

**Moravian College**  
**Course: Human Adjustment PSYC 105**

**Instructor: Debra Romberger, Ph.D., LPC**  
**Meeting: T/R 2b**  
**Rm: PPHAC 235**  
**Office hours: TR 8:00 am – 8:30 (Adjunct office PP 224)**  
**College Closing Hotline: 610-861-4595**

**Contact information**  
**Phone: 610 554-0144**  
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**Required Text:**

Duffy, K. & Atwater, E. (2005). Psychology for Living: Adjustment, growth, and behavior today. 8<sup>th</sup> ed. Pearson Prentice Hall.

Duffy, K. Annual Editions: Personal Growth and Behavior 06/07. McGraw Hill.

**Course Overview**

This course is an introduction to basic theoretical principles of psychological coping and adjustment. Students will learn greater insight and efficacy in dealing with social and behavioral forces they encounter and will acquire an appreciation for the importance of psychology and its reliance on other disciplines to understand and improve complex social and behavioral phenomena.

**Tentative schedule**

<b>Dates</b>	<b>Topics</b>	<b>Assignments</b>
Jan 17, 19	Affirmative Aging – adulthood Article 21	Chapter 3
Jan 24, 31	Seeking selfhood Article 23	Chapter 4
Feb 2, 7	A Healthier You Article 40	Chapter 5
Feb 9, 14	Taking Charge of Your life Article 12 & 13	Chapter 6
<b>Feb 16</b>	<b>test 1, chapters 3-6</b>	
Feb 21	Discussion of presentations/group assignments/class time to begin/submit topic & group names at end of class	
Feb 23, 28	Managing Your Inner Life Article 24	Chapter 7

<b>Feb 24</b>	<b>midterm grades due to office</b>	
March 2	Your Friends and You Article 34	Chapter 8
<b>March 5-12</b>	<b>no classes - spring break</b>	
March 14,	Your Friends and You Article 25	Chapter 8
March 16, 21	Leader or Follower? Article 18	Chapter 9
March 23, 28	At Work and Play Article 35	Chapter 10
<b>March 30</b>	<b>test 2, ch 7-10</b>	
April 4, 6	Sexuality Article 31 & 10	Chapter 11
April 11	Love and Commitment Article # 15	Chapter 12
April 13, 18	Your mental Health Article 38 & 41	Chapter 14
<b>April 20</b>	<b>test 3 chapters 11, 12, 14 (75%) cumulative final (25%)</b>	
<b>April 25, 27</b>	<b>pp presentations (20 mins each)</b>	

**NO FINAL DURING FINALS WEEK**

### **Group projects**

You will create a presentation about one of the topics listed below.

### **Requirements for project**

1. Power Point presentation.
2. Handouts for your classmates.
3. Your Presentation should be grounded in theory and current research (within the last 5 years ).
4. Discussion of the prevalence of problem.
5. Operationally define your problem.
6. Identify the population you will serve.
7. Develop a way to measure success – outcomes.
8. Provide contingency planning for problems that may arise along the way.

9. References are required for PP as well as the standard APA reference at end of presentation.
10. Presentations should be 15-20 minutes.
11. A hard copy of the PP presentation to instructor.
12. Include class participation.

**Topics: How to:**

1. Pick a Partner/Spouse
2. Leave Home Well
3. Choose a Career
4. Choose a Therapist
5. Decide you need a therapist
6. Reduce Stress
7. Get Healthy (exercise/diet)
8. Prepare for Parenting
9. Prepare for Retirement
10. What to do when your boyfriend/girlfriend has ADHD/ADD
11. What to do if your friend starts giving his stuff away and is talking about ending it all (suicide assessment/intervention)
12. What to do if your grandmother who has Alzheimer's and keeps wandering away and thinks you are your mother or father.
13. How to help your friend who is in an abusive relationship – how do you know if you are in an abusive relationship
14. Sex ed class for kids in public middle school
15. Mom is going through menopause – help!

**Sources for articles might include:**

1. findarticles.com
2. <http://www.apa.org> (they have a wonderful search engine in the upper left corner of home page.)
3. <http://psychclassics.yorku.ca/index.htm> - wonderful source of articles including Galton (1880), Ebbinghaus (1913), and Stroop (1935).
4. EBSCO at Moravian
5. [questia.com/index.jsp](http://questia.com/index.jsp)

**Exams:**

There will be 3 multiple choice/short answer exams. Material will be from both text and class notes.

**Missed exams/Late Papers/projects ☹**

To be fair to students who prepare for exams and assignments in a timely fashion, make-up exams will not be given except in extreme situations. Late Projects will be reduced by one letter grade per day late (this includes weekends).

### **Attendance/Participation**

I encourage you to prepare for class by reading material assigned for class. Your participation will make the class much more interesting and informative for both yourself and your classmates. You are responsible for both text and class notes. You may earn up to 15 points for participation/attendance.

### **Cheating and Plagiarism**

Plagiarism is the misrepresentation of someone else's work as your own. This includes having someone write a paper for you, purchasing a paper/project, or recycling a paper/project from a previous class. Students are responsible for keeping all notes, rough drafts, and revisions, and need to be able to produce them if requested. Evidence of plagiarism will be dealt with in accordance with the College policy on academic honesty, copies of which are available at the departmental secretary's desk.

### **Total points:**

3 exams	300
Group project	100
Participation/Attendance	15
Total	415

### **Grading system**

A	93-100%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	70-72%
D	69-60%
F	below 60%

***This is tentative schedule and changes are at the discretion of the instructor.***

***It is the student's responsibility to make the instructor aware of any special accommodations that are necessary.***