Psychology 2315.D10  Psychology of Adjustment  
Semester: Summer II 2019 (July 08, 2019 through August 7, 2019)  
Text: Adjust by Weiten, Hammer, Dunn, First Edition  
Instructor: Patsy McCall, M.S., Clinical Instructor in Psychology  
Instructor’s Office Hours: Mon - Fri 10:00 AM –12:00 PM (NOON), or by appointment. I can be reached on my cell or by email at other times.  
Office Location: A201C  
Office Phone: 325.486.6134  
Phone: 325. 227.0361  
E-mail: pmccall@angelo.edu  
Classroom: On Line  
When: Monday through Friday  

Course Objective: The objective for this course is to bring to the learner an overall view of the science of Psychology via specific goals outlined by the textbook’s authors. The course is designed to assist the learner in mastering an understanding of various psychological concepts through several modalities and their applicability in the world around us.

Attendance Policy: All students are expected to “attend” on line via Blackboard (Bb) discussion boards, blogs, and contact instructor via Email, by phone, or with a face to face office visit. If at any time during the semester a student misses a daily class due to the observance of a religious holiday or a school mandated trip, that student must make that intention known in writing to the instructor prior to the absence.

Learning Objectives: Each of the 15 chapters has specific learning objectives enumerated for you at the beginning of each of those chapters. Overall learning objectives for entire term include the following:

1. Gaining a basic understanding of the subject related to psychology of adjustment including factual knowledge, methods, principles, generalizations, and theories.
2. Learning to apply course material in order to improve critical thinking skills, problem solving, and decision-making skills.
3. Developing skill in expressing oneself orally or in writing in a professional manner.
4. Learning appropriate methods for collecting, analyzing, and interpreting numerical information.
5. Learning how to find, evaluate, and use resources to explore a topic in depth.

Assessment of these learning outcomes will be done via 2 Major exams, quizzes, homework assignments, the creation of specific blog responses, and a Major Research Report.

Course Grading Criteria: The overall grade earned in this course will be based on the percentage of overall points out of a possible 1020 points for the semester and will be evaluated as follows:

<table>
<thead>
<tr>
<th></th>
<th>Percentage</th>
<th>Points</th>
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<tbody>
<tr>
<td>2 Major Exams</td>
<td>16%</td>
<td>200 pts</td>
</tr>
<tr>
<td>4 Quizzes</td>
<td>16%</td>
<td>200 pts all together (50 pts each)</td>
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<tr>
<td>Major Research Report</td>
<td>8%</td>
<td>100 pts</td>
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<tr>
<td>6 Homework Assignments</td>
<td>26%</td>
<td>300 pts all together (50 pts each)</td>
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<tr>
<td>10 Blogs</td>
<td>16%</td>
<td>200 pts all together (20 pts each)</td>
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<tr>
<td>10 Threads (In discussion board)</td>
<td>2.5%</td>
<td>20 pts all together (2 pts each)</td>
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<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
<td><strong>1020 pts</strong></td>
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Academic Honesty (ASU Honor Code): Angelo State University expects the students to maintain complete honesty and integrity in their academic pursuits. “Faculty expects all students to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experience both in and out of the classroom setting and may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials.” Angelo State University Department of Psychology, Sociology, and Social Work adheres to the academic honesty statement as set forth in the University Student Handbook and students are responsible for understanding the Academic Honor Code, which is available on the web at:  
http://www.angelo.edu/content/files/17358-university-honor-code.
**Disabilities Code:** Persons with disabilities which warrant academic accommodations must contact the Student Life Office, Room 112 University Center, at 325.942.2047 in order to request such accommodations prior to their being implemented. You are encouraged to make this request as early in the semester as possible so that appropriate arrangements can be made.

**Required and Recommended Reading:** In this course, you will be required to read each chapter in your textbook as assigned. For additional reading I recommend “Learned Optimism” by Martin E.P. Seligman, Ph.D.

**Important information:** You will be expected to check Blackboard regularly (daily) for my posted announcements and your assignments. Each day’s requirements will be posted in the assignment section of the discussion board for that day. A copy of this syllabus will be posted for you in the CV and Syllabus button of Blackboard for your convenience. The text covers 15 chapters of material, meaning we will cover almost a chapter per day so please do not allow yourself to get behind in your reading. Each exam in this course will cover about ½ of your text and the final is not comprehensive. I highly recommend you keep up as summer classes are always very intense. As this will be a very fast paced course, I will NOT accept any late work. Get the requirements in on time, or take a zero—No exceptions. Your final exam in this course is scheduled for Wednesday, August 7, 2019 and will be available to you for 16 hours in the Exams & Quizzes button through Respondus Lockdown browser and on to Respondus Monitoring as well as your midterm exam. All the quizzes for the course will be available in the exams & quizzes button and do not require Respondus Monitoring. Each will be available to you from 8 AM that morning until 11:59 PM that night giving you 16 hours to take it.

**Tentative Course Schedule:**

**Week #1**

**Monday (July 08):** Introduction & orientation, via an Introduction Discussion Board which should answer many of your questions with regard to what will be expected of you concerning course requirements. There will also be a discussion board regarding the course project paper which you will need to read. We only have 22 school days to cover all the course material and requirements, so again, I urge you not to let yourself fall behind.

**Tuesday (July 09, 2019)**  
Chapter 1 dealing with Adjusting to Modern Life we will be discussing the search for direction, the psychology of adjustment, the scientific approach to behavior, the roots of Happiness with an empirical analysis approach, and improving academic performance. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button of Bb for this date.

