 - Life Changes: Adding and Subtracting Meanings
November 19	No Class - Happy Thanksgiving
November 26	Illustration of Meaning - Man's Search for Meaning Discussion **Illustration of Meaning Paper Due**
December 3	Exam 2