Psychology of Adjustment

PSY 2315

Fall 2021

Instructor: Dr. Brittany Draper
Email: brittany.draper@angelo.edu
Phone: 325.486.6123
Office: Academic 201E
Office Hours: 11:00 a.m. – 1:00 p.m., Tuesday & Thursday (virtual)
           10:00 a.m. – 1:00 p.m., Monday & Wednesday (virtual)
           Not on campus Monday, Wednesday, or Friday
           No office hours on Friday

Course Information

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 Credits
This course is worth 3 credit hours (3-0).

Prerequisite and Co-requisite Courses
None

Prerequisite Skills
Accessing Internet websites such as Blackboard and ASU email, and proficiency with Microsoft Word and/or PowerPoint are expectations of this course.

Student Learning Outcomes
Student Learning Outcome
By completing all course requirements, students will be able to:

<table>
<thead>
<tr>
<th>Assignment(s) or activity(ies) validating outcome achievement:</th>
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<tbody>
<tr>
<td><strong>Be able to think critically about adjustment issues</strong></td>
</tr>
<tr>
<td>Oral Presentation</td>
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<tr>
<td>Article Summaries</td>
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<tr>
<td><strong>Understand major theories in psychology</strong></td>
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<tr>
<td>Chapter Quizzes</td>
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<tr>
<td>Exams</td>
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<tr>
<td><strong>Communicate information and ideas effectively</strong></td>
</tr>
<tr>
<td>Oral Presentation</td>
</tr>
<tr>
<td>Article Summaries</td>
</tr>
<tr>
<td><strong>Be familiar with different domains of psychology</strong></td>
</tr>
<tr>
<td>Chapter Quizzes</td>
</tr>
<tr>
<td>Exams</td>
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Course Delivery
This is a face-to-face course with learning resources and supplemental materials posted in Blackboard. The face-to-face and online portions of this course are both important to your success as a student in this class in helping you achieve the student learning outcomes and a successful grade in this course.

Required Texts and Materials

Technology Requirements
Testing via Respondus™ Monitor: Access to the exams will be through Respondus™ Lockdown Browser and will be video recorded via Respondus™ Monitor [See technology 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.

Testing with LockDown Browser: 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.

To successfully complete this course, students need to have access to the following materials and resources:

- 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

**Topic Outline**

Week 1  Course Overview, Syllabus, Course Expectations
Week 2  Chapter 1 (Adjusting to Modern Life)
        Chapter 2 (Theories of Personality)
Week 3  Chapter 3 (Stress and Its Effects)
Week 4  Chapter 4 (Coping Processes)
Week 5  Chapter 5 (Psychology and Physical Health)
Week 6  Chapter 6 (The Self)
Week 7  Chapter 7 (Social Thinking and Social Influence)
Week 8  Chapter 8 (Interpersonal Communication)
Week 9  Chapter 9 (Friendship and Love)
Week 10 Chapter 10 (Marriage and the Family)
Week 11 Chapter 11 (Gender and Behavior)
Week 12 Chapter 13 (Careers and Work)
Week 13 Chapter 14 (Psychological Disorders)
Week 14 Chapter 15 (Psychotherapy)
Week 15 Chapter 16 (Positive Psychology)
Week 16 Final Exam

**Communication**

I will do my best to 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 me, include the course name and section number in your subject line.
Virtual communication: Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Skype, etc.

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>
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<tbody>
<tr>
<td>Exams</td>
<td>200 points</td>
</tr>
<tr>
<td>Chapter Quizzes</td>
<td>150 points</td>
</tr>
<tr>
<td>Student Learning Outcomes Quiz</td>
<td>12 points</td>
</tr>
<tr>
<td>Oral Presentation</td>
<td>30 points</td>
</tr>
<tr>
<td>Article Summaries</td>
<td>40 points</td>
</tr>
<tr>
<td>Research participation in sona</td>
<td>16 points</td>
</tr>
<tr>
<td>Total</td>
<td>448 points</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 = 404-448+ points
- B = 359-403 points
- C = 314-358 points
- D = 269-313 points
- F = 0-268 points (Grades are not rounded up)

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

Exams: 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 Schedule. If you miss an exam, the make-up must be taken at the time of the final exam, provided that you have a documented written excuse for missing an exam. Only one make up exam is allowed per student each semester. There is no make-up for the final exam. The first three examinations 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. You MAY use your book and/or notes on each exam. Each attempt will be force completion, so if you start an attempt, you must finish it. Remember you will need the Lockdown Browser and Respondus Monitor to take the exams.

