

CJ #436  
UNDERSTANDING HUMAN BEHAVIOR  
FALL SEMESTER 2007

PROFESSOR: MELISSA TEMPLETON-MAHAFFEY  
OFFICE: CJC CL-01 BASEMENT-first office to the right. Adjunct office.  
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OFFICE HOURS: Tuesday-Thursday, 9 am-9:30 am and 11am-12 noon. Other hours by appointment.  
E-MAIL: [mlt001@shsu.edu](mailto:mlt001@shsu.edu)  
CLASS HOURS: Tuesday and Thursday 9:30 am-11 am  
CLASSROOM: CJC A-115  
TEXTBOOKS: Weiten/Lloyd/Lashley. *Psychology Applied to Modern Life*, 8<sup>th</sup> Edition, Wadsworth/Thompson Learning, Belmont California 2003. Study Guide recommended.

**COURSE DESCRIPTION AND OBJECTIVES**

This course aims to inform the student about the many complex issues involved in adjustment in this time of intense scientific and technological advancement. It is an overview of the psychology of adjustment and should be used as a springboard to create interest and further investigation into the study of effective coping, for both personal change and to foster a better understanding of others.

*Course Objectives include:*

The student will become familiar with resources available to improve personal adjustment

The student will learn current theories for behavior and be able to apply these theories to explain behavior of self and others

The student will gain a foundational knowledge of personality theory and DSM IV diagnoses

The student will explore and critique their coping style and investigate and implement productive changes

The student will identify areas in their life that need improvement and develop a treatment plan with concrete objectives and goals

**ATTENDANCE POLICY**

Students are expected to attend class, read all assignments and be prepared to discuss the readings in class. Participation matters and is expected. Attendance will be taken daily. After missing two unexcused class periods of three hours total, the next unexcused absence will mean that you will lose 10 points off your course average. If you miss an additional class period of one and one-half hours, you will lose 05 more points and so on for each additional missed class. An excused absence is a subpoena by a court of law, the funeral of a relative or classmate, a letter from a doctor that you cannot attend class (emergencies and illness only, not a routine appointment which can be scheduled at another time), a receipt or letter from the emergency room that you were there at the time of class or had been admitted in the 24 hours before class, or that you were admitted to the hospital and were there during the class. Doctor appointments should not be scheduled during class. Any excuses require a copy of a document for proof, presented at

the class immediately following your absence. If you leave early without an excused absence, you will be counted absent, unless prior arrangements have been made. It is important to be ON TIME for class.

### **CLASS ETTIQUETTE:**

Do not text message or talk on cell phones during the class. ALL PHONES SHOULD BE TURNED OFF DURING CLASS. Please sit in the same chair each day so I can get to know you. If you are late, a designated chair by the door will be available so that you do not disturb the ongoing class. No eating in class, please, but chewing gum and drinking beverages is OK. Avoid personal conversations with classmates during class. Laughing is encouraged. Please respect the professor and do not attempt to talk with a toothpick in your mouth or a mouth full of snuff. NO Caps during testing of any kind. No laptops please.

### **GRADING POLICY**

Your grade is earned according to the following structure:

- A- 90-100
- B- 80-89 or 90-100 and four unexcused absences.
- C- 70-79
- D- 60-69
- F- 59 and below,

Exams will consist of both essay and multiple choice questions. There will be 4- 5 exams during the semester which will be weighted equally.

A short quiz will be given **each** class period over the assigned reading to encourage you to keep up with the readings. All these will be averaged for your Quiz average. This gives you an opportunity to improve your grade if you are not a good “test-taker.”

### **PAPERS**

Two well written papers will be scheduled for the semester. Papers should follow the established format, be grammatically sound and well-written with NO spelling errors.

1. Each student will explore and identify their current strengths and challenges by investigating personality traits (a list will be provided) giving examples of problem areas and success areas. A treatment plan will be devised to incorporate gaining insight and awareness into behavior and changes that need to be made, along with objectives for reaching goals of changing behavior. You will be given a model of a treatment plan. YOU will choose a problem area, develop a treatment plan and implement it in the frame of the Behavioral Modification theory that we will study.

2. Each student will write an autobiography of their life (so far) with emphasis on experiences and events that have lead to learning growth and change (maturation) and or development of “issues” that need to be processed. This paper should be 10 pages double

spaced if you have had any kind of a life at all, and if you want any kind of grade at all. Grammar and spelling errors will count off.

