

Psychology 105
Psychology of Human Adjustment
W/W 5b

Fall 2006
Dr. Lori Toedter
PPHAC 227

Course Description:

This course provides an introduction to the basic theoretical principles of psychological coping and adjustment for non-majors. 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. (M4)

Course Objectives: After successfully completing this course, you will be able to:

1. Understand the connection between psychological theories, concepts and approaches and the personal adjustment of yourself and others.
2. Work effectively as a member of a discussion group.
3. Use behavioral and cognitive behavioral approaches to design, conduct and assess the results of a behavior change project of importance to you.
4. Evaluate the quality of a self-help website.

Required Text:

Weitan, W. & Lloyd, M. A. (2006) Psychology applied to modern life: Adjustment in the 21st century. (8th ed.). Belmont, CA: Thompson Wadsworth.

Grading Procedure Summary:

<i>Exams</i>	55%
Exam #1	10%
Exam #2	15%
Exam #3	15%
Final Exam	15%
<i>Attendance & Participation</i>	10%
<i>Homework Assignments</i>	15%
<i>Behavior Change Project</i>	20%

[Extra Credit: Up to 10 pts.]

Details of Grading Procedure:

- (1) *In class exams* will cover the material as indicated on the syllabus. Each exam will include both multiple choice questions and between one and four essay questions. None of the regular exams will be cumulative. However, should a student miss an exam or wish to raise a low grade, he or she will take a *cumulative final*. The score obtained on the cumulative final will then count twice: Once as the final exam grade and also as a replacement for the missed or low scoring exam. The *regular final exam* covers the material from the last part of the course. Students taking the cumulative final **do not** take the regular final.
- (2) *Attendance & participation* will make up another 10% of your grade. I will keep track of *attendance* by asking you to sign an attendance sheet each day. Please be aware that since attendance is a part of your grade, signing another student in, or asking another student to sign you in, is a breach of Academic Honesty. The attendance portion of this grade will start at 100 points and will be reduced by 4 points for an unexcused absence, 2 points with a valid excuse (e.g. doctor's note, note from other professor or from Student Services). Your *participation* grade will be based on your in-class group discussions of various topics I will announce. Groups will be assigned randomly, and will be reassigned when we complete approximately one half of the discussions. Peer grading will be used to determine this part of your grade.
- (3) The *homework assignments* grade will include: regularly given activities to complete to help you understand and think about the material covered in class; assignments I ask you to do to prepare for your behavior change project; and work you do on the self-help website evaluation activity. You will earn 15% of your total grade in this way.
- (4) The *behavior change project* accounts for the final 20% of the grade. We will start working on the project very early in the semester with a series of exercises and materials on psychological methods for modifying one's own behavior. For your project you may choose to modify any behavior of importance to you: for instance, you may wish to study more often or more effectively, exercise more, decrease cigarette smoking or change eating habits. You will first choose a clearly definable behavior to change. You will then design and implement a program to change this behavior. You will not be graded on the success of the program, but on the quality of your design, effort in conducting the program, and written analysis of why the program worked or failed to work (using the psychological principles you have learned). ***Pay special attention to the due dates for various parts of the project, particularly the behavior change contract. Note that there is a point past which I will no longer approve contracts. Reports based on unapproved contracts will not be accepted.***

Extra credit opportunities can be used to earn up to 10 points, which will be added to your lowest exam grade:

- Outline a chapter (not including Chapter 1 which is a homework assignment) (2 pts. each)
- Attending a psychology-related presentation and writing a 1-2 page summary and evaluation of it (2 pts.)
- Participating in a research project being conducted by a psychology major for course credit. (2 pts. per half hour experiment)

Calculating Your Grade:

To calculate your final grade, I first add any extra credit points earned and then weight each grade according to the percentages given on page 1 of this syllabus. For example, if an exam is worth 15% and you score an 80 on it, I multiply (.15) (80) for a point total of 12. Adding these points together for all the grading components listed above will give you your final grade for the course (out of 100 points). These points are then converted to a letter grade as follows:

92.6-100	=	A
89.6 – 92.5	=	A-
86.6– 89.5	=	B+
82.6 – 86.5	=	B
79.6 – 82.5	=	B-
76.6 – 79.5	=	C+
72.6 – 76.5	=	C
69.6 – 72.5	=	C-
66.6 – 69.5	=	D+
62.6 – 66.5	=	D
60.0 – 62.5	=	D-
less than 60.0	=	F

Students Please Note: It is within the course instructor's purview to use qualitative judgments in the assignment of grades. If at any time you have questions about where you stand in the course, please come see me.

Blackboard:

Please logon to Blackboard for this course right away (password is *adjust*). In addition to posting my office hours and reminders, I will post the syllabus and other important handouts as well as your major grades. Please get in the habit of checking Blackboard the day before each class meeting.

Academic Honesty:

Students are expected to be familiar with the Moravian College Academic Honesty policy, as addressed in your *2006-7 Moravian College Student Handbook*. Any needed points of clarification should be addressed to me.

Students with learning disabilities who need special accommodations for this course should contact Ms. Laurie Roth, Director of Learning Services at 1307 Main Street (ext. 1510). Accommodations cannot be provided until authorization is received from Learning Services based upon proper documentation of the conditions and needed accommodations.

Office Hours and Contact Information:**Fall 2006 Office Hours**

Mon 10:30-11:30 & 2-3pm
 Wed 2-4 pm
 Thur 3-4pm *or by appointment*

These regular office hours are also posted on Blackboard and on the door to my office (including any necessary changes on a weekly basis).

