

PT 501

Personal Formation & Development

Semester: Fall, 2014
Days: 1:00-3:45 PM
Room: L2100

Number of credits: 3

Prerequisite:
None

Instructor: Mark Buchanan
Email: MBuchanan@ambrose.edu
Phone: 403-410-2000, 7907
Office: L2071
Office hours: By appointment

Course Description:

This course helps the student to understand the idea of and to develop a rule of life that fits their personality, season of life, sense of call, and unique social and cultural situation. It explores the nature and goal of spiritual formation, as well as examining our rich inheritance of spiritual theology and practice from Scripture and church history. The student will also be asked to undertake an intensive study of one biblical or historical figure in light of that person's spiritual formation (and, if warranted, deformation). Overall, the emphasis will be on the student cultivating increasing Christ-likeness expressed through their God-given personality, calling, and gifting.

Further Course Information:

Students pay a fee with their enrollment that allows them to take the Myers Briggs Type Indicator (MBTI) electronically, receive a description of their type and its application, and establish their profile in the Ministry Placement Office for future use. We will dedicate an entire class to exploring the results of the MBTI. (The MBTI profile is also used in PT710 and becomes part of the student's e-portfolio). Students should receive the MBTI sometime in first week and must complete it by the third week

Expected Learning Outcomes:

The engaged and attentive student should come away from the course with an ability to:

1. evaluate their spiritual formation in light of biblical theology and practice.
2. evaluate their spiritual formation in the light of classic spiritual disciplines.
3. evaluate their spiritual formation in the light of their own personality, calling, gifting, cultural-shaping, life-season, and social location.
4. design a personal, biblically-rooted and time-tested rule of life that fits their personality, calling, gifting, cultural-shaping, life-season, and social location.

Outline:

Important Dates:

First day of classes: September 3, 2014
Registration revision period: September 14, 2014
Last day to request revised examination: October 27, 2014
Last day to withdraw from course: November 12, 2014
Last day to apply for time extension for coursework: November 24, 2014
Last day of classes: December 9, 2014

Final Exam: NA

Time: NA

Room: NA

The lectures and exercises throughout will interact with Scripture, tradition and history, and insights from the church, the culture, and one another. The following is a tentative outline:

Sept	3	Course overview: The Theology & Practice of Life to the Full
	10	The Theology & Practice of Discerning & Living a Calling
	17	The Theology & Practice of Word & Prayer
	24	NO CLASS: Ambrose Day Retreat
Oct	1	Understanding & Applying the MBTI (Joy Ulrich)
	8	The Theology & Practice of Sexual Wholeness & Marriage/Singleness
	15	The Theology & Practice of Work & Play
	22	The Theology & Practice of Thanks & Worship
	29	The Theology & Practice of Silence & Speaking
Nov	5	The Theology & Practice of Prayer & Discernment (Cheryl Buchanan)
	12	The Theology & Practice of Humility & Boldness
	19	The Theology & Practice of War & Peace
	26	The Theology & Practice of Friendship & Mentorship
Dec	3	The Theology & Practice of Finishing Well

Requirements:

1. *Spirituality and Vocation.* This paper will focus on the student's personal formation, including themes discussed in class, as it relates to their personality, season of life, and call. Please note: though this paper can incorporate "personal testimony," it needs to be more than that. 1500 words. **Due: October 8, 1:00 PM.**
2. *Developing a Rule of Life.* This paper will develop and reflect on a personal plan of spiritually formative practices and rhythms keyed to the student's personality, season of life, and call. 1500 words. **Due: November 12, 1:00 PM.**
3. *Biblical Character Study with Course Material Integration.* This paper will focus on the spiritual formation (and/or deformation) of one biblical character (to be discussed and approved by instructor) and will integrate themes from the course, as well as from the readings, discussions, and the student's own life experience. 2500 words. **Due: December 3, 1:00 PM.**
4. *Reading Summaries.* Write a 1-page (1.5 spacing, 12 pt. *New Times Colonist, Ariel* or *Garamond*) précis of each book read (including supplemental books). This is strictly a summary of the book's contents – not a critique, analysis, or response. Must not exceed 1-page per book. Summaries of other readings must be approx. 1-paragraph for each 100 pages read.

Due:

Macchia book: **October 8, 1:00 PM**

Scazzero book: **November 12, 1:00 PM**

Willard book & all other reading: **December 3, 1:00 PM**

Textbooks:

Macchia, Steve.	<i>Crafting a Rule of Life: An Invitation to a Well-Ordered Way.</i> Downers Grove, IL: IVP Books, 2012.
Scazzero, Peter.	<i>Emotionally Healthy Spirituality: Unleash a Revolution in Your Life in Christ.</i> Nashville, TN: Thomas Nelson, 2011.
Willard, Dallas.	<i>The Divine Conspiracy: Rediscovering Our Hidden Life in God.</i> San Francisco, CA: HarperOne, 1998.

