

Psychology of Human Adjustment

PSY 105

Course Policy and Evaluations

Fall 2006

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OFFICE HOURS

Office hours will be scheduled as needed. I will be available both immediately before and after classes. Feel free to schedule an appointment with me as needed.

COURSE DESCRIPTION

This course is an introduction to the basic theoretical principles of coping and adjustment. Students will develop greater insight and efficacy with dealing with social and behavioral forces which they encounter and will acquire an appreciation for the importance of psychology. The course is designed to introduce the student to the basic theoretical principles of psychology and their application.

EXAMINATIONS

Students will have several opportunities to demonstrate, in examinations, their knowledge of the course content. The examinations will be objective and will consist of material from the text and class/lecture discussions. In addition to general knowledge of the material in the course, the examinations will also test the application of the knowledge.

My policy is not to give make-up examinations. Exceptions to this policy include (1) student's illness (must have a doctor's note), (2) severe illness of close relative, or (3) death in the family.

GRADES

Your grade in the course will be the mean of all the examinations on the following scale:

A = 93 - 100	C+ = 77 - 79
A- = 90 - 92	C = 73 - 76
B+ = 87 - 89	C- = 70 - 72
B = 83 - 86	D = 60 - 69
B- = 80 - 82	F = 59 and below

Grades will be based on the total of four (4) exams, a group project and participation/attendance.

Tests (four total)	65%
Group Project	25%
Participation	+10%
	100%

CLASS PARTICIPATION

This class will be largely comprised of student discussion. Participation will make up 10 % of the final grade. Students are expected, encouraged and welcomed to ask questions, make comments, and begin discussions. You will maximize your learning through this process.

ATTENDANCE

The student is expected to attend all classes. Classes will begin on time. No differentiation is made between excused and unexcused absences. You will be permitted 3 absences before your grade will be affected. If you are late 3 times, it will count as one absence.

There will be a deduction of 2 percentage points from your grade for each class missed after the three allowed. For example, 4 absences = -2 percentage points; 5 absences = -4 percentage points; and 6 absences = -6 percentage points.

REQUIRED TEXT

Weitan, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life: Adjustment in the 21st Century (8th edition). Thomson Wadsworth.

SCHEDULE

Test # 1 – *Dynamics of Adjustment*

Chapter 1 – Adjusting to Modern Life

Chapter 2 – Theories of Personality

Chapter 3 – Stress and Its Effects

Chapter 4 – Coping Processes

Test # 2 - *Interpersonal Realm*

Chapter 5 – The Self

Chapter 6 – Social Thinking And Influence

Chapter 7 – Interpersonal Communication

Chapter 8 – Friendship and Love

Chapter 9 – Marriage and Intimate Relationships

- Test # 3 - *Developmental Transitions*
Chapter 10 – Gender and Behavior
Chapter 11 – Development in Adolescence and Adulthood
Chapter 12 – Careers and Work
Chapter 13 – Development and Expression of Sexuality
- Test # 4 - *Mental and Physical Health*
Chapter 14 – Psychological and Physical Health
Chapter 15 – Psychological Disorders
Chapter 16 – Psychotherapy

GROUP PROJECT

A group of three or four people will have the opportunity to create a “How-To” guide/workbook.

Project Requirements:

- PowerPoint presentation
- Handouts for classmates
- Be grounded in theory and research (from past 5 yrs)
- Define the problem operationally
- Discuss prevalence of problems
- Identify your population
- Provide references in APA style
- Presentation of 15-20 minutes
- Hard copy of PowerPoint and sources to instructor
- Include class participation

Topics could include:

- Choosing a partner/spouse
- Choosing a Career
- Choosing a therapist
- How to know if you or loved one needs therapy
- Reduce stress
- Prepare for parenting
- Retirement
- Start an exercise regimen and stick to it
- How to deal with a loved one with [insert disorder here]
- Help someone with [insert disorder here]
- Help someone in an abusive relationship

Other topics as determined. TOPICS MUST GET APPROVAL OF INSTRUCTOR!!!!!!!!!!