

**Psychology of Human Adjustment**  
**PSYC 105 A & B**  
**PHAC 233**  
**Spring 2008**

Art Lyons, PHAC 226  
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**Psychology 105**

Introduction to basic theoretical principles of psychological coping and adjustment. Students will gain 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)

Prerequisite: None

**Course Objectives**

1. To introduce you to a wide range of psychological concepts, ideas, and theories relevant to the problems of adjustment in today's complex world.
2. To demonstrate through lecture, discussion, and experiential activities the applicability of these concepts, ideas, and theories to our everyday lives.
3. To focus on you becoming the most successful student possible by applying the techniques learned in the course.
4. To enhance the quality of your life by application of this course material.
5. To stimulate and challenge you, thereby making the course an enjoyable and worthwhile experience for all of us.

**Course Materials**

**Required**

Weiten, W. & Lloyd, M.A. (2006). *Psychology Applied to Modern Life*. (8th ed.) Pacific Grove, CA. Thomson Publishing

Company

Weiten, W. & Pulver J. (2006). *Personal Explorations Workbook*.  
Pacific Grove, CA. Thomson Publishing Company

Please bring your Personal Explorations Workbook to each class. We may use it for in-class exercises.

### **Summary of Grading System**

Quiz		15%
2 Tests (25% each)	50%	
Behavior Modification		
Project	25%	
Class Participation & Observed Effort		10%

### **Detailed Information on Grading System**

#### **Tests**

The first test will be comprehensive and encompass all assigned reading and material presented in class up to that point in time. The second test will cover the remainder of the class material as indicated on the syllabus. The quiz will be composed entirely of objective questions. The two tests will also include essay questions that will be either comprehensive or applied in nature. These essay questions may require you to apply the basic psychological principles that you are learning in that portion of the course. Test and quiz dates appear on the class calendar.

#### **Final Exam**

There will be an *optional* final comprehensive final exam scheduled by the registrar during finals week. You may choose to take this exam and if your performance exceeds either of the other test scores it will be used in place of it. If your final exam score is lower than your lowest previous test score it will not be utilized in computing your final grade. In other words, there is no penalty for trying to improve your performance in the course.

This comprehensive final also serves as a *mandatory* make-up exam for either of the regular semester tests that would be missed due to a documented illness or excused absence. If you are going to miss an in-class test please make sure to inform me of this before the test.

## **Behavior Modification Project**

During the course of the semester we will discuss in detail the use of psychological methods for changing one's own behavior. For instance, one might wish to increase study time, decrease cigarette smoking, lose or gain weight, and so forth. You will choose some aspect of behavior that you wish to modify and then design and implement a program to do so. You will not be graded on the outcome of your program, but on your effort, quality of design of the project, and your written analysis of why the program worked or failed to succeed and your suggestions for improving the project.

You will begin the project with an in-class laboratory on 2/25. Don't miss this class if you want to do well on the project! You will identify the specifics of the project, participate in a peer review process, and hand in your behavior modification contract during the class on 2/27. Note your specific project and contract must be approved by me before you can begin. Failure to have your contract approved during this class will automatically lower the final grade for this project by one full letter grade.

You will be collecting data for 4 weeks (1 week of baseline and 3 weeks of treatment).

- 3/11 – 3/17      **Baseline Week**
- 3/18 – 3/24      **Treatment Week 1**
- 3/25 – 3/31      **Treatment Week 2**
- 4/1 – 4/8        **Treatment Week 3**
- 4/9                **Bonus due date for paper (+5 points)**
- 4/11               **Regular due date for paper**

Please note the policy on deadline for papers which appears later in the syllabus. Samples of previous projects will be put on reserve in the library to assist you.

## **Deadline for Behavior Modification Project**

Due dates for papers are established primarily to space out assignments for both you and me, hopefully allowing me to return them to you promptly and thus aiding you in your learning. My expectation is that you will hand them in on time. For each 24 hour period from the beginning of class on the due date that they are late 10 points will be deducted from the final grade of the paper.

## **Class attendance and participation**

Attendance and participation at all regularly scheduled classes is both desired and expected and is central to the learning process in this course. We will explore material in class that is not covered in our textbook. This material may include classroom projects, workshops, and/or class exercises. These experiences are a vital part of learning how psychology can be applied to your modern life. In addition, class exercises may be assigned as homework. You are expected to have all homework assignments and reading

specified on the class calendar done before class meets. Missing class is not an acceptable excuse for missed assignments. At the end of the semester I will make a subjective assessment of your effort in this area of the course.

### **Policy on Plagiarism**

The Moravian College faculty has become increasingly concerned about the occurrence of plagiarism on campus. The Psychology Department's policy on this subject is important for students to understand. Simply put, plagiarism is the intentional misrepresentation of someone else's work as your own. This includes such diverse situations as quoting directly or paraphrasing from a published work or a source on the internet without giving the author credit, having your roommate write the paper, "borrowing" from fraternity or sorority files, buying a paper from a professional service on the internet and so on. Students are to keep all notes and rough drafts of a paper until the grade is assigned. The instructor may request these materials, along with the source materials, at any time. 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.

