PSY 2315.010 – Psychology of Adjustment – fall, 2018
Course Syllabus

Dr. Brittany Draper, Clinical Instructor

Office: Academic Building, 201E
Office hours: 8:00 a.m. – 9:30 a.m., Tuesday & Thursday
2:00 p.m. - 3:30 p.m., Tuesday & Thursday
10:00 a.m. - 12:00 p.m., Monday & Wednesday (virtual)
Not on campus Monday, Wednesday, or Friday
Office phone: 486-6123
E-mail address: brittany.draper@angelo.edu
Place: 113A; 9:30 a.m. - 10:45 a.m., Tuesday & Thursday

Please feel free to contact me by e-mail if you have any questions or concerns.

Course Description: This course involves the study of the dynamics of human behavior from a life adjustment approach. Representative topics include:

- Adjustment issues
- Interpersonal issues
- Gender and sexuality
- Mental and physical health

Course Objectives:

- Essential – Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, and theories)
- Important – Learning to apply course material (to improve thinking, problem solving, and decisions)
- Important – Developing skill in expressing oneself orally or in writing

Class Attendance: You are expected to attend all lecture classes. You will lose points by being absent, as many assignments will be completed and/or turned in while in class and cannot be turned in at another time. Absences from class will not be excused for any reason, but points lost by missing class can be made up by earning extra credit.

Extra Credit Opportunities: You may earn extra credit points for a number of different activities. These include completing the questionnaires and “personal probes” in the Personal Explorations Workbook (1 point per exercise), participating in research, etc. A maximum of 32 extra credit points (to be added to your raw point total) can be earned during the course of the semester. All extra credit assignments must be turned in no later than 12/06/18 at 2:00 PM.
**Late Work Policy:** No late work will be accepted.

**Course Evaluation:**

1) There will be four examinations, each worth 50 points (200 points total, 45% of total grade). The dates of the examinations, and the material covered by each examination, are listed on the Course Calendar. **No more than one makeup examination will be allowed per student.** Make-up exams will be taken at the time of the final exam. **There is no make-up for the final exam.**

2) Sixteen chapter quizzes will be posted on Blackboard, each worth 10 points (160 points total, 36% of total grade). You will have until the chapter exam (**at 8 o’clock in the morning**) to complete each quiz and they can be taken multiple times (3). **Each quiz will have a timer set for 20 minutes. Each quiz will be force completion, so if you start an attempt, you must finish it.**

**Testing via Respondus™ Monitor**

Access to the quizzes will be through Respondus™ Lockdown Browser and will be video recorded via Respondus™ Monitor [See Other Required Materials for a list of needed equipment]. Use of another electronic device is prohibited. There is one practice quiz: a short 10 question practice quiz over ASU trivia that is not graded. This quiz will be available to the student to assure accessibility. Students are highly encouraged to go through the quiz in advance of taking a graded quiz. This process will allow you to become familiar with the technology associated with testing and improve the testing environment. Instructional videos and more information regarding Respondus Monitor can be found under the Respondus Monitor Help tab in your Blackboard course.

3) Twenty-three in-class activities will be completed over the course of the semester, each worth 2 points (46 points total, 10% of total grade). These activities must be completed in class and cannot be made up.

4) You will be required to perform one individual oral presentation, and the format will be reviewed in class. Your individual presentation will be graded, and you will receive written feedback. The individual oral presentation is worth 25 points, (6% of total grade). **NOTE: IF YOU MISS YOUR ASSIGNED PRESENTATION DATE, YOU WILL RECEIVE A ZERO FOR THIS ASSIGNMENT-BE RESPONSIBLE AND REMEMBER THE DATE YOU SIGNED UP FOR!!**

5) You will be required to participate in **four (4) research credits** this semester. Note: You must register through the department's sona-systems website in order to sign-up and receive credit for studies. Points will be posted in Blackboard once all the credits have been entered into sona-systems. If you have questions about a research project, please contact the researcher. Go to
http://angelostate.sona-systems.com to create an account and sign-up for studies. For additional details, see the “Research Opportunities” link on the department homepage at:
http://www.angelo.edu/dept/psychology_sociology/
The research participation is worth 16 points (3% of total grade).

0 credits = 0 points; .5 < 1.0 credits = 2 points; 1.0 < 1.5 credits = 4 points; 1.5 < 2.0 credits = 6 points; 2.0 < 2.5 credits = 8 points; 2.5 < 3.0 credits = 10 points; 3.0 < 3.5 credits = 12 points; 3.5 < 4.0 credits = 14 points; 4.0 credits = 16 points

6) As noted above, a maximum of **32 extra credit points** can be earned.

<table>
<thead>
<tr>
<th>Final Grade</th>
<th>Point Percentage</th>
<th>Point Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
<td>403-447+</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
<td>358-402</td>
</tr>
<tr>
<td>C</td>
<td>70-79%</td>
<td>313-357</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
<td>269-312</td>
</tr>
<tr>
<td>F</td>
<td>Below 60%</td>
<td>Below 269</td>
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</tbody>
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You can access your course grade at any time through Blackboard (http://blackboard.angelo.edu). Click on “Tools,” then “My Grade.” Calculate your current grade by dividing your total points earned to date by the total number of possible points.

