

COURSE SYLLABUS

Course: Humanistic Psychology
Instructor: Joseph R. Merz, Ph.D.
Office: HMH - Human Resources Bldg (Princess St. 2nd floor)
Office Phone: 876-5296
Office Hours: MTW - 11:00 a.m.-12:00 p.m. or by appt.
Home Phone: 876-3622 (Between 8:00 a.m. & 9:00 p.m. NO EXCEPTIONS!)

"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 four very well known Humanistic Psychologists, beginning with Dr. Abraham Maslow, who is considered by many to be the "Father of Humanistic Psychology". The second theorist to be covered will be Dr. Harold Greenwald, followed by Dr. Viktor Frankl, and last, but certainly not least, Dr. Leo Buscaglia. In addition, this course will entertain the views of the late syndicated columnist, Dr. Max Lerner, as well as the views of Mr. Mitch Albom, regarding the human condition.

TEXTBOOKS

There are four (4) textbooks required for this class:

- (1) Living, Loving and Learning, written by Leo Buscaglia, Ph.D.
- (2) Man's Search for Meaning, written by Viktor Frankl, M.D., Ph.D.
- (3) Wrestling With the Angel, written by Max Lerner, Ph.D.
- (4) Tuesdays With Morrie, written by Mitch Albom

CLASS STRUCTURE

The class periods will generally consist of three components: (1) lecture, (2) discussions, and (3) a period of time during which films, small and large group exercises will take place.

PLEASE NOTE: It is imperative that you bring your textbook to each class meeting!

CLASSROOM ETIQUETTE

Please do not hold conversation with classmates whenever the professor or another student is speaking. Also refrain from writing and passing notes or participating in other distractive behavior. Your undivided attention in class is a must. An atmosphere of mutual respect is in order. The professor reserves the right to request that you leave if you engage in any form of disrespectful conduct.

GRADING METHOD

1. Your grade will be determined according to the quality of work that you have produced in 2 areas: (1) the results of two examinations, (2) in-class participation.
2. Each exam will consist of 25-30 multiple choice questions, and one essay question. If you miss an exam, you must take an all essay question make up exam. **PLEASE NOTE:** All make-up exams will be given during final exam week. No exceptions!
3. A number of short, announced quizzes will be given throughout the semester. The purpose of the quizzes will be to allow you to check your progress. Missed quizzes cannot be made up.
4. Your final grade will be based upon the following:

(1) Two exams	70%
(2) In-class participation (INCLUDES QUIZZES)	<u>30%</u>
	100%
5. In compiling your final grade, an absolute scale will be used:

A - 90 - 100
B - 80 - 89
C - 70 - 79
D - 60 - 69
E - 0 - 59
6. **PLEASE NOTE:** The Schedule and procedures in this course are subject to change in the event of extenuating circumstances.

SUMMER I 2002

Tentative Schedule - Humanistic Psychology

DATE	TOPIC	ASSIGNMENT
May 29 June 11	Self-Actualization and The Human Experience	Hand-out - Maslow
	A Sense of Meaning in One's Life, and The Human Experience	<u>Man's Search For Meaning-</u> Frankl
June 12	EXAMINATION #1	
June 13 June 24	On Approaching the End of One's Journey, and The Human Experience	<u>Wrestling With the Angel-</u> Lerner <u>Tuesday With Morrie-</u> Albom
June 25 June 26	On Love, Loving, and The Human Experience	<u>Living, Loving and</u> <u>Learning</u> - Buscaglia
June 27	EXAMINATION #2	