

Psychology of Adjustment
Psych 289.01

Instructor: Ms. Amanda McGorty

Class Time: T H 11-12:30

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Office Hours: T 1-2, W 3-4, and by appointment

Required Text : ISBN 0534608590 Psychology Applied to Modern Life: Adjustment, Weiten/Lloyd Wadsworth, 8th Ed.

Course Objectives: A study is made of the dynamics of human behavior applying psychological theory to the development of the wholesome well adjusted personality. Techniques for managing stress, reducing anxiety, coping with anger, increasing assertiveness, and achieving self-control are considered.

Class Format: The majority of the course will be taught in a lecture style supplemented with PowerPoint slides. These slides will be posted on Blackboard. We will be having several guest lecturers during the course of the semester as indicated in the schedule of classes outlined below. During some class times we will have an open discussion period, although comments and questions are welcome at any time.

Grading: Your grade for the course will be based on quiz grades, papers, and attendance. You may also supplement your grades by participating in research or mock therapy during the semester. The grade breakdown is as follows:

Quizzes	50%
Papers	40%
Attendance	10%
Optional Research/Mock Therapy	(5% added into quiz grades)

Quizzes: There will be a 10 question multiple choice quiz for each of the 15 chapters that we will be covering. The quizzes will require you to bring a scantron sheet with you to class. See the schedule of classes for the date the each quiz will be given. You may not makeup a quiz unless you have an excused absence or have talked with the instructor PRIOR to missing the quiz. The content of the quiz will be based on the information in the particular textbook chapter being evaluated. All quizzes, except chapter 15 will be held the Tuesday following the completion of the chapter. They will be given out five minutes after the start of class, if you are late and miss the quiz you will not be able to make it up unless you have an excused absence.

Papers: You must complete 2, 4 paged, double spaced, APA style papers. These papers need to be related to the content of the talks of 2 of the guest lecturers that will be coming to speak. This means that you will need to attend those particular lectures that you wish to write your paper on. The specific content of your paper can vary in terms of what you would like to write about, but it must tie into the speaker in some way. If you are uncertain what to write about or if your topic is acceptable, schedule a meeting with the instructor to determine a suitable topic. Papers must be turned in 2 classes after the speaker's talk and must include an outline of the paper. If you would like your outline reviewed PRIOR to submitting the paper bring it with you to class or make an appointment. The grading for the papers will be based on the following requirements:

Outline	10%
Content	
Clarity	40%
Relatedness to the Lecture	30%
APA Style	20%

Attendance: Attendance will be taken at the start of each class. If you are late to class and miss attendance, you may notify the instructor at the end of class that you were present and receive half credit. You are allowed 3 absences without any penalty as per university policy. All additional absences must be excused in order to avoid any penalty.

Optional Research/Mock therapy: You may either participate in research that is being conducted, a mock therapy session OR to write a 3 page paper, in APA style about a topic of your choosing that has been approved by the professor.

Research/Mock Therapy: You may sign up for research opportunities by going to the following website and registering: <http://shsu.experimentrak.net>. There you will be able to see what opportunities are available to you and to sign up for a time. Once you have completed the option that you chose I will record it in your grades on Blackboard. For more detailed information please see the participant tutorial that is posted on Blackboard under course documents.

Paper: You may chose to write a paper that is a review of a research article, a news article, a movie review from the list I have posted on Blackboard, or a topic of your choosing that you have gotten approved. All papers must be 2.5-3 pages, double spaced, 1 inch margins, 12 pt times new roman font, in APA style. We will have a brief review of APA style in class, but be sure to ask questions if you are still unclear of proper formatting.

ACADEMIC DISHONESTY:

All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The University and its official representatives 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 which is to be submitted, plagiarism, collusion and the abuse of resource materials. For a complete listing of the university policy, see:

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

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY:

Section 51.911(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. Section 51.911 (a) (2) defines a religious holy day as: "a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20..." 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). The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed. For a complete listing of the university policy, see:

http://www.shsu.edu/~vaf_www/aps/documents/861001.pdf

STUDENTS WITH DISABILITIES POLICY:

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance are expected to visit with the Office of Services for Students with Disabilities located in the Counseling Center. They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. If you have a disability that may affect adversely your work in this class, then I encourage you to register with the SHSU Counseling Center and to talk with me about how I can best help you. All disclosures of disabilities will be kept strictly confidential. NOTE: No accommodation can be made until you register with the Counseling Center. For a complete listing of the university policy, see:

VISITORS IN THE CLASSROOM:

Only registered students may attend class. Exceptions can be made on a case-by-case basis by the professor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

Class Calendar

Date	Topic	Readings	Speaker	Quizzes
8/21 & 8/23	Review Syllabus, Technology and Personal Problems Self Help Books	Chapter 1		
8/28 & 8/30	Personality	Chapter 2		Ch 1- 8/28
9/4 & 9/6	Stress and Health	Chapter 3		Ch 2 -9/4
9/11 & 9/13	Anger and Time Management	Chapter 4		Ch 3- 9/11
9/18 & 9/20	The Self	Chapter 5		Ch 4- 9/18
9/25 & 9/27	Social Thinking and Influence	Chapter 6	Dr. Anastasi	Ch 5-9/25
10/2 & 10/4	Communication	Chapter 7		Ch 6-10/2
10/9 & 10/11	Friends and Love	Chapter 8		Ch 7-10/9
10/16 & 10/18	Marriage and Intimacy	Chapter 9		Ch 8- 10/16
10/23 & 10/25	Gender and Behavior	Chapter 10		Ch 9-10/23
10/29 & 11/1	Adolescence and Adulthood	Chapter 12	Dr. Henderson	Ch 10-10/29
11/6 & 11/8	Career and Work	Chapter 12		Ch 11- 11/6
11/13 & 11/15	Sexuality	Chapter 13	Dr. Noland	Ch 12- 11/13
11/20 & 11/27	Bodily Diseases and Psychopharmaceuticals	Chapter 14		Ch 13- 11/20
11/29 & 12/4	Psychological Disorders	Chapter 15		Ch 14-11/29
12/6	Finding a Therapist?			Ch 15- 12/6