PSY 2315.DF1 – Psychology of Adjustment – spring, 2019
Course Syllabus

Dr. Brittany Draper, Clinical Instructor

Office: Academic Building, Room 201E
Office hours: 9:00 a.m. – 11:00 a.m., Tuesday & Thursday
              10:00 a.m. - 1:00 p.m., Monday & Wednesday (virtual)
              not on campus Monday, Wednesday, or Friday

Office phone: 486-6123
E-mail address: brittany.draper@angelo.edu (preferred method of communication)
Place: On-line Course, Days & Times in Course Room will vary

Please feel free to contact me by e-mail if you have any questions or concerns. I am available for online chat during office hours via Blackboard Collaborate within Bb Collaborate Sessions tab.

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 be active in the course room through participation in on-line discussions (this includes creating your own posts & responding to at least 2 other students per question). A week in this course will be Monday at 12:00 a.m. through Sunday at 11:59 pm. Monday begins each new week for assignments and readings. Your original post is due by Wednesday of each week by 11:59 p.m. and your responses to your classmates are due by Sunday at 11:59 p.m. You will lose points by not creating your own posts or by not responding to at least 2 other students in the course room. **No points will be given for assignments (including discussions) turned in after the deadlines posted in the syllabus. No points will be given for discussions that are saved as a draft and not published in the course room.**
Extra Credit Opportunities: You may earn extra credit points through 2 options. These include participating research projects and/or completing the workbook exercises in the back of your textbook.

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/

A maximum of 20 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 Friday, March 1st by 11:59 PM.

Late Work Policy: No late work will be accepted.

Course Evaluation:

1) There will be two examinations (midterm and final), each worth 100 points (200 points total, 43% of total grade). The dates of the examinations, and the material covered by each examination, are listed on the Course Calendar. If you miss the midterm exam, the make-up must be taken at the time of the final exam. There is no make-up for the final exam. The midterm examination will have a timer set for 75 minutes (1 hour and 15 minutes). The final exam will have a timer set for 120 minutes (2 hours). You will be allowed 3 attempts at each examination, and I will take the highest of the 3 grades. Each attempt will be force completion, so if you start an attempt, you must finish it.

2) Fifteen (15) quizzes will be posted on Blackboard (one for each chapter except for chapter 12), each worth 10 points (150 points total, 33% of total grade). You will have until Sunday of each week to complete each quiz by 11:59 p.m., and you will be allowed 3 attempts. I will take the highest of the 3 grades. 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 and exams 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 this practice 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.

**In order to complete the exams and quizzes, you must have the Lockdown Browser on your computer. Go to blackboard to the “support” tab and follow the instructions to download the browser. Once it’s downloaded onto your computer, double-click on the icon in order to connect to blackboard. Login to Blackboard and click on a quiz or exam to complete. Select “no” for the password (note: if you can’t get past this point, something is wrong – the quizzes/exams are password protected, but you will NOT be given the password). Once you select no you should be able to proceed with the quizzes/exams. **If you have any problems downloading lockdown browser, please contact IT (942-2911) as soon as possible to resolve technological issues so you do not miss the deadlines for these assignments. Not having a webcam for Respondus Monitor or the Lockdown browser downloaded in time to complete assignments will result in zeros for any assignments not completed in time.

3) You will be required to participate in two (2) discussions (80 points total, 17% of the grade). This includes creating your posts and responding to at least 2 other students per question per week. The breakdown of points is as follows: individual posts are worth 30 points each (30 points * 2 – there will be one discussion assignment for 2 of the chapters) = 60 points total, 13% of total grade; posts to other students (5 points per each response for a total of at least 4 responses, 20 points total, 4% of total grade). Grand total for discussion participation is 80 points.