### **Extra Credit**

Two types of extra credit are available to all students. The first involves participating as a human subject for psychological research. The second type of extra credit requires attendance at and a short reaction paper to any approved psychology related program that is announced in class. These will be announced, along with their extra credit point value, in class as they are publicized during the course of the semester. In order to receive the extra credit the reaction paper must be handed in within one week of the program.

#### **Human Subjects in Psychological Research**

There is a college wide policy with respect to use of human subjects in research projects. This policy spells out the correct procedures to follow. We will go over this policy in detail in class at the appropriate time in the semester. For now it is important for you to know the general procedures to be followed to earn extra credit by serving as a subject.

Subjects are recruited via sign-up sheets. All sign-up sheets include: a brief title and description of the project and what will be expected of the subject; the name of the experimenters and how to contact them; the approximate length of time the subject will need to commit (minimum is 30 minutes); the time, date, and place to which the subject will need to report to participate; and the initials of an instructor which certifies that the sign-up criteria have been met and that the design meets ethical standards.

Subjects who complete a study are given the bottom half of the informed consent form, completed and signed by the researchers. This form is then presented to the departmental secretary with the course noted that the subject is applying the extra credit

to. Subjects who fail to report as scheduled lose all extra credit earned for the course if they are a "NO SHOW" for an experiment during the semester.

For each half-hour of subject pool participation students will receive a bonus of 1 point on their poorest test grade. This option allows a student to earn a maximum of 5 bonus points in total on one of the tests (two and a half hours of total subject pool participation).

### **Office Hours**

Monday            9:30 – 10:30 and 3:30 – 4:30  
Tuesday           3:30 – 4:00  
Wednesday       3:30 – 4:30  
Thursday         10:45 – 11:45  
Friday    by appointment

If you need to see me at some other time, both office and home phone numbers are listed on the first page. My email address is also listed there. Please contact me and we will arrange for a mutually convenient time to get together.

### **Note:**

Please note that it is within the instructor's purview to apply qualitative judgment in determining grades for any assignments and for the course final grade.

Please note while I will try to hold to the flow of the syllabus it is subject to change over the course of the semester.

### ***Students with Disabilities***

Students who wish to request accommodations in this class for support of learning disabilities and/or ADHD, should contact Mrs. Laurie Roth, Director of Learning Services, 1307 Main Street (extension 1510).

Students who wish to request accommodations for support of other disabilities, should contact Dr. Ron Kline, Director of the Counseling Center, 1307 Main Street (extension 1510).

Accommodations cannot be provided until authorization is received from the appropriate disability support provider on campus.

### **Class Calendar**

1/14            Introductory remarks & exploring class expectations  
1/21            No class in celebration of Martin Luther King Day

- 1/16 & Chap. 1 - Adjusting to Modern Life (except application  
1/23 section)
- 1/28 Chap. 1 – Application: Improving Academic Performance"
- 1/30 & Chap. 2 – Theories of Personality – Please read The  
2/4 Nature of Personality & Psychodynamic Perspectives up to page 44
- 2/6 Chap. 2 - Behavioral Perspectives (pages 44 to 51)
- 2/11 Quiz
- 2/13 Chap. 2 - Humanistic Perspectives & the remainder of  
chapter 2 (pages 51 to 69)
- 2/18 Chap. 3 – Stress and its Effects up to the subtopic: The  
Potential Effects of Stress on page 89
- 2/20 remainder of chapter 3
- 2/25 Chap. 14 - Psychology and Physical Health – Please read Stress,  
Personality, and Illness (pages 443 to 453)  
Chap. 4 - Application, "Achieving Self-Control"  
Behavior Modification Proposal Workshop
- 2/27 Chap. 14 - Psychology and Physical Health – remainder of the chapter  
Peer review of behavior modification proposal & contract submitted for  
approval
- 3/10 Approval of behavior modification plan  
Catch up and review day
- 3/12 Test 1
- 3/17 & Chap. 4 - Chap. 4 - Coping Processes (except  
3/19 application section)
- 3/24 No class – Easter Break
- 3/26 Chap. 5 - The Self
- 3/28 last day for “W”
- 3/31 Chap. 6 – Social Thinking and Social Influence
- 4/2 & Chap. 7 - Interpersonal Communication  
4/7 (Application section is not assigned at this time)

4/9            Chap 10 - Gender and Behavior (first half) up to page 326  
                 Bonus due date for Behavior Modification Project (+5 points) handed in at  
                 the start of class

4/11            Regular due date for Behavior Modification Project –  
                 noon on Friday

4/14            Chap 10 - Gender and Behavior (second half) (pages 326  
                 to 335)

4/16            Test 2

4/21 & Chap 7 - Application, "Developing an Assertive  
4/23            Communication Style"

Final Exam scheduled by the registrar during finals week