

## Psychology 105

### Psychology of Human Adjustment

Fall 2009

Dana S. Dunn, PhD  
Professor of Psychology  
Hurd Academic Complex 231  
Moravian College  
(610) 861-1562  
[dunn@moravian.edu](mailto:dunn@moravian.edu)

*Office hours.* My office hours for Fall 2009 are:

Monday	1:30pm – 3pm
Wednesday	1:30pm - 3pm
Friday	8:30am - 10:30am

When necessary appointments for other times may be scheduled.

Class meets on Monday and Wednesday mornings, 7:30am – 8:40am – in Hurd 233

*Course description:* An introduction to basic theoretical principles of psychological coping and adjustment. Students will gain insight and efficacy regarding the social and behavioral forces they encounter as students and adults. They will acquire an appreciation of the importance of psychology and its reliance on related disciplines for understanding and improving complex social and behavioral phenomena. (M4)

#### Learning Goals and Outcomes for this Course

*Knowledge base of psychology:*

Explain why psychology is a science

*Application of psychology:*

Identify appropriate applications of psychology in solving problems, such as: the pursuit and effect of healthy lifestyles

Apply psychological concepts, theories, and research findings as they relate to everyday life.

### Required Books

Weiten, W., Lloyd, M. A., Dunn, D. S., & Hammer, E. Y. (2009). *Psychology Applied to Modern Life: Adjustment in the 21<sup>st</sup> Century* (9<sup>th</sup> ed.). Belmont, CA: Wadsworth/Cengage.

Pulver, J., & Weiten, W. (2008). *Personal Explorations Workbook for Psychology Applied to Modern Life* (9<sup>th</sup> ed.). Belmont, CA: Thompson/Wadsworth.

### Recommended Book (Optional)

Addison, W. (2009). *Study Guide: Psychology Applied to Modern Life* (9<sup>th</sup> ed.). Belmont, CA: Wadsworth/Cengage.

*Important Suggestion:* Read and work ahead. Always read a chapter in advance of the day we discuss it in class.

### Course Matters

*Contact.* If you need to speak with me, doing so just before or after class meets is fine. You are also free to email me. I check my email frequently and will respond as soon as I free to do so. You may also leave a voice mail. If you wish to meet with me, please try to make my office hours (see the front page of this syllabus). If the listed times are not convenient for you, we can arrange for a time that is opportune for both of us.

*Attendance.* This class requires constant attendance. Participation, too, matters. I expect that you will attend each and every class, arrive on time, and that you will come prepared to discuss and to ask questions about the course material. I will be passing out a sign-in sheet at the start of every class. **Three (3) missed classes will lower your final grade by 1/3 of a letter grade (e.g., B – to C+). Each class missed beyond that point will result in a further 1/3 letter grade reduction.**

*Personal Explorations Book Exercises.* There are 14 personal probe or questionnaire assignments noted in the syllabus. You need to complete each exercise in advance of a class meeting where it is due. You may submit the “tear sheet” from the Workbook or you may submit a typed paper of 1 or 2 pages (as necessary). These exercises are usually (but not always) due at the start of class on Wednesdays (see the ***boldface and italicized*** entries in the class schedule). You are only responsible for completing and submitting 12 of the 14 exercises (i.e., you may miss submitting 2 exercises for whatever reason). (You should take the exercises seriously and not rush through them. Incomplete, illegible, or haphazardly done exercises will receive a grade of 0.) Thus, if you forget to complete an exercise for a class when it is due, you may *not* submit it for credit afterwards. If you submit fewer than 12 complete exercises, there is a penalty (i.e., a grade of 0 on any and all missed assignments.)

*Plagiarism and cheating.* Your work must be your own. The College has a detailed plagiarism policy. I assume you are already familiar with it. I am happy to discuss it with you if you have questions. I will follow it to the letter. Please visit: <http://www.moravian.edu/studentLife/handbook/academic2.htm> to view the policy.

*Exams.* There will be two in-class exams and a final exam. The exams will contain a few multiple choice items, as well as short answer questions and essay questions. Exams can contain material from our texts (including material *not* discussed in class), lecture, and class discussion.

*Make-up exams.* **There are no make-up exams.** If you miss an exam for an extraordinary and documented reason (e.g., serious illness with medical documentation) *and* I know in advance *and* I accept the reason, an all essay exam will be given. If your reason is not an adequate one, then you will receive a score of zero (0) for the missed exam. It is in your best interest to take all exams.