NOTE: Each discussion post will have a word minimum or length, so please note each week’s instructions. In addition, for responses to other classmates, responses like “great post” will NOT be accepted. Discussions are intended to be discussions that are thoughtful and spark interest in other students. You should ask other students questions and/or provide additional outside sources and research to keep the discussions interesting. You will be placed in discussion groups for these assignments to encourage involvement with members of your group and to encourage interaction with each other. Please be sure to follow directions and make your discussion posts in the correct forum. Failure to follow directions and/or posting in the wrong place will result in a zero for the assignment.

4) You will be required to perform one individual oral presentation in this course. Presentation instructions will be posted in the course room. You have 2 options for the presentation, and to receive full credit, you need to be sure to answer all parts required for the option that you choose. Presentations will be completed during WEEK 5 of the semester (Monday, February 11th – Thursday, February 14th). The presentations will be completed in Blackboard Collaborate in the course room. Plan ahead with your work/school schedule – failure to complete this assignment during the dates/times scheduled will result in a zero for the presentation. If you’re not familiar with Blackboard Collaborate, don’t worry – there will be practice sessions set up for each group to
work with the software at your convenience throughout the semester, and technical support will be provided. The presentation is worth 30 points (7% of total grade).

5) As noted above, a maximum of **20 extra credit points** can be earned.

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<thead>
<tr>
<th>Final Grade</th>
<th>Point Percentage</th>
<th>Point Total</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
<td>414-460+</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
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<tr>
<td>C</td>
<td>70-79%</td>
<td>322-367</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
<td>276-321</td>
</tr>
<tr>
<td>F</td>
<td>Below 60%</td>
<td>Below 276</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](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 yellow section in the back of your 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 March 1st. You can type your answers on the worksheets and submit the assignments through blackboard.

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

Other Required Materials:

- Computer with MAC or Windows Operating System, Microsoft Office Word & Microsoft PowerPoint (97-2003, 2007, and/or 2010)
- High Speed Internet Access
  Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam
- Logitech USB microphone headset
- Refer to Angelo State University’s Distance Education website for further technology requirements: [http://www.angelo.edu/distance_education/](http://www.angelo.edu/distance_education/)

**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 the Office of Disability Services, 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.

Classroom Etiquette: Please be respectful of others in the course room. When in doubt, use the golden rule! Please do not type in all caps in the course room. Plagiarism: I realize that this is an on-line course room and that you can see other students' posts, but copying other students' work will NOT be tolerated. Please make a conscious effort to complete your own posts before reading/responding to others. If at any time a student feels that his/her work has been compromised, please contact me through course room e-mail and I will investigate the issue. Copying of another student's work will result in a zero for the assignment. Repeated offenses may result in a failing course grade. Also, if you use the information from the textbook or another source, you must cite the source using APA format (author, year, and page numbers for direct quotes).

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.

Questions: If at any time during the course that you have a question, you can post the question in the "I Have a Question" discussion thread. These questions will be available for other students to view, so if you do not want other students to read them, do NOT post them in this area. Private questions/concerns should be addressed through email.

Please note: This syllabus & course 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

WEEK 1 (Monday, January 14th – Sunday, January 20th) - Introduction, orientation, course overview, chapters 1 & 2

The syllabus and course requirements will be reviewed the first day of the course. Be sure to “mark reviewed” that you have read and understand the syllabus as you will not be allowed to access course material until you have done this. It is recommended that students buy the textbook before the first week as we will begin chapters 1 and 2 immediately. It is recommended to read chapters 1 & 2 this week.

Chapter 1 (Adjusting to Modern Life)

Chapter 2 (Theories of Personality)
Topics to be covered: The Nature of Personality, Psychodynamic Perspectives, Behavioral Perspectives, Humanistic Perspectives, Biological Perspectives.

Reminder: The quizzes for chapters 1 & 2 are due by Sunday at 11:59 p.m.
   It is recommended that students read chapters 3 & 4 for the following week.

