

Psychology 105

Psychology of Human Adjustment

Fall 2013

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Office hours. My office hours for Fall 2013 are:

Monday	10:05am – 11:35am
Wednesday	2:20pm - 3:20pm
Friday	8:30am - 10:30am

When necessary appointments for other times may be scheduled.

Class meets on Monday and Wednesday afternoons, 1:10pm – 2:20pm – in PPHAC 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. (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 and participation. 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.

Accommodations for Disabilities. Students who wish to request accommodations in this class for a disability should contact Elaine Mara, assistant director of learning services for academic and disability support at 1307 Main Street, or by calling 610-861-1510. Accommodations cannot be provided until authorization is received from the Academic Support Center.

The Writing Center is located in a building that is not accessible to persons with mobility impairments. If you need the services of the Writing Center, please call 610-861-1392. For more detail on Learning Services, please see the last section of this syllabus.

Other Pertinent Grading Matters. As the course instructor, I determine individual grades on all course assignments and the final grade for the course. The syllabus is subject to change at my discretion. Any change will be announced in class and/or via an emailed message. No assignment, however, will ever be due at an earlier date.

I will be grading participation in class discussion. Mere attendance in class is *not* the same as participation. Active participation in the class involves volunteering thoughtful, critical, answers and observations on a regular basis. Asking thoughtful questions, too, is a contribution. When grading participation, I reflect on quality, not quantity.

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 Fall 2013

M Aug 26	Organizational Meeting Adjusting to Modern Life	--
W Aug 28	Adjusting to Modern Life <i>Exercise 1.2 due</i>	WDH Ch. 1
M Sep 2	Labor Day: No Class Meeting	
W Sep 4	Theories of Personality	WDH Ch. 2
M Sep 9	Theories of Personality con't <i>Exercise 2.2 due</i>	
W Sep 11	Stress and Its Effects	WDH Ch. 3
M Sep 16	Stress and Its Effects con't <i>Exercise 3.1 due</i>	
W Sep 18	Coping Processes	WDH Ch. 4
M Sep 23	Coping Processes con't <i>Exercise 4.2 due</i>	
W Sep 25	Psychology and Physical Health	WDH Ch. 5
M Sep 30	Psychology and Physical Health con't <i>Exercise 5.1 due</i>	
W Oct 2	EXAM 1	
F Oct 4	Midterm Point of the Semester	
M Oct 7	The Self	WDH Ch. 6
W Oct 9	The Self con't <i>Exercise 6.1 due</i>	
Sa Oct 12 – Tu Oct 15	Fall Break	
W Oct 16	Social Thinking & Social Influence <i>Exercise 7.2 due</i>	WDH Ch. 7

M Oct 21	Friendship and Love	WDH Ch. 9
W Oct 23	Friendship and Love con't <i>Exercise 9.1 due</i>	
M Oct 28	Marriage and Intimate Relationships	WDH Ch. 10
W Oct 30	Marriage and Intimate Relationships <i>Exercise 10.2 due</i>	
F Nov 1	<i>Last Day for Course Withdrawal with a W</i>	
M Nov 4	Gender and Behavior <i>Exercise 11.1 due</i>	WDH Ch. 11
W Nov 6	<i>EXAM 2</i>	
M Nov 11	Development and Expression of Sexuality	WDH Ch. 12
W Nov 13	Development and Expression of Sexuality con't <i>Exercise 12.1 or 12.2 due</i>	
M Nov 18	Psychological Disorders <i>Exercise 14.2 due</i>	WDH Ch 14
W Nov 20	Psychotherapy	WDH Ch. 15
Sa Nov 23 – Su Dec 1	<i>Thanksgiving Break</i>	
M Dec 2	Psychotherapy con't <i>Exercise 15.1 due</i>	
W Dec 4	<i>Last Class Meeting</i> Positive Psychology <i>Exercise 16.1 or 16.2 due</i>	WDH Ch 16
F Dec 6	<i>Last Day of Fall Semester</i>	
Sa Dec 7 – Su Dec 8	<i>Reading Days</i>	
M Dec 9 – Sa Dec 14	<i>FINAL EXAMS***</i>	

***** Our Final Exam will be given on Monday, December 9 at 1:30pm**

Have a relaxing holiday break. See you in January 2014.