Submission of Assignments:

Please submit both a hard copy and an electronic copy on or before the due date (no later than 1:00 PM on due date).

Late Policy: Only under extraordinary circumstances (i.e., a life or family crisis, a severe and prolonged illness, etc.) will the instructor grant an extension. All requests for extension must be submitted in writing on or before the assignment's due date. Otherwise, any submissions received later than midnight on the due date will be deemed late and penalized at a 5% deduction per day. Any submission later than a week past the due date, unless negotiated with the Instructor & Registrar, will automatically receive an F.

Format: All papers must:

- Be double-spaced (except for reading reports, which can use 1.5 spacing).
- Use *Times New Roman*, *Arial* or *Garamond* 12-point font.
- Be stapled - Do NOT use paper clips.
- Be numbered.
- Cite sources properly. NOTE: The student can use his/her preferred style (e.g. Kate Turabian's *A Manual for Writers*, or *The Chicago Manual of Style*), but must remain consistent throughout the entire paper.
- Use inclusive language. The student is encouraged to avoid the consistent use of masculine terminology in reference to people in the general sense. For example, prefer using the terms "humanity" or "people" or "humankind" over the terms "man" or "mankind" when referring to the human race.
- Include a title page (both on the hard copy and the electronic copy).

Attendance:

Although attendance makes up no portion of the grade, the student is expected to fully participate in class discussions and to integrate the course material into their written work. Therefore, the student should make every effort to attend and participate in each class.

Evaluation:

Assignment 1: Spirituality & Vocation	20%
Assignment 2: Rule of Life	25%
Assignment 3: Biblical Character	40%
Assignment 4: Reading Summaries	15%

Grade Summary:

The available letters for course grades are as follows:

<u>Letter Grade</u>	<u>Description</u>
A+	
A	Excellent
A-	
B+	
B	Good
B-	
C+	
C	Satisfactory
C-	
D+	
D	Minimal Pass
F	Failure

Policies:

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (Cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, it is highly recommended that they forward all messages from the Ambrose account to the other account.

During the **Registration Revision Period** students may to enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty. These courses will not appear on the student's transcript. Courses should be added or dropped on the student portal by the deadline date, please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a Request to Withdraw from a Course by the **Withdrawal Deadline**, please consult the List of Important Dates. Withdrawal from courses after the Registration Revision period will not be eligible for tuition refund. A grade of "W" will appear on the student's transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

Students, who find a conflict in their exam schedule must submit a **Revised Examination** Request form to the Registrar's Office by the deadline date, please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) three final exams within three consecutive exam time blocks; 3) the scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Electronic Etiquette

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to engage in electronically-enabled activities unrelated to the class during a class session. Please turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Please do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. The professor has the right to disallow the student to use a laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due to an emergency, please speak with the professor before the class begins.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information, that is information about an individual that may be used to identify that individual, may be collected as a requirement as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Extensions

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a "**Course Extension**" from the Registrar's Office. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office by the deadline date, please consult the List of Important Dates. Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control".

Appeal of Grade

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Office of the Registrar in writing within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal to review final grades. If the appeal is sustained, the fee will be refunded.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University College as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to give credit to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university college. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Students are strongly advised to retain this syllabus for their records.

Bibliography:

- Barton, Ruth Haley. *Discerning the Will of God Together: A Discernment Practice for Leadership Groups*. Downers Grove, IL: IVP Books, 2012.
- Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. Downers Grove, IL: IVP Books, 2006.
- Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry*. Downers Grove, IL: IVP Books, 2012.
- Brenner, David. *The Gift of Being Yourself: The Sacred Call to Self-Discovery*. Downers Grove, IL: IVP Books, 2004.
- Soulful Spirituality: Becoming Fully Alive & Deeply Human*. Ada, MI: Brazos Press, 2011.
- Buchanan, Mark. *Hidden in Plain Sight: The Secret of More*. Nashville, TN: Thomas Nelson, 2007.
- The Holy Wild: Trusting in the Character of God*. Colorado Springs, CO: Multnomah, 2003.
- Spiritual Rhythm: Being with Jesus Every Season of Your Soul*. Grand Rapids, MI: Zondervan, 2010.
- The Rest of God: Restoring Your Soul by Restoring Sabbath*. Nashville, TN: Thomas Nelson, 2006.
- Your God is Too Safe: Rediscovering the Wonder of a God You Can't Control*. Colorado Springs, CO: Multnomah, 2001.
- Crouch, Andy. *Playing God: Redeeming the Gift of Power*. Downers Grove, IL: IVP Books, 2013.
- Dirks, Morris. *Forming the Leader's Soul: An Invitation to Spiritual Direction*. Portland, OR: Soul Formation, 2013.
- Duhigg, Charles. *The Power of Habit: Why We Do What We Do in Life & Business*. Toronto, ON: Anchor Canada, 2012.
- Edwards, Gene. *A Tale of Three Kings: A Study in Brokenness*. Nashville, TN: Tyndale, 1992.
- Foster, Richard. *Celebration of Discipline: The Path to Spiritual Growth*. San Francisco, CA: HarperOne, 1988.
- Freedom of Simplicity: Finding Harmony in a Complex World*. San Francisco, CA: HarperOne, 2005.
- Prayer: Finding the Hearts True Home*. San Francisco, CA: HarperCollins, 2009.
- Guinness, Os. *The Call: Finding & Fulfilling the Central Purpose of Your Life*. Nashville, TN: Thomas Nelson, 2003.
-
-