Required text:


2) Extra Credit Assignments are included in the textbook. You will receive 1 point per exercise (not per page). You can turn these in at any time during the semester so long as it's by the deadline of December 6th.

Other Required Materials:

- Computer with MAC or Windows Operating System
- High Speed Internet Access
  - Ethernet adapter cable (wireless connections can drop during quizzes and Collaborate sessions)
- Webcam

The textbook for this course is available in the ASU Bookstore (located in the University Center).

**Honor Code:** Angelo State University expects its students to maintain complete
honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is available on the web at http://www.angelo.edu/forms/pdf/honorcode5.pdf/.

Disabilities: Persons with disabilities that warrant academic accommodations must contact Student Affairs, University Center Room 112, (942-2047), in order to request such accommodations prior to their being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.

Student Absence for Observance of Religious Holy Days: A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.

Plagiarism: Plagiarism at ASU is a serious topic. The Angelo State University's Honor Code gives specific details on plagiarism and what that encompasses. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word for word without quotation marks and the source of the quotation. We use the APA Style Manual of the American Psychological Association as a guide for all writing assignments. Quotes should be used sparingly. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality via Bb Turnitin. Resources to help you understand this policy better are available at the ASU Writing Center http://www.angelo.edu/dept/writing_center/academic_honesty.php.

Classroom Etiquette: Please be respectful of others in class. When in doubt, use the golden rule! Please BE ON TIME for class; inform me in advance if you know you will be late or have to leave class early. Please refrain from engaging in “private chats” with your neighbors in class, as this is likely to distract other students. If you bring your cell phone to class, please TURN IT OFF OR SET IT TO VIBRATE to avoid disrupting the class. Cell phones are not to be used in class at any time.

Laptops/iPads/Electronic Devices: May be used with permission for class purposes ONLY. Do NOT use Facebook, Twitter, text, or any other non-related technology activity during my class or your technology privilege will be gone for the semester. If you are disruptive with this privilege or are found not participating in class, you will be asked to leave class.

**Please note: This syllabus/calendar is subject to change at the discretion of Dr. Draper in the event of extenuating circumstances.**
Class Schedule, Topics to be Covered & Recommended Readings

08/28/18 – Introduction, orientation and course overview
08/30/18 – Introduction, orientation and course overview

The syllabus, Course Calendar, and Course Requirements will be reviewed the first two days. It is recommended that students buy the textbook by the end of the first week as we will begin Chapter 1 the following week. It is recommended to read Chapter 1 before next week. It is also suggested that students begin thinking about their oral presentation date as a sign-up sheet will be passed around during Thursday's class.

**If Oral Presentations are scheduled, these will happen at the beginning of classes before each class session starts. These will occur all semester until each student has had the opportunity to complete the assignment. The students are reminded that it is their responsibility to remember their scheduled date.

09/04/18 – Chapter 1 (Adjusting to Modern Life)
Topics to be covered: The Paradox of Progress, The Search for Direction, The Psychology of Adjustment, The Scientific Approach to Behavior, The Roots of Happiness: An Empirical Analysis. Class Activity #1 will be completed during class. It is recommended to read Chapter 2 before the next class.

09/06/18 – Chapter 2 (Theories of Personality)
Topics to be covered: The Nature of Personality, Psychodynamic Perspectives. Class Activity #2 will be completed during class.

09/11/18 – Chapter 2
Topics to be covered: Behavioral Perspectives, Humanistic Perspectives, Biological Perspectives. Class Activity #3 will be completed during class. It is recommended to read Chapter 3 before the next class.

09/13/18 – Chapter 3 (Stress and Its Effects)
Topics to be covered: The Nature of Stress, Major Sources of Stress, Responding to Stress. Class Activity #4 will be completed during class.

09/18/18 – Chapter 3
Topics to be covered: Responding to Stress, The Potential Effects of Stress, and Factors Influencing Stress Tolerance. Class Activity #5 will be completed during class. It is recommended that students read Chapter 4 before the next class.

09/20/18 – Chapter 4 (Coping Processes)
Topics to be covered: The Concept of Coping, Common Coping Patterns of Limited Value, The Nature of Constructive Coping, Appraisal-Focused Constructive Coping, Problem-Focused Constructive Coping, Emotion-Focused Constructive Coping. Class Activity #6 will be completed during class. It is also announced that the
first 4 Chapter quizzes (1-4) will be due Tuesday morning (25th) by 8:00 A.M. A review for the exam will be posted in “Course Information.”

09/25/18 – Exam 1 (covers chapters 1-4) Students will have the entire class period to complete the exam. It is recommended that students read Chapter 5 before the next class.

09/27/18 – Chapter 5 (Psychology and Physical Health) Topics to be covered: Stress, Personality, and Illness, Habits, Lifestyles, and Health, Reactions to Illness. Class Activity #7 will be completed in class. Announcement: the next 4 quizzes (Chapters 5-7 & 9) are now available – due date is the next exam (18th) at 8:00 A.M.