Points for Grading:

Exams .....	50%
Quizzes.....	10%
Papers .....	30%
Assignments.....	10%

MAKEUP EXAMS

Given on a case- by -case basis only. It is your responsibility to present documentation to support your justification for taking a makeup exam, and scheduling such an exam. Plan to have proof of rationale for missing class to be eligible to make up the assignments/tests such as Doctors' excuses and programs from funerals etc. NO exam grades will be dropped.

CLASS ATTENDANCE REQUIREMENTS WILL BE FOLLOWED IN ACCORDANCE WITH ACADEMIC POLICY STATEMENT 800401

DISABLED STUDENT POLICY:

<http://www.shsu.edu/schedule/>

ACADEMIC HONESTY:

<http://www.shsu.edu/administrative/faculty/sectionb.html#dishonesty>

SERVICES FOR DISABLED STUDENTS:

<http://www.shsu.edu/-counsel/sswd.html>

STUDENT ABSENCES ON RELIGIOUS HOLY DAY POLICY:

<http://www.shsu.edu/catalog/scholasticrequirements.html#holyday>

## COURSE OUTLINE

SUBJECT TO CHANGE- It is your responsibility to attend class and stay apprised of changes.

**August 21, Tuesday** (First Class Day) - Discuss syllabus, policies and procedures and Expectations. Overview of class. Personal QUIZ. Lecture over Chapter ONE Possible Post Quiz Chapter One. Hand out Paper #1 Outline and discuss. Assignment of Chapter 01 and prepare for Quiz over Ch 01. “Adjustment and Coping”

Begin thinking about Paper #1. Outline for Paper #1 due next meeting. (August 23<sup>rd</sup>, Thursday)

**August 23<sup>rd</sup> Thursday** *Chapter 1 and Chapter two* “Adjustment.” Quiz over Chapter One: Overview of Adjustment-attempts in adjusting, description of adjustment “Applying scientific methodology in critiquing strategies for adjustment” Lecture.

**Assignment:** Introduction of Paper #1 due next class.

**August 28<sup>th</sup> Tuesday** *Chapter Two continued. Pre- Quiz over Chapter two.* Personality theories and application of theories Lecture: Skinner and Pavlov Behaviorists. *Does the smell of meat make you salivate? How about a pickle?*

**Assignment:** Read and Study for chapter 3 Quiz on Thursday.

Body Sentences of Paper #1 Due next class.

**August 30<sup>th</sup> Thursday** *Chapter 3 lecture*

Quiz over chapter 3: Stress and It’s Effects. Investigation of stress and valid strategies for coping-Lecture. *Stress is killing you RIGHT NOW.* Demonstration of strategies-

Meditation, 2 minute breathing, Visualization, Biofeedback, Imagery . Quiz over Chapter Three.

**Assignment:** Read Chapter 4 and prepare for Quiz. Write conclusion for Paper #1 and Turn in next time.

**September 04 Tuesday** *Chapter 3 continued and Chapter 4 lecture* “Coping Processes-Get Control”. *What is your preferred coping style?—Alcohol, cigarettes, compulsions, relationships ?* Quiz over Chapter 4. Get graded body sentences back. Discuss progress of Paper #1.

**Assignment:** Work on paper I, Prepare for Review of Chapters 1-4, Begin Study for Exam I-Chapters 1-4. Behavioral Contract due next class period for Paper #1.

**September 06 Thursday** Exam I Review over CH 1, 2, 3 and 4. *Review of Paper # 1.* Last chance to turn in all assignments for Paper #1. Paper #1 behavioral contract handed back.

**Assignment:** Study for EXAM I over Ch 1-4. Initiate and/or continue Behavioral Plan Target behavior change.

**September 11, Tuesday Exam OVER CH 1-4** Discuss paper #1 and return all assignments on Paper #1.

**Assignment:** Read chapter 5 and prepare for Chapter 5 lecture and Quiz. Work on Paper #1 (writing) and initiate or continue behavioral plan.

