

Psychology 105
Psychology of Human Adjustment
Spring 2012

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Office hours. My office hours for Fall 2010 are:

Monday	10:15am – 11:15am
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 PPHAC 235

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. (This course satisfies the M4 requirement.)

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. (2012). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (10th ed.). Belmont, CA: Wadsworth/Cengage.

Recommended Book (Optional)

Addison, W. (2012). *Study Guide: Psychology Applied to Modern Life* (10th ed.). Belmont, CA: Wadsworth/Cengage.

Important Suggestion: Read and work ahead. Always read the assigned 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 meeting 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 Work Book Exercises. There are 14 personal probe or questionnaire assignments noted in the syllabus—these are found in the back of the textbook. You need to complete each exercise in advance of a class meeting where it is due. You may submit the “tear sheet” from the textbook 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 anticipate following this schedule, however, I reserve the right to change it if the need arises (e.g., inclement weather).

Class Schedule for Spring

M Jan 16	Organizational Meeting Adjusting to Modern Life	--
W Jan 18	Adjusting to Modern Life <i>Exercise 1.2 due</i>	WDH Ch. 1
M Jan 23	Theories of Personality <i>Final Day for Course Changes</i>	WDH Ch. 2
W Jan 25	Theories of Personality con't <i>Exercise 2.2 due</i>	
M Jan 30	Stress and Its Effects	WDH Ch. 3
W Feb 1	Stress and Its Effects con't <i>Exercise 3.1 due</i>	
M Feb 6	Coping Processes	WDH Ch. 4
W Feb 8	Coping Processes con't <i>Exercise 4.2 due</i>	
M Feb 13	Psychology and Physical Health	WDH Ch. 5
W Feb 15	Psychology and Physical Health con't <i>Exercise 5.1 due</i>	
M Feb 20	<i>EXAM 1</i>	
W Feb 22	The Self	WDH Ch. 6
F Feb 24	<i>Midterm Point of the Semester</i>	
M Feb 27	The Self con't <i>Exercise 6.1 due</i>	
W Feb 29	Social Thinking & Social Influence <i>Exercise 7.2 due</i>	WDH Ch. 7

Sa Mar 3 – Su Mar 11	<i>Spring Break</i>	
M Mar 12	Friendship and Love	WDH Ch. 9
W Mar 14	Friendship and Love con't <i>Exercise 9.1 due</i>	
M Mar 19	Marriage and Intimate Relationships	WDH Ch. 10
W Mar 21	Marriage and Intimate Relationships <i>Exercise 10.2 due</i>	
M Mar 26	Gender and Behavior <i>Exercise 11.1 due</i>	WDH Ch. 11
W Mar 28	<i>EXAM 2</i>	
M Apr 2	Development and Expression of Sexuality	WDH Ch. 12
	<i>Last Day for Withdrawal from Course with a W</i>	
W Apr 4	Development and Expression of Sexuality con't <i>Exercise 12.1 or 12.2 due</i>	
F Apr 6 – M Apr 9	<i>Easter Break</i>	
W Apr 11	Psychological Disorders <i>Exercise 14.2 due</i>	WDH Ch 14
M Apr 16	Psychotherapy	WDH Ch. 15
W Apr 18	Psychotherapy con't <i>Exercise 15.1 due</i>	
M Apr 23	Positive Psychology <i>Exercise 16.1 or 16.2 due</i>	WDH Ch 16
W Apr 25	Positive Psychology con't <i>Last Class Meeting</i>	
Su Apr 29	Reading Day	
M Apr 30 – F May 4	<i>FINAL EXAMS***</i>	

***** Our Final Exam will be given on Friday, May 4th at 8:30am in PPHAC 235.**

Have a relaxing summer. See you in August 2012. Congratulations to graduating seniors!