-
- Heschel, Abraham J. *The Sabbath*. New York, NY: FSG Adult, 2005.
- Keller, Timothy. *The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God*. New York, NY: Dutton Adult, 2011.
- Maté, Gabor. *When the Body Says No: The Costs of Hidden Stress*. New York, NY: Random House, 2004.
- Nouwen, Henri. *In The Name of Jesus: Reflections on Christian Leadership*. New York, NY: CrossRoads Publishing, 1992.
- The Return of the Prodigal: A Story of Homecoming*. New York, NY: Image, 1994.
- The Way of the Heart: Connecting to God through Prayer, Wisdom & Silence*. New York, NY: Ballantine Books, 2003.
- The Wounded Healer: Ministry in Contemporary Society*: New York, NY: Image, 1979.
- Palmer, Parker. *The Courage to Teach*:
Let Your Life Speak: Listening For The Voice Of Vocation.
- Peterson, Eugene. *Pastor: An Autobiography*.
Under The Unpredictable Plant: An Exploration in Vocational Holiness.
Working the Angles.
- Rolheiser, Ronald. *The Holy Longing: The Search for a Christian Spirituality*.
- Scazzerro, Peter. *The Emotionally Healthy Church*.
- Shigematsu, Ken. *God in My Everything: How an Ancient Rhythm Helps Busy People Enjoy God*.
- Sittser, Gerald. *A Grace Disguised*.
The Will of God as a Way of Life.
- Smith, Gordon T. *Courage And Calling: Embracing your God Given Potential*.
- Taylor, Barbara B. *An Altar in the World*.
- Thomas, Gary. *Sacred Pathways*.
- Willard, Dallas. *Renovation of the Heart*.
The Spirit of the Disciplines.
-

How to Write a Good Academic Paper (Adapted from an article by Dr. Bill McAlpine)

Reading a well-thought, well-argued, well-researched, well-written paper is one of a teacher's delights. Reading a poorly reasoned, thinly researched, sloppily written one, one of a teacher's torments.

You are asked to write an *academic paper*. This is not the same as an essay, personal reflection, or thought-piece. It's its own creature. Hopefully the following suggestions will help you.

- ✓ Research. Start thinking about and reading for the paper early. Insight from good research seldom, if ever, comes from crunching and scrambling. Asking God for a miracle when you've put off your research until the last moment is an act of presumption, not faith. Complete most of your research before starting to write. Try to establish a preliminary outline early in the process. **(please consult Late Policy in syllabus)**.
- ✓ Reflection. Prior to writing your final draft you should be able to answer the following questions:
 - What is my central theme?
 - What questions I am addressing related to this theme?
 - What line of argument am I taking in answering these questions?
- ✓ Thesis. Surprise endings are great in movies but terrible in academic paper. The ending, and how you arrive at it, should be evident from the beginning. Your first paragraph should grab the reader's attention and convince him/her that what follows merits their careful attention and reflection. Your second paragraph should provide a clear purpose statement, and should describe the overall direction of your paper, the conclusions you have come to, and the line of argument you will take to get there. This, in essence, is your thesis.
- ✓ Argumentation, not assertion. A paper like this should both develop and demonstrate your skills of analysis, evaluation, and critical thinking. Therefore, a bare summary of other people's views and ideas is inadequate. Likewise, a bald assertion of your personal opinion or conviction devoid of reasonable argumentation and substantiation is inadequate.
- ✓ Conclusion: Conclude well. A summary is not a conclusion. A conclusion demonstrates that you have interpreted, reflected on, and, where appropriate, applied your research convincingly
- ✓ Style: Academic writing does not have to be boring. Be creative. Be interesting. Avoid clichés and the passive voice. Each paragraph should address one idea and each sentence should be grammatically correct (that is, it should contain at least a subject and a verb). Use a rich and varied vocabulary but also strive for simplicity, brevity, and clarity - avoid too many words and too many big words. Read your paper out loud, or have someone else read it to you: even beginner writers can *hear* sloppy writing better than they can *see* it.