

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

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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
Skinner, BF (2005) Walden Two – (available at Amazon.com for \$9.95)

Schedule

August 27 & 29 Getting Acquainted with Ourselves and Others (Ch 1)

September 3 – labor day no class

September 5 & 10 Self-Awareness (Ch 2)

September 12 & 17 Who's in Control (Ch 3)

September 17 **exam 1**

September 19 & 26 Dealing with Emotions (Ch 4)

October 1 & 3 Interpersonal Communication (Ch 5)

October 10 & 15 Developing Close Relationships (Ch 6)

October 17 & 22 Resolving Interpersonal Conflict (Ch 7)

October 24 **exam 2**

October 29 & 31 Managing Stress and Wellness (Ch 8)

November 5 & 7 Meaning and Values (Ch 9)

November 12 & 14 Where do I want to go with my Life? (Ch 10)

November 19 **exam 3**

November 21 – thanksgiving break

November 26 & 28 **presentations**

December 3 wrap up presentations – begin Walden Two discussion

December 5 Walden Two discussion

December 10 Walden Two discussion – **Journal due**

Group projects (100 points)

You will be given the opportunity to create a “How to” workshop for one of the topics listed below.

Topics: How to:

1. Pick a life partner/spouse
2. Prepare for going to college in your senior year
3. Choose a Career
4. Reduce Stress
5. Prepare for Parenting
6. Prepare for Retirement
7. Develop a health program for college students to avoid the freshman 15
8. Handle your boyfriend/girlfriend who is ADHD
9. Handle when your friend starts giving his stuff away (suicide assessment/intervention)
10. Handle your grandmother who has Alzheimer’s and keeps wondering away
11. Help your friend who is in an abusive relationship
12. Alcohol/drug abuse 101 for the college freshman
13. Quit smoking
14. Deal with gambling addiction

Requirements for project (you will be graded on these specific points) 100 pts

1. Power Point presentation – hard copy to instructor
2. Handouts for your classmates/class participation.
3. Your Presentation should be grounded in theory and current research (within the last 3 years).
4. Discussion of the prevalence of problem – why is this topic important?
5. Operationally define your problem/identify the population you will serve.
6. Develop a way to measure success – outcomes.
7. Provide contingency planning for problems that may arise along the way.
8. References are required for PP as well as the standard APA reference at end of presentation.
9. Presentations should be 15 minutes.
10. Creativity/continuity/clarity

Exams:

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

Journal

You will be asked to keep a journal for the semester. In this journal you will include homework assignments, thoughtful responses to readings and classroom discussions. Your journal is handed in for credit the last day of class. Late submissions will not be accepted.

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 with the approval of the instructor.

Attendance/Participation

Attendance will be taken at the beginning of each class. You will have the opportunity to earn up to 25 points for participation. You can not earn these points if you are not in class and ready to participate.

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
Journal	100
Participation/Attendance	25
Total	525

Extra credit – earn up to 10 points

- 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.