(email: meljt01@moravian.edu) (Telephone 610-861-1565)

e-mail is the preferred means of contacting me. Phone messages will be returned via e-mail, except for special circumstances. If you are using an e-mail address other than your college address, please let me know what it is.

Class Schedule

<u>Date</u>	<u>Topic</u>	<u>Assignment DUE</u>
(1) Mon 8/28	Introduction to the Course Effective Learning	None
(2) Wed 8/30	Effective Learning (cont.)	<u>Text</u> , Ch. 1, pp. 1-11; 19-29
<i>No Class 9/4 Labor Day ---Enjoy!!</i>		
(3) Wed 9/6	Scientific Method	<u>Text</u> , Ch. 1, pp. 12-19

<u>Date</u>	<u>Topic</u>	<u>Assignment DUE</u>
(4) Mon 9/11	Goal Setting A-B-C's of Behavior	Reinforcers assignment DUE
(5) Wed 9/13	Theories of Behavior Change	Goal Setting Assignment DUE <u>Text</u> , Ch. 2, pp. 44-51
(6) Mon 9/18	Designing Your Behavior Change Project	<u>Text</u> , Ch. 4, pp. 130-135
(7) Wed 9/20	Self-Help Website Evaluations	Prepare with group for presentation to class
(8) Mon 9/25	Personality: Freud	<u>Text</u> , Ch. 2, pp. 33-41 Psychological Viewpoints Assignment DUE
(9) Wed 9/27	Exam #1 [Material thru 9/18]	Chapter 1 outline assignment DUE Prepare for exam
(10) Mon 10/2	Personality: Jung & Adler	<u>Text</u> , Ch. 2, pp. 41-44
(11) Wed 10/4	Personality: The Humanists	<u>Text</u> , Ch. 2, pp. 51-55; 59-63 Behavior Change Contracts DUE
Fall Recess---Enjoy!!		
(12) Wed 10/11	Stress: What is it? Physiology of Stress	<u>Text</u> , Ch. 3, pp. 71-89 Begin baseline data collection for project if approved
(13) Mon 10/16	Hassles & Coping	<u>Text</u> , Ch. 3, pp. 89-101 Hassles Score DUE *Last day for contract approval*

<u>Date</u>	<u>Topic</u>	<u>Assignment DUE</u>
(14) Wed 10/18	Coping Strategies: Appraisal & Emotion Focused	<u>Text</u> , Ch. 4, pp. 105-118; 125-130 <i>Begin Week 1 Data Collection for Project</i>
(15) Mon 10/23	<i>Exam #2 [All material 9/20-10/16]</i>	<i>Prepare for exam</i> Begin Time Management Assignment
(16) Wed 10/25	Coping Strategies: Constructive Problem-Solving “How To’s”: Writing the Paper	<u>Text</u> , Ch. 4, pp. 118-125 <i>Begin Week 2 Data Collection for Project</i> R.E.T. Assignment DUE Hassles Assignment DUE
(17) Mon 10/30	Coping Strategies: Constructive Problem-Solving (cont.) Overview: The Self <i>Assign groups for 2nd half of semester [peer grading]</i>	Time Management Assignment (pp. 2-4 only) DUE <u>Text</u> , Ch. 5, pp. 139-146
(18) Wed 11/1	Self Esteem	Time Management Completed Packet DUE <u>Text</u> , Ch. 5, pp. 146-151 <i>Begin Final Week Data Collection for Project</i>
(19) Mon 11/6	Self Perception	<u>Text</u> , Ch. 5, pp. 152-167 Problem Solving Packet DUE
(20) Wed 11/8	Non-Verbal Communication	<i>Finish data collection</i> <i>Begin work on Paper Results/Discussion</i> <u>Text</u> , Ch. 7, pp. 201-213
(21) Mon 11/13	<i>Exam #3 [All material 10/18-11/6]</i>	<i>Prepare for Exam</i>
(22) Wed 11/15	Effective Communication	<u>Text</u> , Ch. 7, pp. 213-226 Friendship Questionnaire DUE

<u>Date</u>	<u>Topic</u>	<u>Assignment DUE</u>
(23) Mon 11/20	Assertiveness	<u>Text</u> , Ch. 7, pp. 227-231 Assertiveness Scene DUE
<i>Thanksgiving Break---Enjoy!!</i>		
(24) Mon 11/27	Relationships: Friendship	<u>Text</u> , Ch. 8, pp. 235-250
(25) Wed 11/29	Relationships: Love	<u>Text</u> , Ch. 8, pp. 250-265 <i>Behavior Change Project</i> DUE
(26) Mon 12/4	Careers & Work Life: SDS Workshop	<u>Text</u> , Ch. 12, pp. 373-381; 395-398 Completed SDS Packet DUE
(27) Wed 12/6	Careers & Work Life: Building Effective Resumes	<u>Text</u> , Ch. 12, pp. 399-403 SDS Assignment DUE
(28) Mon 12/11	Careers & Work Life: Work Environment & Stressors	<u>Text</u> , Ch. 12, pp. 382-394 Scored WES Scale DUE

Final Exam: Scheduled by the Registrar (Exam Days: Dec 13-16; 18-19)

Students Please Note: I reserve the right to modify the class schedule/syllabus as needed to keep the course flowing smoothly. Only under extreme circumstances (e.g. multiple cancellations due to severe weather) will I change due dates for major assignments or exams.