

Moravian College
Course: Human Adjustment PSYC 105
Instructor: Debra Romberger, Ph.D.
Meeting: T/R 8:50-10:00 a.m.
Rm: PPHAC 233
Office hours: before/after class or by appointment

Contact information
Phone: 610 554-0144
Email drombergermft@aol.com

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.

Course Objectives: After completing this course students should be able to:

1. Understand the core concepts of psychology and how they apply to human relations and personal adjustment.
2. Think critically, work through problems logically, and make connections between psychological theories, concepts and approaches and real life experiences.
3. Gain greater insight and efficacy in their relationships and exchanges with others.
4. Work effectively as a member of a discussion group on a topic related to human adjustment.

Required Text:

Walker, B. (2007) Becoming aware
Marcus, G. (2006) The Norton psychology reader

Schedule

Jan	16	Introduction to course/syllabus, start Walker ch 1/ write up expectations for class – what you hope to get out of this class
	18	Walker, ch 1 (test review questions 1 & 2, p. 36)
	23	Marcus, ch 1 - pioneers (answer questions on p. 17)
	25	Walker, ch 2 Self-awareness (test review questions 1 & 2 p. 94)
	30	Marcus, ch 4 - the brain (answer questions p. 79)
Feb	1	Walker, ch3 Who's in Control? (test review questions 1 & 2 p. 146)
Feb	6	Marcus ch 5 sensation and perception (questions p. 95)
Feb	8	test 1
	13	Walker, ch 4 Dealing with emotions (test review questions 1 & 2 p. 197)
	15	Marcus, ch 12 – emotion (questions p. 262)
	20	Walker, ch 5 Interpersonal communication (Reflections questions 1 & 2, p. 247)
	22	research day meet with your group

- 27 Marcus, ch 13 - social psychology (questions p. 281)
- March 1 Walker, ch 6 Developing close relationships (Reflections questions 4 & 5, p. 305)
- 6, 8 Spring break – have fun!**
- 13 Walker, ch 7 Resolving interpersonal conflict (reflections questions 2 & 3, p. 353)
- 15 test 2**
- 20 Marcus, ch 14 – personality (questions p. 316)
- 22 Walker, ch 8 Managing stress and wellness (Reflections question 7& 8)
- 27 Marcus, ch 11 – motivation and stress (questions p. 231)
- 29 relaxation techniques (come dressed comfortably)
- April 3 Walker, ch 9 Meaning and Values (Reflections questions 1 & 2, p. 445)
- 5 no class – Easter recess
- 10 Marcus, ch 15 Culture (questions p. 341)
- 12 Walker, ch 10 Where do I want to go with my life? (Reflections questions 1 & 2, p. 463)
- 17 test 3**
- 19 project presentations (1, 2, 3, 4)**
- 24 project presentations (5, 6, 7, 8)**
- 26 project presentations (9, 10)**

final exam week: 4/30-5/4 (cumulative final is optional – may be taken to replace missed exam with valid excuse or replace low test score)

Semester Requirements

Attendance/Participation (25 pts)

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 25 points for participation/attendance.

Exams (300 pts)

There will be 3 multiple choice/short answer exams. Material will be from both texts and class notes, discussion. A cumulative final exam option will be available for students who missed an exam (with a valid excuse), or earned an unsatisfactory grade on an exam they wish to replay with cumulative exam.

Homework assignments (100 pts)

Homework assignments are listed after each reading assignment. These assignments will be discussed in class and handed in for credit at the end of class. Late submissions will not be accepted. These assignments are to help you understand and apply the material covered in your text and discussed in class.

Group projects (100 pts)

You will be given the opportunity to create an informative discussion workshop on one of the topics listed below.

Requirements for project (you will be graded on these specific points) (15 mins)

1. Power Point presentation. (creativity counts)
2. Handouts for your classmates.
3. Your Presentation should be grounded in theory and current research (within the last 3 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. Class participation.
13. Creativity
14. Continuity
15. Clarity

Topics: How to:

1. Pick a life partner/spouse
2. Reduce Stress
3. Prepare for Parenting
4. Developing Close Relationships
5. Develop a health program for college students to avoid the freshman 15
6. Handle your boyfriend/girlfriend who is ADHD
7. Suicide and college population
8. How to deal with difficult people
9. Abusive relationships 101
10. The Power of Forgiveness

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 (plan ahead)
5. questia.com/index.jsp

Missed exams/Late projects

Missed exams with a valid excuse (as determined by instructor) will be made up with an end of semester with a cumulative exam. This cumulative exam may also be substituted for a low performance test grade if a student desires. Late Projects will be reduced by one letter grade per day late (this includes weekends) for the entire group.

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
Homework (5 pts ea assignment)	100
Participation/Attendance	25
Total	525

Extra credit – earn up to 10 points

- hand in extra homework – answer any additional questions in test review or reflection sections (5 pts each)
- attend a psychology-related presentation and write a 1-2 page paper summary and evaluation of it (2 pts)
- Participate in a research project conducted by a psychology major for course credit (2 pts per half hour experiment).

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.