Chapter Quizzes: Fifteen (15) chapter quizzes will be posted in Blackboard (one for each chapter except chapter 12), each worth 10 points (150 points total, 33% of total grade). You will have until the morning of the exam (by 8:00 am) to take the quizzes and you will be allowed 3 attempts. I will take the highest of the 3 grades. You MAY use your book and/or notes the quizzes. 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. Remember you will need the Lockdown Browser and Respondus Monitor to take the quizzes.

Student Learning Outcomes (SLO) quiz: There will be one Student Learning Outcomes (SLO) quiz to complete this semester worth 12 points (3% of total grade). This quiz will be used to assess concepts that students have learned throughout the course of the semester. You will have from the beginning of the semester until the last day of the course (November 30th by 11:59 pm) to complete this quiz. This quiz can only be taken ONCE. You MAY use your book and/or notes on this quiz. This quiz will have a timer set for 45 minutes. This quiz will be force completion, so if you start the attempt, you must finish it. Remember you will need the LockDown Browser and Respondus Monitor to take this quiz.

Article Summaries: You will be required to complete two (2) article summaries in this course. The instructions will be posted in the course room, and the due dates are listed on the syllabus. You will submit these assignments through the assignment submission link in blackboard. In order to receive full credit, you need to be sure to find an article relevant to the course and answer all the questions required for the assignment. The article summaries will be worth 20 points each (20 * 2 = 40 points total, 8% of total grade).

Oral Presentation Video: You will be required to create one individual oral presentation video, and the instructions and a video example will be posted in Blackboard. Your individual presentation will be graded, and you will receive written feedback. The individual oral presentation is worth 30 points total, (7% of total grade). The presentation will be worth 25 points (6% of the grade), and you’ll be required to watch at least 2 other student presentations,
posting comments or questions related to a student’s presentation to earn the remaining 5 points (1% of total grade).

**Research Participation:** 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 the sona-systems website to create an account and sign-up for studies. For additional details, see the “Research Opportunities” link on the psychology department homepage. The research participation is worth 16 points (4% 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

**Extra Credit:** There will be 2 options to earn extra credit:

1) One of your options is to participate in additional research for the department beyond the required credits. Points will be posted in Blackboard once all the credits have been entered into sona-systems. I will award 5 extra credit points per research study that you complete beyond what is required.

2) The other option for extra credit is to complete workbook assignments related to the topics in the chapters. There is a word document with these assignments posted under the “assignments” tab in a folder called “extra credit.” Just complete the assignments and follow the instructions to submit them. 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 **November 30th**. You can type your answers on the worksheets and submit the assignments through blackboard. A maximum of 20 extra credit points can be earned for this course to be added to your raw point total (not your percentage grade).

**Assignment Submission**

All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at brittany.draper@angelo.edu and attach a copy of what you are trying to submit. Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue. This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. 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**

No late work is accepted. Any points lost for missed assignments can be made up by completing extra credit. Missed assignments may only be made up due to school-related absences.

**General Policies Related to This Course**

All students are required to follow the policies and procedures presented in these documents:
Student Responsibility and Attendance

Attendance: You are expected to attend all lecture classes and attendance will be taken during each class. Please do not attend class if you do not feel well. Please remember to complete your wellness check prior to coming to campus. In order to be successful in this course, you need to participate in all course activities. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials. Scholarly contribution is an expectation.
**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 of disciplinary action and possible expulsion from ASU.

