PSY 2315.D10 – Psychology of Adjustment – fall, 2019
Course Syllabus

Dr. Brittany Draper, Clinical Instructor

Office: Academic Building, Room 201E
Office hours: 8:00 a.m. – 9:30 a.m., Tuesday & Thursday
2:00 p.m. - 3:00 p.m., Tuesday & Thursday
10:00 a.m. - 12:30 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 the sona-systems website to create an account and sign-up for studies. For additional details, see the “Research Opportunities” link on the psychology/sociology department homepage.

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 Sunday, December 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, provided that you have a documented written excuse. 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) chapter quizzes will be posted on Blackboard (one for each chapter except for chapter 12), each worth 10 points (150 points total, 32% 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 three (3) discussions (90 points total, 19% of the grade). Your first discussion board assignment is your self-introduction video that is worth 10 points (2% of total grade). The other 2 discussions will be about content from the course and chapters. To receive full credit on the discussions, you must create your posts and respond to at least 2 other students’ posts per question per discussion. 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 90 points.

**NOTE: Each discussion post will have a word minimum or length, so please note each discussion'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.

3) 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 6 of the semester (Monday, September 30th –
Thursday, October 3rd. 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 (6% of total grade).

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

<table>
<thead>
<tr>
<th>Final Grade</th>
<th>Point Percentage</th>
<th>Point Total</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
<td>423-470+</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
<td>376-422</td>
</tr>
<tr>
<td>C</td>
<td>70-79%</td>
<td>329-375</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
<td>282-328</td>
</tr>
<tr>
<td>F</td>
<td>Below 60%</td>
<td>Below 282</td>
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</tbody>
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You can access your course grade at any time through Blackboard. 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 December 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
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 here at this link.

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.

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.
<table>
<thead>
<tr>
<th>Week/Module</th>
<th>Dates</th>
<th>Topics/Reading Assignments</th>
<th>Assignments/Due Dates</th>
</tr>
</thead>
</table>
| 1          | 8/26/19 – 9/1/19 | • Course Overview, syllabus, course expectations  
              • Adjusting to Modern Life (chapter 1) | chapter 1 quiz available from 8/26/19 at 8:00 a.m. - 9/1/19 at 11:59 p.m.  
              *Introduction video due by Wednesday at 11:59 p.m. |
| 2          | 9/2/19 – 9/8/19  | • Theories of Personality (chapter 2)                                                      | chapter 2 quiz available from 9/2/19 at 8:00 a.m. - 9/8/19 at 11:59 p.m.             |
| 3          | 9/9/19 – 9/15/19 | • Stress and Its Effects (chapter 3)                                                       | chapter 3 quiz available from 9/9/19 at 8:00 a.m. - 9/15/19 at 11:59 p.m.            |
| 4          | 9/16/19 – 9/22/19 | • Coping Processes (chapter 4)                                                            | chapter 4 quiz available from 9/16/19 at 8:00 a.m. - 9/22/19 at 11:59 p.m.  
              *Discussion post (for chapter 4) due Wednesday by 11:59 p.m., responses due by Sunday at 11:59 p.m. |
| 5          | 9/23/19 – 9/29/19 | • Psychology and Physical Health (chapter 5)                                               | chapter 5 quiz available from 9/23/19 at 8:00 a.m. - 9/29/19 at 11:59 p.m.          |
| 6          | 9/30/19 – 10/6/19 | • The Self (chapter 6)                                                                   | chapter 6 quiz available from 9/30/19 at 8:00 a.m. - 10/6/19 at 11:59 p.m.  
              *Presentations to be completed Monday – Thursday of this week in the online course room (sign up on the sign-up sheet) |
| 7          | 10/7/19 -10/13/19 | • Social Thinking and Social Influence (chapter 7)                                        | chapter 7 quiz available from 10/7/19 at 8:00 a.m. - 10/13/19 at 11:59 p.m.        |
| 8          | 10/14/19 – 10/20/19 | • Interpersonal Communication (chapter 8)                                                 | chapter 8 quiz available from 10/14/19 at 8:00 a.m. - 10/20/19 at 11:59 p.m.  
              *Midterm Exam due Sunday by 11:59 p.m. |
<p>| 9          | 10/21/19 – 10/27/19 | • Friendship and Love (chapter 9)                                                          | chapter 9 quiz available from 10/21/19 at 8:00 a.m. - 10/27/19 at 11:59 p.m.       |</p>
<table>
<thead>
<tr>
<th>Week</th>
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<th>Topics</th>
<th>Details</th>
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<tbody>
<tr>
<td>10</td>
<td>10/28/19 – 11/3/19</td>
<td>• Marriage and the Family (chapter 10)</td>
<td>chapter 10 quiz available from 10/28/19 at 8:00 a.m. - 11/3/19 at <strong>11:59 p.m.</strong></td>
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<tr>
<td>11</td>
<td>11/4/19 – 11/10/19</td>
<td>• Gender and Behavior (chapter 11)</td>
<td>chapter 11 quiz available from 11/4/19 at 8:00 a.m. - 11/10/19 at <strong>11:59 p.m.</strong></td>
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| 12   | 11/11/19 – 11/17/19 | • Careers and Work (chapter 13) (we’re skipping chapter 12) | chapter 13 quiz available from 11/11/19 at 8:00 a.m. – 11/17/19 at **11:59 p.m.**  
*Discussion post (for chapter 13) due Wednesday by **11:59 p.m.**, responses due by Sunday at **11:59 p.m.** |
| 13   | 11/18/19 – 11/24/19 | • Psychological Disorders (chapter 14) | chapter 14 quiz available from 11/18/19 at 8:00 a.m. – 11/24/19 at **11:59 p.m.** |
| 14   | 11/25/19 – 12/1/19 | • Psychotherapy (chapter 15) | chapter 15 quiz available from 11/25/19 at 8:00 a.m. – 12/1/19 at **11:59 p.m.**  
*Extra credit due Sunday by **11:59 p.m.** |
| 15   | 12/2/19 – 12/8/19 | • Positive Psychology (chapter 16) | chapter 16 quiz available from 12/2/19 at 8:00 a.m. – 12/8/19 at 11:59 p.m. |
| 16   | 12/9/19 – 12/12/19 | • Final Exam Review | *Final Exam (chapters 9-16) due **Thursday by 12:00 p.m. NOON** |