*Study Guide.* An optional *Study Guide* is available in the College Book Store. The *Guide* is meant to help you study, better understand the course material, and to prepare for lecture, class discussion, exercises, and examinations. We will not be using or discussing this *Guide* in class. If you purchase the *Guide*, you need to use it yourself along with the textbook and the *Personal Explorations Workbook* in order to get the most from the course. If you purchase the *Guide* and never read it, then there will be no positive impact on your course grade.

*Grading.* Your class grade will be based on the following items and percentage weights:

Exam 1	20%
Exam 2	20%
Final Exam	20%
Personal Explorations papers (12 complete)	20%
Attendance & Participation	20%

I will use the following grading scale for course work:

<i>Letter</i>	<i>Score</i>	<i>Grade Range</i>
A	100	95-100
A-	92	90-94
B+	88	87-89
B	85	83-86
B-	81	80-82
C+	78	77-79
C	75	73-76
C-	71	70-72
D+	68	67-69
D	65	63-66
D-	61	60-62
F	0	0-59

*Note about the syllabus.* Readings should be completed *before* class on the dates noted herein. I reserve the right to alter the syllabus should the need arise. I anticipate following this schedule, however, I reserve the right to change it if the need arises (e.g., inclement weather).

### Class Schedule for Fall 2009

M Aug 31	Organizational Meeting Adjusting to Modern Life	--
W Sept 2	Adjusting to Modern Life <i>Personal Probe 1.1 due</i>	WLDH Ch. 1
M Sept 7	<i>Labor Day – No Class Meeting</i>	
W Sept 9	Theories of Personality <i>Personal Probe 2.1 due</i>	WLDH Ch. 2
M Sept 14	Stress and Its Effects	WLDH Ch. 3
W Sept 16	Stress and Its Effects con't <i>Personal Probe 3.1 due</i>	
M Sept 21	Coping Processes	WLDH Ch. 4
W Sept 23	Coping Processes con't <i>Personal Probe 4.2 due</i>	
M Sep 28	The Self <i>No Class Meeting – Yom Kippur</i>	WLDH Ch. 5
W Sept 30	The Self con't <i>Personal Probe 5.1 due</i>	
M Oct 5	<b><i>EXAM 1</i></b>	
W Oct 7	Social Thinking and Social Influence <i>Personal Probe 6.1 due</i>	WLDH Ch. 6
F Oct 9	<b><i>Midterm Point of the Semester</i></b>	
Sa Oct 10 – Tu Oct 13	<b><i>Fall Recess</i></b>	
W Oct 14	Interpersonal Communication <i>Personal Probe 7.1 due</i>	WLDH Ch. 7
M Oct 19	Friendship and Love	WLDG Ch. 8
W Oct 21	Friendship and Love con't	

***Personal Probe 8.2 due***

M Oct 26	Marriage and Intimate Relationships	WLDH Ch. 9
W Oct 28	Marriage and Intimate Relationships <b><i>Personal Probe 9.2</i></b>	
M Nov 2	Gender and Behavior	WLDH Ch. 10
W Nov 4	Gender and Behavior <b><i>Personal Probe 10.1 due</i></b>	
M Nov 9	<b><i>EXAM 2</i></b>	
W Nov 11	Development in Adolescence and Adulthood <b><i>Personal Probe 11.1 due</i></b>	WLDH Ch. 11
M Nov 16	Careers and Work	WLDH Ch. 12
W Nov 18	Careers and Work con't <b><i>Personal Probe 12.1 due</i></b>	
M Nov 23	Development and Expression of Sexuality <b><i>Personal Probe 13.1 due</i></b>	WLDH Ch. 13
T Nov 24 – Su Nov 29	<b><i>Thanksgiving Break</i></b>	
M Nov 30	Psychology and Physical Health	WLDH Ch. 14
W Dec 2	Psychology and Physical Health <b><i>Questionnaire 14.1 due</i></b>	
M Dec 7	Psychological Disorders	WLDH Ch. 15
W Dec 9	Last Class Meeting	
Th Dec 10	Reading Day I	
F Dec 11	<b><i>First Day of Final Exams***</i></b>	
Sa Dec 12	Reading Day II	
Su Dec 13	Reading Day III	
M Dec 14 – F Dec 18	<b><i>Final Exams</i></b>	

**\*\*\* Our Final Exam will be held in Hurd 233 on Friday, December 11<sup>th</sup> at 8:30am**

Have a relaxing holiday break. See you in January 2010.