Instructor: Patsy McCall, M.S., Clinical Instructor
Email: pmccall@angelo.edu
Phone: 325.227.0361
Office: 325.486.6134 but will be working from home this semester unless an appt is made for a face-to-face meeting.
Office Location: Academic Building, 2nd Floor, South side A201C
Office Hours: MWF—12:00 Noon to 1:00 pm, 3:00 pm to 4:00 pm; TR 10:00 am to 11:00 am, 12:30 pm to 1:30 pm. An appt. may be made with me for any other time outside the scheduled office hours.

Course Information

Course Description

The objective for this course is to bring to the learner an overall view of the science of Psychology. The course is designed to assist the learner in mastering an understanding of various psychological concepts and principles through several modalities and their applicability in the world around us.

Course Credits

This class meets Mon - Fri ON-LINE at your convenience each day. Successful completion of this course earns 3 academic credits.

Prerequisite and Co-requisite Courses

General Psychology is a prerequisite to all other psychology courses with the exception of Psychology of Adjustment.
**Prerequisite Skills**

*Example:* Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the Psychology of Adjustment 2315.D10 course.

**Program Outcomes**

Upon completion of the program of study for the Psychology of Adjustment course, the graduate will be prepared to:

**Student Learning Outcomes**

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignment(s) or activity(ies) validating outcome achievement:</th>
<th>Mapping to Program Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Demonstrate critical thinking skills</td>
<td>Measured by class exams, quizzes, blogs and threads, and a project of relevant research.</td>
<td></td>
</tr>
<tr>
<td>Demonstrate communication skills</td>
<td>Measured by on-line class participation, written in-class activities and assignments, and a formal research report related to course project.</td>
<td></td>
</tr>
<tr>
<td>Demonstrate empirical and quantitative skills</td>
<td>Measured by quizzes and exams related to research design, the research project, analyze the data and produce a scientific report on the findings.</td>
<td></td>
</tr>
<tr>
<td>Demonstrate social responsibility</td>
<td>Measured by group activity in class discussion boards and completed relevant research. Participation will demonstrate social responsibility insofar as research advances scientific understanding and the knowledge process.</td>
<td></td>
</tr>
</tbody>
</table>
Course Delivery
This is an on-line course via Blackboard. Discussion boards and threads required there, blog tasks, quizzes and exams will all be done online. All homeworks and other course requirements will be sent to me via an email attachment. Never post an assignment directly in an email, rather as an attached file so I can print it out for grading purposes. You are responsible for reading all assigned chapters in your text and keeping up with the weekly discussion boards and the announcements. Questions can be addressed to me via email, by phone or by coming by my office if you have scheduled an appt. If you have a question requiring an immediate answer, call me on my cell as it can take up to 24 hrs for an email response.

Recommended Texts and Materials
The required text for this course is Adjust by Weiten, Hammer, Dunn, 1st edition. You need to have your text by the first day of class as we will be moving very fast in this course.

Technology Requirements
To successfully complete this course, students need to become familiar with the Blackboard (Bb) system and its navigation for access to necessary materials. I do not use an online lab with this course. It is imperative that you complete all the reading assignments comprehensively.

I do use the Respondus Monitoring system for all major exams accessed through Lockdown Browser. Quizzes will be taken directly in Bb. You will have a 24 hour window to for both quizzes and exams Just be sure to take them from a properly grounded computer (See my WARNING in the orientation Discussion Board).

To participate in one of ASU’s distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam
Refer to Angelo State University’s Distance Education website for further technology requirements: Angelo State University's Distance Education Website

**Topic Outline**
This is listed for you in the Course Schedule section.

**Communication**

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

**Written communication via email:** All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line as I teach 5 courses and do not have time to look up which class you are in.

**Virtual communication:** Office hours may be done with the assistance of the telephone or via scheduled meeting in my office on campus.

**“Netiquette” Guidelines** for making posts in Blackboard or in emails—do not use slang language or any form of inappropriate language.