**September 13, Thursday** Process EXAM I. Set up times to meet students with failing exam grades. Schedule makeups for those with excused absences. Chapter 5 Lecture on REBT theory by Ellis Handout on REBT and Faulty Beliefs. What are your Faulty Beliefs? Power Point on REBT (Rational Emotive Behavior Therapy).  
Final draft of Paper #1 due next week.

**Assignment:** “Should ought and must” list. See Blackboard Assignments.  
Paper #1 due next tuesday-draft copy.

**September 18th, Tuesday** Paper #1 Draft copy due today. Chapter 5 lecture continued. Quiz over Chapter 5 and Ellis’s theory. Discuss “should ought must” list. *What motivates YOU to behave the way you do?* Family roles and groups handout.  
**Assignment:** Read chapter 6 and prepare for Quiz. Continue Behavioral Plan activity.

**September 20<sup>th</sup> Thursday** Chapter 6 Lecture and Quiz over “ Societal Impact on Adjustment and Growth.” This is why our prisons are full of people. Paper #1 Draft Returned. Discussion of Paper #1.

**Assignment:** Read Chapter 7 and prepare for chapter 7 lecture and Quiz. Continue behavioral plan activity. Work on editing returned copy of Paper #1. PAPER #1 FINAL DUE NEXT TUESDAY.

**September 25<sup>th</sup> Tuesday** Turn in final copy of Paper #1. Lecture over Chapter Seven: “Communication –Exploration of Current communication Style.” *Are you a verbal master, bully or coward? We’ll see! How to get what you want with words-more powerful than money.* Discuss Paper #2. Handout for Paper #2.

**Assignment:** Read Chapter 8 for next week and prepare for discussion and Quiz.  
Outline for Paper #2 due next meeting

**September 27th, Thursday** Turn in Outline for Paper #2 today.  
Lecture over Chapter Eight: *Investigation of Current Influences and Beliefs about LOVE, Friendship, Marriage- and other expensive relationships (sic)..* Where do we get our beliefs and are they rational and realistic or do they cause us to be disappointed (sad and angry)? Do we own our own feelings??

**Assignment:** Continue to Read Chapter Eight and prepare for discussion and Quiz.  
Begin to work on Intro for Paper 2 due next Thursday.

**October 02<sup>nd</sup>, Tuesday** Lecture over Chapter Eight continued. : Love Test. Urban Myths about Love and Marriage **BUSTED**. Chapter 8 Quiz. Outline returned and discussed for Paper #2.

**Assignment:** Intro for Paper #2 due on Thursday. It should be at least one paragraph of at least 6 sentences. Check spelling and grammar. It must be typed.

**October 04th, Thursday** Intro for Paper #2 due today. Review for EXAM II Chapter 5-8. Discuss Body Sentences for paper #2 which will be due on Thursday, October 11.  
**Assignment:** Study for EXAM II

**October 09th, Tuesday** **Exam II Chapter 5-8** Intro for Paper #2 returned. **Discuss Body sentences for Paper #2.**

**Assignment:** Body sentences due next week. Read Chapter 9 and prepare for lecture, discussion and Quiz.

**October 11, Thursday** Discuss Exam II. **Paper #2 Body Sentences due TODAY.**

Chapter 9 Lecture:

**Assignment:** Continue to work on Paper #2 fleshing out your life stories. Finish reading chapter 9 and prepare for Quiz and discussion.

**October 16<sup>th</sup>, Tuesday** Body Sentences returned today and discussed. Chapter 9 Lecture and Quiz continued. Assignment of body paragraphs (2 pages) discussed.  
**Assignment: Paper #2**—Work on and type **two pages minimum** (not introduction) **about your *birth and infancy***-- due **Thursday** (ask your parents (and siblings, if sibs are older than you.)

**October 18<sup>th</sup> Thursday** **Pages due(paper #2) pertaining to *birth and infancy*.**

Chapter 10 Lecture “Gender-clashes and changes” Chapter 10 Quiz.

**Assignment:** Read Chapter 11 for next class period and prepare for Chapter 11 discussion, quiz and lecture. **Turn in minimum 2 pages about your *childhood*** (what you remember)

**October 23, Tuesday** **Pages on childhood due today.** Chapter 11 lecture “Life stages, with an emphasis on parenting practices empirically identified as sound.” Pages on childhood writing discussed. Pages on Infancy/birth returned and discussed.

