

Psychology 105

Psychology of Human Adjustment

Fall 2014

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Office hours. My office hours for Fall 2014 are:

Monday	By appointment
Tuesday	2 – 3pm
Wednesday	By appointment
Thursday	2 – 3 pm
Friday	8:30 – 9:30am; 1 – 2pm

Class meets on Monday and Wednesday 7:30am – 8:40am in PPHAC 117

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 Suggestions: Read and work ahead. Always read the assigned chapter in advance of the day we discuss it in class. Note that we will generally spend two class meetings (usually starting on Monday and finishing on Wednesday) discussing a given chapter. A short quiz on the chapter will be given at the end of the second class meeting.

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.**

Accommodations for disabilities. Students who wish to request accommodations in this class for a disability must contact Ms. Elaine Mara, assistant director of academic support services for academic and disability support, at the lower level of Monocacy Hall, or by calling [610-861-1401](tel:610-861-1401). Accommodations cannot be provided until authorization is received from the Academic Support Center.

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.) **The exercises are due on the dates noted on the syllabus—I will not accept late exercises.**

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.

Stress diary exercise and paper. In order to get a handle on the frequency and nature of stressors you encounter in your daily life, you will keep a **stress diary**. To do so, you will set aside some time at the end of each day to record the day's emotional tone (positive or negative) while also identifying the time, place, and nature of the experienced stress. After keeping the diary for 2 weeks, you should be able to identify and then to write about any patterns or regularities in your self-reported stress. Once you identify any key stressors, you can begin to formulate ways to cope with them. More details are provided for this exercise/paper at the end of this syllabus. **The Stress Diary exercise/paper must be submitted *on or before* the due date. I will not accept late papers.**

Make-up quizzes. **There are no make-up quizzes.** I will count the highest 12 out of 14 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. Obviously, it is in your best interest to take all quizzes. **Again, there are no make-up 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:

14 weekly quizzes (highest 12 count)	30%
Stress Diary	20%
Final Exam	20%
Personal Explorations papers (12 complete)	15%
Attendance & Participation	15%

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 2014

M Aug 25	Organizational Meeting Adjusting to Modern Life	--
W Aug 27	Adjusting to Modern Life <i>Exercise 1.2 due</i>	WDH Ch. 1 Quiz 1
M Sep 1	Labor Day: Class Meets Theories of Personality	WDH Ch. 2
W Sep 3	Theories of Personality <i>Exercise 2.2 due</i>	WDH Ch. 2 Quiz 2
M Sep 8	Stress and Its Effects <i>Begin Stress Diary Exercise</i>	WDH Ch. 3
W Sep 10	Stress and Its Effects <i>Exercise 3.1 due</i>	WDH Ch. 3 Quiz 3
M Sep 15	Coping Processes	WDH Ch 4
W Sep 17	Coping Processes <i>Exercise 4.2 due</i>	WDH Ch. 4 Quiz 4
M Sep 22	Psychology and Physical Health <i>Finish Stress Diary and begin Paper</i>	WDH Ch. 5
W Sep 24	Psychology and Physical Health <i>Exercise 5.1 due</i>	WDH Ch. 5 Quiz 5
M Sep 29	The Self	WDH Ch. 6
W Oct 1	The Self <i>Exercise 6.1 due</i> <i>Stress Diary Paper Due In Class</i>	WDH Ch. 6 Quiz 6
F Oct 3	<i>Midterm Point of the Semester</i>	
M Oct 6	Social Thinking & Social Influence No Class Meeting	WDH Ch. 7
W Oct 8	Social Thinking & Social Influence <i>Exercise 7.2 due</i>	WDH Ch. 7 Quiz 7

