

Psychology of Adjustment (Psy 289, Sec. 04)
3 credit hours
Spring 2008

Classroom location: AB4 305
Class meeting times: Tuesday & Thursday 3:00-4:50 P. M.
Instructor: Gaylynn Ratliff
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Office Hours: Tuesday & Thursday 11:00 AM-12:00 PM, & 2:00-3:00 PM, or by appointment

Course Description:

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.

Course Goals:

Learn fundamental principles & theories concerning emotional resiliency and personal growth
Foster critical and generative thinking skills
Identify and develop skills that will improve personal psychological adjustment

Learning Outcomes:

Apply principles & theories of healthy psychological adjustment to development & behavior of self & others
Apply critical & generative thinking skills to everyday life and situations
Apply skills & knowledge to improve overall psychological adjustment

Required Textbook: Weiten, W.; Lloyd, M. A. (2006). *Psychology Applied to Modern Life: Adjustment in the 21st Century*, 8th Edition. Thomson Wadsworth: Belmont, CA.

Required reading assignments are listed on the attached class calendar.

Attendance policy: Attendance is mandatory. In accordance with SHSU policy, attendance will be recorded each class period. However, grades will be based on student performance on the exams and other graded assignments. The university's full attendance policy can be found at the following website:
<http://www.shsu.edu/administrative/faculty/sectionb.html#attend>

Assignments: The required reading assignments are listed in the attached tentative calendar. Reading of the assigned chapters is critical to academic success in this class.

Exams: There will be three **regular** exams worth 100 points each. The exams will be comprised of multiple choice, true/false and essay/short answer questions. The **final exam** will be the same format as the regular exams. It will be worth 100 points. The final exam must be taken at the time designated by the University or **prior** arrangements must be made with the instructor. **Make up exams will be in essay format exclusively. Arrangements to take make-up exams must be made with the instructor within one week of the original testing date.**

Grading Plan: The grading scale is comprised of a total of 400 points. This includes three regular exams during the semester and a final exam. Grades will be primarily based on exam performance. Please be advised that exam performance is usually greatly affected by attendance. If an opportunity is given for extra credit the student **must** be in class that day to participate.

Study tips: Reading the assigned chapters and class attendance are crucial to academic success in this class. The instructor is available to assist students that may need additional guidance. The SAM center is located in A B 4 on the 2nd floor and it is an excellent resource for students wishing to receive tutoring.

Tentative Class Calendar

Date	Chapter	Topic
January		
17	Chapter 1	Adjusting to modern life
22, 24	Chapter 2	Theories of Personality
29, 31	Chapter 3	Stress & Its Effects
February		
5, 7	Chapter 4	Coping Processes
12	Exam I	
14	Chapter 5	The Self
19, 21	Chapter 6	Social Thinking & Social Influence
26, 28	Chapters 7, 8	Interpersonal Communication, Friendship & Love
March		
4	Chapter 9	Marriage & Intimate Relationships
6	Exam II	
11, 13	Spring Break	
18, 20	Chapter 10	Gender & Behavior
25, 27	Chapter 11	Development in Adolescence & Adulthood
April		
1, 3	Chapter 12	Careers & Work
8, 10	Chapter 13	Development & Expression of Sexuality
15	Exam III	
17	Chapter 14	Psychology & Physical Health
22, 24	Chapters 14, 15	Psychology & Physical Health, Psychological Disorders
29	Chapter 15	Psychological Disorders
May		
1	Chapter 16	Psychotherapy
6, 8	Chapter 16	Psychotherapy, Course Summary
13	Final Exam 2:00 PM	

Academic Dishonesty: All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in their 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, plagiarism, collusion and the abuse of resource materials. Students should be advised that when papers are required that they may be submitted to turnitin.com to check for plagiarism. For more detailed information see:

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

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 should visit with the Office of Services for Students with Disabilities that is located in the Counseling Center. Please note that no accommodations can be made until the student registers with the Counseling Center. For more detailed information see:

http://www.shsu.edu/~vaf_www/aps/811006.html.

Religious holidays: A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to the instructor a written statement concerning the religious holy days. The instructor will work with the student to assure that the missed assignments and/or exams are completed.

Visitors in the classroom: Generally visitors are not allowed in the classroom. Exceptions may be made by the instructor on a case-by-case basis.

Classroom rules of conduct: Please do not talk, send, or receive messages on cell phones or other electronic devices while in the classroom. Respect your classmates by muting your cell phone. It is inappropriate to speak while others are speaking.