WEEK 2 (Monday, January 21st – Sunday, January 27th) – chapters 3 & 4

Chapter 3 (Stress and Its Effects)
Topics to be covered: The Nature of Stress, Major Sources of Stress, Responding to Stress, The Potential Effects of Stress, & Factors Influencing Stress Tolerance.

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.

Reminder: The quizzes for chapters 3 & 4 are due by Sunday at 11:59 p.m.
   Discussion posts are due by Wednesday of this week by 11:59 p.m.
   Responses to at least 2 classmates are due by Sunday at 11:59 p.m.
   It is recommended that students read chapters 5 & 6 for the following week.

WEEK 3 (Monday, January 28th – Sunday, February 3rd) – chapters 5 & 6

Chapter 5 (Psychology and Physical Health)
Topics to be covered: Stress, Personality, and Illness, Habits, Lifestyles, and Health, & Reactions to Illness.
Chapter 6 (The Self)
Topics to be covered: Self-Concept, Self-Esteem, Basic Principles of Self-Perception, Self-Regulation, & Self-Presentation.

Reminder: The quizzes for chapters 5 & 6 are due by Sunday at 11:59 p.m. It is recommended that students read chapters 7 & 8 for the following week.

WEEK 4 (Monday, February 4th – Sunday, February 10th) – chapters 7 & 8

Chapter 7 (Social Thinking and Social Influence)

Chapter 8 (Interpersonal Communication)
Topics to be covered: The Process of Interpersonal Communication, Nonverbal Communication, Toward More Effective Communication, Communication Problems, & Interpersonal Conflict.

Reminder: The quizzes for chapters 7 & 8 are due by Sunday at 11:59 p.m. **Midterm Exam (covers chapters 1-8) is due by Sunday, February 10th at 11:59 p.m.** It is recommended that students read chapters 9 & 10 for the following week.

WEEK 5 (Monday, February 11th – Sunday, February 17th) – chapters 9 & 10

Chapter 9 (Friendship and Love)
Topics to be covered: Relationship Development, Friendship, Romantic Love, & The Internet and Close Relationships.

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, Vulnerable Areas in Marital Adjustment, Divorce and its Aftermath, Same-Sex Marriage, & Alternatives to Marriage.

Reminder: The quizzes for chapters 9 & 10 are due by Sunday at 11:59 p.m. It is recommended that students read chapters 11 & 13 for the following week. **(We’re skipping chapter 12)** **Presentations will be completed this week through Thursday. Be sure to sign up for a time on the sign-up sheet.**

WEEK 6 (Monday, February 18th – Sunday, February 24th) – chapters 11 & 13

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.

Chapter 13 (Careers and Work)

Reminder: The quizzes for chapters 11 & 13 are due by Sunday at 11:59 p.m.
Discussion posts are due by Wednesday of this week by 11:59 p.m.
Responses to at least 2 classmates are due by Sunday at 11:59 p.m.
It is recommended that students read chapters 14, 15, & 16 for the following week.

WEEK 7 (Monday, February 25th – Sunday, March 3rd) – chapters 14, 15, & 16

Chapter 14 (Psychological Disorders)
Topics to be covered: General Concepts, Anxiety Disorders and Obsessive-Compulsive Disorder, Dissociative Disorders, Depression and Bipolar Disorders, Schizophrenic Disorders, Autism Spectrum Disorder, & Personality Disorders.

Chapter 15 (Psychotherapy)
Topics to be covered: Elements of the Treatment Process, Insight Therapies, Behavior Therapies, Biomedical Therapies, & Current Trends and Issues in Treatment.

Chapter 16 (Positive Psychology)

Reminder: ALL extra credit for this course is due Friday by 11:59 p.m.
The quizzes for chapters 14, 15, & 16 are due by Sunday at 11:59 p.m.

WEEK 8 (Monday, March 4th – Thursday, March 7th) – Final Exam

Final Exam (covers chapters 9-16) is due by THURSDAY, MARCH 7th AT NOON. There is no make-up for the final exam.

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