

Psychology 105

Psychology of Human Adjustment

Spring 2014

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Office hours. My office hours for Spring 2014 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 mornings, 7:30am – 8:40am – 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 Book

Weiten, W., Dunn, D. S., & Hammer, E. Y. (2015). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (11th 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.

Quizzes. There will be one in-class quiz on each chapter, which means that we will have a quiz at the end of the second class meeting each week. The quizzes will contain multiple choice questions based on material from our textbook (including material *not* discussed in class), lecture, and class discussion.

Make-up quizzes. **There are no make-up quizzes.** I will count the highest 10 out of 12 quizzes. If you miss a quiz, you will receive a score of zero (0) on it and, as a low score, it will be dropped from your final quiz grade at the end of the semester. It is in your best interest to take all quizzes.

Final exam. The final exam, which will be given during final's week, will be comprised of essay questions dealing with key issues of human adjustment that we have discussed across the semester. I will discuss the content of the final exam in some detail as we get closer to the end of the semester.

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

12 weekly quizzes (highest 10 count)	40%
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 2014

M Jan 13	Organizational Meeting Adjusting to Modern Life	--
W Jan 15	Adjusting to Modern Life <i>Exercise 1.2 due</i>	WDH Ch. 1 Quiz 1
M Jan 20	Martin Luther King Day <i>No Class Meeting</i>	
T Jan 21	Last Day for Course Changes	
W Jan 22	Theories of Personality	WDH Ch. 2
M Jan 27	Theories of Personality (cont.) <i>Exercise 2.2 due</i>	Quiz 2
W Jan 29	Stress and Its Effects	WDH Ch. 3
M Feb 3	Stress and Its Effects (cont.) <i>Exercise 3.1 due</i>	Quiz 3
W Feb 5	Coping Processes <i>Exercise 4.2 due</i>	WDH Ch. 4
M Feb 10	Coping Processes (cont.)	Quiz 4
W Feb 12	Psychology and Physical Health <i>Exercise 5.1 due</i>	WDH Ch. 5
M Feb 17	Psychology and Physical Health (cont.)	Quiz 5
W Feb 19	The Self <i>Exercise 6.1 due</i>	WDH Ch. 6
M Feb 24	The Self (cont.)	Quiz 6
W Feb 26	Social Thinking & Social Influence	WDH Ch. 7
F Feb 28	<i>Midterm Point of the Semester</i>	
Sat Mar 1 – Sun Mar 9	Spring Break	

M Mar 10	Social Thinking & Social Influence	WDH Ch. 7
W Mar 12	Social Thinking & Social Influence (cont.) <i>Exercise 7.2 due</i>	Quiz 7
M Mar 17	Friendship and Love <i>Exercise 9.1 due</i>	WDH Ch. 9
W Mar 19	Friendship and Love	Quiz 9
M Mar 24	<i>No Class Meeting</i> Marriage and Intimate Relationships	WDH Ch. 10
W Mar 26	Marriage and Intimate Relationships (cont.) <i>Exercise 10.2 due</i>	Quiz 10
M Mar 31	Gender and Behavior <i>Exercise 11.1 due</i>	WDH Ch. 11
W Apr 2	Gender and Behavior (cont.)	Quiz 11
M Apr 7	<i>No Class Meeting</i> Development and Expression of Sexuality	WDH Ch.12
M Apr 14	Development and Expression of Sexuality (cont.) <i>Exercise 12.1 or 12.2 due</i>	Quiz 12
W Apr 16	Psychological Disorders <i>Exercise 14.2 Due</i>	WDH Ch. 14
F Apr 18 – M Apr 21	<i>Easter Break</i>	
W Apr 23	Last Day of Class	Quiz 14
Su Apr 27 – F May 2	<i>FINAL EXAMS***</i>	

***** Our Final Exam will be given on [DATE and TIME] in PPHAC 235.**

Have a relaxing summer. See you in August 2014. Congratulations to graduating seniors!