**Grading**

**Evaluation and Grades**
Course grades will be determined as indicated in the table below.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Percent/Points of Total Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Major EXAMS</td>
<td>200 pts 20%</td>
</tr>
<tr>
<td>4 Quizzes</td>
<td>200 pts (50 pts ea) 20%</td>
</tr>
<tr>
<td>Major Research Project</td>
<td>100 pts 10%</td>
</tr>
<tr>
<td>6 Homework Assignments</td>
<td>300 pts (50 pts ea) 29%</td>
</tr>
<tr>
<td>10 Blogs</td>
<td>200 pts (20 pts ea) 20%</td>
</tr>
<tr>
<td>10 Threads</td>
<td>20 pts (2 pts ea) 1%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1020 pts 100%</strong></td>
</tr>
</tbody>
</table>
Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

- A = 90.00-100 points
- B = 80.00-89.99 points
- C = 70.00-79.99 points
- D = 60.00-69.99 points
- F = 0-59.99 points (It has always been my policy that if at the end of the term a student is less than 1 percentage point away from the next grade level, that student is rounded to the next grade level.)

Teaching Strategies

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions

Each assignment and class activity is designed to assess the student’s ability to apply concepts and principles of psychology being learned in any given chapter. Some activities will also include assignments for the students to help them learn a bit more about themselves.

Assignment Submission

All assignments MUST be submitted as an email attachment the day the assignment is due. This is for grading, documenting, and archiving purposes. Issues with technology use may arise from time to time. If a technology issue does occur regarding any Blackboard function, email me at pmcall@angelo.edu and attach a copy (screen shot) of what you are trying to do. Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab in Blackboard to report the issue. Then follow up with me if the issue is not resolved within a reasonable amount of time. Once the problem is resolved, complete what you were trying to do. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.
Late Work or Missed Assignments Policy

POLICY ON LATE OR MISSED ASSIGNMENTS
Acceptance of any late work must be approved by me on a case to case basis. Due dates and times for assignments are posted. Failure to submit your assignments on the assigned date will result in a five percent late penalty deduction for each day after the posted deadline. No papers or postings will be accepted more than one week past the assigned due date. No late work at all will be accepted after Friday July 31, 2020.

General Policies Related to This Course
All students are required to follow the policies and procedures presented in these documents:

- Angelo State University Student Handbook
- Angelo State University Catalog

Student Responsibility and Attendance
On-Line: The students in this class are expected to attend class each Mon - Fri at any time convenient for you to complete the required course work for each day. You are expected to login to Bb for announcements and to read your discussion boards daily. We only have 22 school days to complete the entire text. This class will probably require a minimum of 6-9 hours per week on average.

Academic Integrity
Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject to disciplinary action and possible expulsion from ASU. “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.

The College of Health and Human Services adheres to the university’s Statement of Academic Integrity.
Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 Grading Procedures for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU’s Academic Integrity policy in the Student Handbook. 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. 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. Resources to help you understand this policy better are available at the ASU Writing Center.  

**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. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

**Copyright Policy**

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

**Syllabus Changes**

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

**Title IX at Angelo State University**

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: [www.angelo.edu/incident-form](http://www.angelo.edu/incident-form)
Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: www.angelo.edu/title-ix.