10/02/18 – Chapter 6 (The Self) Topics to be covered: Self-Concept, Self-Esteem, Basic Principles of Self-Perception, Self-Regulation, Self-Presentation. Class Activity #8 will be completed in class. It is recommended that students read Chapter 7 before the next class.

10/04/18 – Chapter 7 (Social Thinking and Social Influence) Topics to be covered: Forming Impressions of Others, The Problem of Prejudice. Class Activity #9 will be completed in class.

10/09/18 – Chapter 7 Topics to be covered: The Power of Persuasion, The Power of Social Pressure. Class Activity #10 will be completed in class.

10/11/18 – NO CLASS

10/16/18 – Chapter 9 (Friendship and Love) Topics to be covered: Relationship Development, Friendship, Romantic Love, The Internet and Close Relationships. Class Activity #11 will be completed in class.

10/18/18 – Exam 2 (covers chapters 5-7 & 9) Students will have the entire class period to complete the exam. It is recommended that students read Chapter 8 before the next class.

10/23/18 – Chapter 8 (Interpersonal Communication) Topics to be covered: The Process of Interpersonal Communication, Nonverbal Communication, Toward More Effective Communication. Class Activity #12 will be completed in class.

10/25/18 – Chapter 8 Topics to be covered: Communication Problems, Interpersonal Conflict. Class Activity #13 will be completed in class. It is recommended that students read Chapter 10 before next class.
10/30/18 – Chapter 10 (Marriage and the Family)
Topics to be covered: Challenges to the Traditional Model of Marriage, Deciding to Marry, Marital Adjustment across the Family Life Cycle. Class Activity #14 will be completed in class. Instructions for Chapter 12 questions will be discussed in class.
Announcement: The next set of quizzes (Chapters 8 & 10-12) is now available on Blackboard. You will have until November 13th at 8 AM to take them.

11/01/18 – Chapter 10
Topics to be covered: Vulnerable Areas in Marital Adjustment, Divorce and Its Aftermath, Same-Sex Marriage, Alternatives to Marriage. Class Activity #15 will be completed in class. It is recommended that students read Chapter 11 before the next class.

11/06/18 – Chapter 11 (Gender and Behavior)
Topics to be covered: Gender Stereotypes, Gender Similarities and Differences, Biological Origins of Gender Differences, Environmental Origins of Gender Differences, Gender Role Expectations, Gender in the Past and in the Future. Class Activity #16 will be completed in class. Discussion questions for Chapter 12 are due during this class session.

11/08/18 – Chapter 12 (Development and Expression of Sexuality)
Topics to be covered: this is a discussion class related to the questions submitted. Class Activity #17 will be completed in class. Announcement: this chapter will not be on the test. A review for the exam will be posted in “Course Information.” Also, the next set of quizzes will be due by the morning of November 13th at 8 AM.

11/13/18 – Exam 3 (covers chapters 8 & 10-11). Students will have the entire class period to complete the exam. It is recommended that students read Chapter 13 before the next class.

11/15/18 – Chapter 13 (Careers and Work)
Topics to be covered: Choosing a Career, Models of Career Choice and Development, The Changing World of Work. Class Activity #18 will be completed in class.

11/20/18 – Chapter 13
Topics to be covered: Coping with Occupational Hazards, Balancing Work and Other Spheres of Life. Class Activity #19 will be completed in class. Announcement: The next set of quizzes (Chapters 13-16) is now available. You'll have until the date of the final exam (December 13th) at 8AM to take them.

11/22/18 – THANKSGIVING HOLIDAY!

11/27/18 – Chapter 14 (Psychological Disorders)
Topics to be covered: General Concepts, Anxiety Disorders and Obsessive-Compulsive Disorder. Class Activity #20 will be completed in class.

11/29/18 – Chapter 14
Topics to be covered: Dissociative Disorders, Depressive and Bipolar Disorders, Schizophrenic Disorders, Autism Spectrum Disorder, Personality Disorders. Class Activity #21 will be completed in class. It is recommended that students read Chapter 15 before the next class.

12/04/18 – Chapter 15 (Psychotherapy)
Topics to be covered: Elements of the Treatment Process, Insight Therapies, Behavior Therapies, Biomedical Therapies, Current Trends and Issues in Treatment. Class Activity #22 will be completed in class.

12/06/18 – Chapter 16 (Positive Psychology)
Topics to be covered: The Scope of Positive Psychology, Positive Subjective Experiences, Positive Individual Traits, Positive Institutions, Positive Psychology: Problems and Prospects. Class Activity #23 will be completed in class. Extra Credit is due today by 2:00 PM.

12/13/18 – Exam 4 (covers chapters 13-16) There is no make-up for the final exam. If you owe a make-up test, it will be taken at the time of the final exam. This option is only available for students who missed an exam. Students will have the entire time to take their final exam.
Please Note: Final Exam Time is 8:00 A.M. – 10:00 A.M.