**Wednesday (July 10, 2019)**  
Chapter 2 dealing with Theories of Personality. Here your chapter covers the definition of personality, the psychodynamic perspectives of personality, the behavioral perspectives regarding personality, the humanistic perspectives concerning personality, the biological approaches to personality, how culture impacts personality, and ways of assessing personality. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

**Thursday (July 11, 2019)**  
Chapter 3 discussing Stress and Its Effects. This chapter covers the nature of stress, major sources of stress, how people respond to stress, the potential effects of stress, factors influencing stress tolerance, and how to reduce stress through self control. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

**Friday (July 12, 2019)**  
Chapter 4 dealing with Coping Processes. This chapter covers common coping pattern of limited value, the nature of constructive coping, appraisal-focused constructive coping, problem-focused constructive coping, emotion-focused constructive coping and how to use time more effectively. Requirements: Your requirement for this day are discussed in detail for you in the discussion board button for this date.

**Week #2**

**Monday (July 15, 2019)**
No chapter coverage for today, but you will have your first quiz found in your Exams and Quizzes button covering chapters 1 through 4 with 25 questions and worth 50 points. See your discussion board for this day for details.

Tuesday (July 16, 2019)
Chapter 5 concerning Psychology and Physical Health. This chapter deals with stress, personality, and illness as well as habits, lifestyles, and health. It further discusses understanding the effects of drugs and their classifications, and covers various reactions to illness. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

Wednesday (July 17, 2019)
Chapter 6 dealing with The Self. This chapter covers the self-concept as a picture of yourself, self-esteem as it applies to gauging your worth, the basic principles of self-perception, the challenge of self-control referred to as self-regulation, the crafting of our public selves or self-presentation, and concludes with building self-esteem. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

Thursday (July 18, 2019)
Chapter 7 relates to Social Thinking and Social Influence. This chapter discusses the forming of impressions of others, the problem of prejudice, the power of persuasion, the power of social pressure, and takes a look at compliance tactics. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

Friday (July 19, 2019)
Chapter 8 dealing with Interpersonal Communication. This chapter covers the process of interpersonal communication, nonverbal communication, how to have more effective communication, communication problems, interpersonal conflicts, and how to develop an assertive communication style. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date. You will on this date take Quiz 2 covering chapters 5 through 8 with 25 questions and worth 50 points.

Week #3

Monday (July 22, 2019)
No chapter coverage for today, but you will have your Midterm Exam also in the Lockdown browser to Respondus Monitoring on this day covering chapters 1 through 8 with 80 questions and worth 100 points.

Tuesday (July 23, 2019)
Chapter 9 concerning Friendship and Love. This chapter will go over initial attraction and relationship development, friendship, romantic love, some perspectives on close relationships, and how to overcome loneliness. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

Wednesday (July 24, 2019)
Chapter 10 regarding Marriage and Intimate Relationships. This chapter discusses the challenges to the traditional model of marriage, goes over deciding to marry, and goes over vulnerable areas in marital adjustment. It also covers divorce and its aftermath as well as alternative relationship lifestyles. The chapter concludes with a discussion on understanding intimate partner violence. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

Thursday (July 25, 2019)
Chapter 11 dealing with Gender and Behavior. This chapter looks at gender stereotypes, gender similarities and differences, biological origins of gender differences, environmental origins of gender differences, gender-role expectations, and talks about gender in the past and in the future. It further talks about understanding mixed-gender communication. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

Friday (July 26, 2019)
No chapter coverage for today. I suggest you use today to catch up if you are behind on your reading and prepare for your next quiz and the final exam or work on your project.

Week #4
Monday (July 29, 2019)
No chapter coverage for today, but you do have your third quiz in the Exams and Quizzes button covering chapters 9 through 11, with 25 questions and is worth 50 points. May wish to finish up your projects due on Wed 07/31/2019.

Tuesday (July 30, 2019)
Chapter 12 dealing with Development and Expression of Sexuality. This chapter discusses becoming a sexual person, the human sexual response, sexual expression, patterns of sexual behavior, practical issues in sexual activity and how to enhance sexual relationships. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

Wednesday (July 31, 2019)
Course Projects Due. Chapter 13 concerning Careers and Work. This chapter talks about choosing a career, the changing world of work, coping with occupational hazards, balancing work and other spheres of life, and getting ahead in the job game. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

Thursday (August 01, 2019)
Chapter 14 regarding Psychological Disorders. This chapter covers the general concepts of abnormal behavior, details of anxiety disorders, dissociative disorders, mood disorders, and schizophrenic disorders. It concludes with a discussion of understanding eating disorders. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

Friday (August 02, 2019)
No chapter coverage for today. You will also have your fourth and final quiz in Exams and Quizzes button on this day covering chapters 12 through 14 with 25 questions and is worth 50 points.

Week #5

Monday (August 05, 2019)
Chapter 15 dealing with Psychotherapy. This chapter discusses the elements of the treatment process, talks about insight therapies, behavior therapies, and biomedical therapies concluding with a discussion of the current trends and issues in treatment. The chapter also goes over the process of looking for a therapist. Requirements: Your requirements for this day are discussed in detail for you in the discussion board button for this date.

Tuesday (August 06, 2019)
No chapter coverage. I suggest you use the time to prepare for your final exam in this course.

Wednesday (August 07, 2019)
Your Final Exam is given this day in Respondus Monitoring thru Lockdown browser. It will be open to you for 16 hours beginning 8 am on this morning to 11:59 pm this night. It is NOT comprehensive, but covers chapters 9 through 15, has 80 questions and is worth 100 points.

As the instructor, I reserve the right to change this syllabus at any time during the semester as may be deemed necessary to complete the work and/or enhance the learning and application of this material. Thank you and I look forward to our working together this semester.

Patsy McCall, M.S.
Clinical Instructor
Psychology, Sociology, and Social Work