**Course Schedule**

<table>
<thead>
<tr>
<th>Week/Date</th>
<th>Topic/Assignments/Assessments DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon Jul 6</strong></td>
<td>Introduction &amp; orientation, via an Introduction Discussion 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 I strongly urge you not to let yourself fall behind.</td>
</tr>
<tr>
<td><strong>Tues Jul 7</strong></td>
<td>Chapter 1 dealing with Adjusting to Modern Life, we will be discussing the search for direction, the psychology of adjustment, the scientific approach the scientific approach to the study of 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 in the Discussion Board button of Bb for this date.</td>
</tr>
<tr>
<td><strong>Wed Jul 8</strong></td>
<td>Chapter 2 dealing with Theories of Personality. This 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 for this date.</td>
</tr>
<tr>
<td><strong>Thurs Jul 9</strong></td>
<td>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 for this date.</td>
</tr>
<tr>
<td><strong>Fri Jul 10</strong></td>
<td>Chapter 4 dealing with Coping Processes. This chapter covers common coping patterns 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.</td>
</tr>
<tr>
<td>Week/Date</td>
<td>Topic/Assignments/Assessments DUE</td>
</tr>
<tr>
<td>--------------</td>
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</tr>
<tr>
<td><strong>Mon Jul 13</strong></td>
<td>No chapter coverage for today, but you will have your first quiz found in you Exams and Quizzes button covering chapters 1 through 4 with 25 questions and worth 50 points. See your discussion board for this date for more details.</td>
</tr>
<tr>
<td><strong>Tues Jul 14</strong></td>
<td>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 for this date.</td>
</tr>
<tr>
<td><strong>Wed Jul 15</strong></td>
<td>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 for this date.</td>
</tr>
<tr>
<td><strong>Thurs Jul 16</strong></td>
<td>Chapter 7 relating 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 for this date.</td>
</tr>
<tr>
<td><strong>Fri Jul 17</strong></td>
<td>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 for this date. You will on this date take Quiz 2 covering chapters 5 – 8 with 25 questions and worth 50 points.</td>
</tr>
<tr>
<td><strong>Mon Jul 20</strong></td>
<td>No chapter coverage for today, but you will have your Midterm Exam via Lockdown Browser to Respondus Monitoring on this day covering Chapters 1 – 8 with 80 questions worth 100 points.</td>
</tr>
<tr>
<td><strong>Tues Jul 21</strong></td>
<td>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 for this date.</td>
</tr>
<tr>
<td><strong>Wed Jul 22</strong></td>
<td>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 styles. The chapter concludes with a discussion on understanding intimate partner violence.</td>
</tr>
<tr>
<td>Week/Date</td>
<td>Topic/Assignments/Assessments DUE</td>
</tr>
<tr>
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<td>----------------------------------</td>
</tr>
<tr>
<td>Thurs Jul 23</td>
<td>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 for this date.</td>
</tr>
<tr>
<td>Fri Jul 24</td>
<td>No chapter coverage for today. I suggest you use today to catch up if you are behind in your reading and prepare for you next quiz and the final Exam or work on your project.</td>
</tr>
<tr>
<td>Mon Jul 27</td>
<td>No chapter coverage today, but you do have your 3rd quiz in the Exams and Quizzes button covering chapters 9-11 with 25 questions and worth 50 points. May want to finish up your projects due on Wed Jul 29,2020.</td>
</tr>
<tr>
<td>Tues Jul 28</td>
<td>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 for this date.</td>
</tr>
<tr>
<td>Wed Jul 29</td>
<td>Course Projects are Due this date. 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 for this date.</td>
</tr>
<tr>
<td>Thurs Jul 30</td>
<td>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 for this date.</td>
</tr>
<tr>
<td>Fri Jul 31</td>
<td>No chapter coverage for today. You will, however, have your 4th and final quiz in Exams and Quizzes button on this day covering chapters 12 – 14 with 25 questions and is worth 50 points.</td>
</tr>
<tr>
<td>Mon Aug 3</td>
<td>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 current trends and issues in treatment. This 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 for this date.</td>
</tr>
<tr>
<td>Tues Aug 4</td>
<td>No chapter coverage. I suggest you use this time to prepare for your final exam in this course.</td>
</tr>
</tbody>
</table>
Your Final Exam is given this day in Respondus Monitoring through Lockdown Browser. It will open to you for 24 hours from 8 am this morning to 8 am Thurs morning 08/06/2020. It is NOT comprehensive, but covers chapters 9 – 15, has 80 questions and is worth 100 points.

### Grading Rubrics

#### Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

Select the SLO’s you use

1. Essential--Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Essential--Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Important--Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
4. Important--Learning appropriate methods for collecting, analyzing, and interpreting numerical information

### End of Syllabus

1. [https://blackboard.angelo.edu](https://blackboard.angelo.edu)
2. [https://www.angelo.edu/student-handbook/](https://www.angelo.edu/student-handbook/)
3. [https://www.angelo.edu/catalogs/](https://www.angelo.edu/catalogs/)
5. [https://www.angelo.edu/services/disability-services/](https://www.angelo.edu/services/disability-services/)
6 https://www.angelo.edu/content/files/14197-op-1011-grading-procedures
7 https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
8 https://www.angelo.edu/dept/writing_center/academic_honesty.php
9 https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of