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
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@angelo.edu

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

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<thead>
<tr>
<th>Week/Date</th>
<th>Topic/Assignments/Assessments DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1 8/24 &amp; 8/26/21</td>
<td>Course Overview, Syllabus, Course Expectations</td>
</tr>
</tbody>
</table>
| WEEK 2 8/31/21 & 9/2/21 | 8/31: chapter 1  
9/2: chapter 2         |
| WEEK 3 9/7/21 & 9/9/21 | 9/7: chapter 3  
9/9: chapter 3         |
| WEEK 4 9/14/21 & 9/16/21 | 9/14: chapter 4  
9/16: chapter 4         |
|              | **Article Summary #1** is due Thursday by **11:59 p.m.** Please submit in Blackboard.  
              | A review for Exam #1 is posted in “Course Information.”  
              | **Quizzes for chapters 1-4 are due Tuesday (9/21) by 8:00 a.m.** |
| WEEK 5 9/21/21 & 9/23/21 | 9/21: **NO CLASS**  
Exam #1 available 9/21/21 at 8:00 a.m. – 9/22/21 at 11:59 p.m.  
9/23: chapter 5 |
| WEEK 6 9/28/21 & 9/30/21 | 9/28: chapter 6  
9/30: **NO CLASS** |
| WEEK 7 10/5/21 & 10/7/21 | 10/5: chapter 7  
10/7: chapter 7 |
<table>
<thead>
<tr>
<th>Week/Date</th>
<th>Topic/Assignments/Assessments DUE</th>
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</thead>
</table>
| WEEK 8 10/12/21 & 10/14/21 | 10/12: chapter 8  
Article Summary #2 is due Tuesday by 11:59 p.m. Please submit in Blackboard.  
10/14: chapter 8  
A review is posted in “Course Information.” Quizzes for chapters 5-8 are due Tuesday (10/19) by 8:00 a.m. |
| WEEK 9 10/19/21 & 10/21/21 | 10/19: NO CLASS  
Exam #2 available 10/19/21 at 8:00 a.m. – 10/20/21 at 11:59 p.m.  
10/21: chapter 9 |
| WEEK 10 10/26/21 & 10/28/21 | 10/26: chapter 10  
10/28: chapter 10  
*Oral Presentation videos are due Thursday by 11:59 p.m.  
Comments on other students’ videos due Sunday by 11:59 p.m. |
11/4: chapter 13 |
A review for Exam #3 is posted in “Course Information.”  
Quizzes for chapters 9-11 & 13 are due Thursday (11/11) by 8:00 a.m.  
11/11: NO CLASS  
Exam #3 available 11/11/21 at 8:00 a.m. – 11/12/21 at 11:59 p.m. |
| WEEK 13 11/16/21 & 11/18/21 | 11/16: chapter 14  
11/18: chapter 14 |
11/25: NO CLASS – Thanksgiving Holiday |
| WEEK 15 11/30/21 & 12/2/21 | 11/30: chapter 16  
Extra Credit is due Tuesday (11/30) by 11:59 p.m. Please submit in Blackboard.  
Student Learning Outcomes (SLO) quiz due by Tuesday (11/30) at 11:59 p.m.  
12/2: NO CLASS  
A review is posted in “Course Information.” Quizzes for chapters 14-16 are due Thursday (12/2) by |
## 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.

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

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1. [https://blackboard.angelo.edu/](https://blackboard.angelo.edu/)
3. [https://www.angelo.edu/dept/psychology_sociology/](https://www.angelo.edu/dept/psychology_sociology/)
4. [https://www.angelo.edu/student-handbook/](https://www.angelo.edu/student-handbook/)
5. [https://www.angelo.edu/catalogs/](https://www.angelo.edu/catalogs/)
7. [https://www.angelo.edu/services/disability-services/](https://www.angelo.edu/services/disability-services/)
8. [https://www.angelo.edu/content/files/14197-op-1011-grading-procedures](https://www.angelo.edu/content/files/14197-op-1011-grading-procedures)
10. [https://www.angelo.edu/dept/writing_center/academic_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)
11. [https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of](https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of)