

Chaplaincy Internship Program

No Limits: Blow The Cap Off Your Capacity

Spring 2026 Syllabus

Course Information

Instructor Information

Instructor: DeColle Abbott
Office Hours: Mondays & Wednesdays, 7pm – 10pm
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Course Description

No Limits identifies the abilities and choices that make up our capacity. It examines each capacity and provides insight on self-awareness as well as clear and actionable advice on how you can increase your potential. In this course, you will learn how to identify, grow, and apply your critical capacities.

Textbook & Course Materials

Required Text

- No Limits: Blow The Cap Off Your Capacity by John C. Maxwell (ISBN: 9781455548286)

Course Requirements

- Internet connection (DSL, LAN, or cable connection desirable)
- Zoom capability

Course Structure

The course will be delivered in lecture form via ZOOM. Each 1-hour session will consist of a lecture (30-45 minutes) and a discussion following.

Student Learning Outcomes

The student learning outcomes/objectives for this course can be found below:

- The student will learn what capacity is and how to identify what limitations we may have.
- The student will learn the difference between capacities you can't remove and those capacities you can remove.
- The student will learn how to develop the capacities you already possess and how to acquire the capacities that you don't currently possess in order to maximize one's potential.

You will meet the objectives listed above through a combination of the following activities in this course:

- Attending class regularly.
- Completing assignments weekly and being prepared to discuss.
- Completing a take-home exam.
- Participating in class discussions and asking questions.

Topic Outline/Schedule

- **Week 01:**
 - Chapters 7 and 8 - pgs. 112-149
- **Week 02:**
 - Chapters 9 and 10 – pgs. 150-185
- **Week 03:**
 - Chapters 11 and 12 – pgs. 186-210
- **Week 04:**
 - Chapters 13 and 14 – pgs. 211-238
- **Week 05:**
 - Chapters 15 and 16 – pgs. 239-266
- **Week 06:**
 - Chapter 17–20 pgs. 267-310

Grading Policy

Graded Course Activities

Points	Description
N/A	Assignments as assigned

Late Work Policy

Be sure to pay close attention to deadlines—there will be no make-up assignments or late work accepted without a serious and compelling reason and instructor approval.

Letter Grade Assignment

N/A

Course Policies**Attend Class**

Students are expected to attend all class sessions as listed on the course calendar.

Participate

Participation through discussion will be monitored, tracked, and scored. Therefore, discussions, chat sessions, and/or assignments will be used to monitor your participation in the course.

Build Rapport

If you find that you have any trouble keeping up with assignments or other aspects of the course, make sure you let your instructor know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your instructor when difficulties arise during the semester so that they can help you find a solution.

Complete Assignments

All assignments for this course will be submitted electronically through email unless otherwise instructed. Assignments must be submitted by the given deadline or special permission must be requested from instructor ***before the due date***. Extensions will not be given beyond the next assignment except under extreme circumstances.

All discussion assignments must be completed by the assignment due date and time. Late or missing discussion assignments will affect the student's grade.

Commit to Integrity

As a student in this course, you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class and also integrity in your behavior in and out of the classroom.

Important Note: Any form of academic dishonesty, including cheating and plagiarism, may be reported to the office of student affairs.