Sa Oct 11 – Tu Oct 14 ***Fall Break***

W Oct 15	Friendship and Love	WDH Ch. 9
M Oct 20	Friendship and Love <i>Exercise 9.1 due</i>	WDH Ch. 9 Quiz 8
W Oct 22	Marriage and Intimate Relationships	WDH Ch. 10
M Oct 27	Marriage and Intimate Relationships <i>Exercise 10.2 due</i>	WDH Ch. 10 Quiz 9
W Oct 29	Gender and Behavior	WDH Ch. 11
F Oct 31	<i>Last Day for Course Withdrawal with a W</i>	
M Nov 3	Gender and Behavior <i>Exercise 11.1 due</i>	WDH Ch. 11 Quiz 10
W Nov 5	Development and Expression of Sexuality	WDH Ch. 12
M Nov 10	Development and Expression of Sexuality <i>Exercise 12.1 or 12.2 due</i>	WDH Ch. 12 Quiz 11
W Nov 12	Psychological Disorders	WDH Ch. 14
M Nov 17	Psychological Disorders <i>Exercise 14.2 due</i>	WDH Ch 14 Quiz 12
W Nov 19	Psychotherapy	WDH Ch. 15
M Nov 24	Psychotherapy <i>Exercise 15.1 due</i>	WDH Ch. 15 Quiz 13

Sa Nov 23 – Su Nov 30 ***Thanksgiving Break***

M Dec 1	Positive Psychology *Final Exam Questions will be available	WDH Ch. 16
W Dec 3	Last Class Meeting Positive Psychology <i>Exercise 16.1 or 16.2 due</i>	WDH Ch. 16 Quiz 14
F Dec 6	<i>Last Day of Fall Semester</i>	

*M Dec 8 – Sa Dec 13 FINAL EXAMS****

***** Our Final Exam will be given on Thursday, December 11 at 8:30am**

Have a relaxing holiday break. See you in January 2015.

Stress Diary Exercise and Paper

***Begin this exercise on Monday September 8th
Complete the diary by Monday, September 22nd
Submit the paper on Wednesday October 1st***

Note: Grammar, punctuation, spelling, and style count. Higher grades will be given to better written papers. Take the exercise seriously (and consider getting a peer who writes well to read and comment on a draft of your paper—better yet, take a draft of the paper to the Writing Center along with this assignment description).

Your goal is to track the times, places, and nature of the stressors in order to look for patterns. You will then analyze these patterns—what seems to trigger your stress? Can you do anything to reduce the stress? How might you learn to manage it?

A. For two weeks and at the same time each day, record the following in a notebook or a Word document:

1. The date and time of your stress diary entry
2. The nature of the most recent stressful experience: Describe it in a paragraph or two (what happened? why is it stressful? Is the stress preventable? Why or why not? Does this stressor happen all the time? And what ever other details you believe are important). If you are *not* experiencing stress, then write about the experience of *not* being stressed.
3. Rate your subjective mood for the whole DAY on the following 9-point scale:
 - 1 = Extremely Unhappy
 - 2= Very Unhappy
 - 3= Unhappy
 - 4= Somewhat Unhappy
 - 5 = Neither Unhappy or Happy
 - 6 = Somewhat Happy
 - 7 = Happy
 - 8= Very Happy
 - 9 = Extremely Happy
4. What do you think is the fundamental cause of your stress on that day?

B. After two weeks, read all of your entries, look for any recurring patterns or events, and then answer the following questions (you need not do so in this order—you can write a paper about the experience of keeping the stress diary, just be certain to address all of these issues in the course of the paper:

What were the most frequent stressors you encountered?
What were the most unpleasant stressors?

What were the most common underlying causes of the stress?

How did these stressors affect your happiness ratings?

What was your average happiness rating (total the ratings and divide by the number of ratings)? What was the range of your happiness ratings (report the lowest score and the highest score)?

Do you see any pattern(s)? What are they? Explain them.

Could these stressful situations be changed for the better? How?

What coping strategies do these changes suggest?

How can you introduce changes in order to reduce your stress?

Your paper, which is due at the start of class on **Wednesday, October 1st**, should be no more than 5 pages (but no less than 4 pages). Please type and double space your paper. The paper should have two parts: Part A should summarize/characterize your diary entries (see the content for Part A above) and Part B should contain your responses/reactions to the list of questions shown above for Part B.

You are not required to do library research for this paper (you may do so, of course) but you are encouraged to cite material from our text book (but do so using complete references found in References section in the back of the book—use APA style referencing, which is how the references appear there). If you do cite references, then attach an extra page (page 6) listing any references you cite.