**Assignment:** Prepare minimum 2 pages about teen years due on Thursday.

**October 25<sup>th</sup> Thursday** **Pages on Teen years due today.** Lecture over Chapter 11 continued. Pages on childhood returned and discussed.

**Assignment:** Minimum 2 pages due Tuesday on traumas and near death experiences, or how you learned about sex or death.

**October 30<sup>th</sup>, Tuesday** **Pages on Traumas, near death, sex and/or death due today.**

Lecture over Chapter 12 -“Theories of career as related to balance and job satisfaction.”.

**Assignment:** Finish Reading Chapter 12 and prepare for Quiz over Ch 12 next class period. Prepare for Review of EXAM III. Turn in any late assignments pertaining to Paper #2.

**November 01, Thursday** Review for EXAM III Chapter 9-12. Pages on Trauma, near death etc etc returned today.

**Assignment: Study for Exam III!!!**

**November 06, Tuesday EXAM III Ch 9-12**

**Assignment:** Read Chapter 13 and prepare for lecture, discussion and Quiz. Continue working on paper.

**November 08, Thursday** Exam Discussed. Chapter 13 Lecture “Sexuality and Gender Differences” Are we really that different?--*Men and women : from different planets or just have different brains?*

**Assignment: Rough draft of Paper #2 due today.**

**November 13, Tuesday** Chapter 13- more Sex continued... Papers returned for final revision. Discuss final revision of Paper #2. Chapter 13 quiz and discussion.

**Assignment:** Continue to work on revising paper.

**November 15<sup>th</sup>, Thursday** 14 lecture. “The interconnection of physiology and psychological health” lecture. Papers returned. Discussion of final revision of Paper #2  
**Assignment:** Edit paragraphs and continue work on Body of Paper. Rough draft of paper due next time- REVISE Paper and return next week **with original draft** for Final Grading.

**November 20<sup>th</sup>, Tuesday** . FINAL copy of Paper #2 Due today. Chapter 15 Lecture. “DSM disorders –a brief overview.” Power Point of Mental Illness Crisis Intervention for Law Enforcement Personnel. Last date for all late assignments to be turned in.

**Assignment: Have a great and safe Holiday!!!**

**November 22, Thursday THANKSGIVING HOLIDAY**

**November 27<sup>th</sup>, Tuesday** Chapter 15 continued. How can you tell a criminal from a Schizophrenic? (no, schizophrenics are rarely arrested for criminal activity). Final draft of Paper #2 returned with grade.

**Assignment:** Read Chapter 16 and prepare for lecture, discussion and quiz.

**November 29<sup>th</sup>, Thursday** *Chapter 16 Lecture.*

“*Therapy-Therapists, theories, treatment trends, empirical studies*” lecture. Therapy- It’s not just for Breakfast anymore. Your views on Therapy and therapists. Suicide prevention—contract for safety.

**Assignment:** Quiz over Chapter 16.

**December 04, Tuesday** Chapter 16 continued. No work will be taken after today. No makeups after today.

**Assignment: Study for Final Exam!!!**

**December 06, Thursday** LAST CLASS DAY. Review for FINAL EXAM CH 13-16

**December 11, Tuesday** FINAL EXAM 8 AM!!!

**Disabled Student Policy:**

Students with a disability that affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired. The physically impaired may contact the Director of the Counseling Center as chair of the Committee for Continuing Assistance for Disabled Students by telephone (ext 1720).

**Academic Honesty:**

**The Faculty of the College of Criminal Justice expects students to conduct their academic work with integrity and honesty. Acts of academic dishonesty will not be tolerated and can result in the failure of a course and dismissal from the University.**

**Academic dishonesty includes, but is not limited to, cheating on a test, plagiarism and collusion-the unauthorized collaboration with another person in preparing work offered for credit, the abuse of resource materials, and misrepresentation of credentials or accomplishments as a member of the college.**

**The university's policy on academic honesty and appeal procedures can be found in the manual entitled *Student Guidelines*, distributed by Division of Student Services (Reference Section 5.3 of the SHSU Student Guidelines).**

**Student Absences on Religious Holy Day Policy:**

Section 51.91 (b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe a religious holy day(s) shall present to each instructor involved, a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a semester session in which the absence(s) will occur. The instructor will complete a form notifying the student of a reasonable time frame in which the missed assignment and /or examinations are to be completed.



