

PSY 289.02
Psychology of Adjustment
3 CREDIT HOURS
Spring 2008

CLASS LOCATION: AB4 ROOM 302

CLASS MEETING TIME: Mondays – 6:00pm to 8:50pm

CLASS INSTRUCTOR: Michael Boyle, Ph.D.

OFFICE: AB4 ROOM 405

CONTACT INFORMATION: phone (936) 294-1181

OFFICE HOURS: M, W, F, 4:00pm to 5:00pm

Tu. & Th. 2:00pm to 3:00pm

And by appointment

TEACHER ASSISTANT: Belsida Quinn

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 OBJECTIVES: Understand the general concepts of adjustment psychology, and have a working understanding of the theories and brief history of the discipline.

REQUIRED TEXT:

Psychology Applied to Modern Life: Adjustment in the 21st Century, 8th Edition: Wayne Weiten & Margaret A. Lloyd.

ATTENDANCE POLICY: Attendance requirements will follow those of SHSU, and if other absences are required the matter is to be discussed with Dr. Boyle, either in advance, or as soon after the absence as possible.

EXAMS: Four exams will be given and each will be an objective, multiple-choice format on a Scantron sheet provided by the student. The questions will be taken from the text as well as from class lectures. If a test is missed a grade of 0 will be given. If a test is missed for a legitimate emergency (illness, etc.) and the instructor is immediately notified arrangements can be made for a makeup exam. If schedule conflicts arise inform the instructor prior to the exam date. The test results will be posted on Blackboard.

EXTRA CREDIT: A total of nine points will be available to you through extra credit opportunities:

- Mock Therapy: three points per one hour of mock therapy.
- Observations: three points per observation.
 - Observe your environment – something that you find interesting (recommended one hour of observation) – and write a minimum of 250 word paper. The paper(s) needs to be typed, stapled together, and APA style.

GRADING PLAN: The final grade will be total of the 4 test scores and a number grade of 0 to 100 will be given for each test. The grade for each test as well as the final grade (a possible total of 400 points) will be determined by a 10% cut off:

Test 1	100	
Test 2	100	90 to 100 = A
Test 3	100	80 to 89 = B
Test 4	100	70 to 79 = C
		60 to 60 = D
		59 and below = F.
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Total	400 points	

INSTRUCTOR EVALUATION: Each student will be asked to complete a course/instructor evaluation form toward the end of the semester. The new IDEA evaluation will be used.

COURSE OUTLINE: This is a tentative outline. Changes may be made during the course. Always consult with the instructor if you have any questions.

WEEK 1

- **Chapter 1:** Adjusting to Modern Life.

WEEK 2

- **Chapter 2:** Theories of Personality.

WEEK 3

- **Chapter 3:** Stress and Its Effects.

WEEK 4

- **Chapter 4:** Coping Processes.

WEEK 5

- **Test 1 (Chapters 1 – 4)**
- **Chapter 5:** The Self.

WEEK 6

- **Chapter 6:** Social Cognition and Social Influence.

WEEK 7

- **Chapter 7:** Interpersonal Communication

WEEK 8

- **Chapter 8:** Friendship and Love

WEEK 9

- **Test 2 (Chapters 5 – 8)**
- **Chapter 9:** Marriage and Intimate Relationships

WEEK 10

- **Chapter 10:** Gender and Behavior.

WEEK 11

- **Chapter 11:** Development in Adolescence and Adulthood

WEEK 12

- **Chapter 12:** Careers and Work

WEEK 13

- **Test 3 (Chapters 9 – 12)**
- **Chapter 13:** Development and Expression of Sexuality

WEEK 14

- **Chapter 14:** Psychology and Physical Health

WEEK 15

- **Chapter 15:** Psychological Disorders

WEEK 16

- **Chapter 16:** Psychotherapy

* **May 8th:** Last day to drop classes with a “Q” & Last day to resign

WEEK 17

- **Final Exam (Chapters 13 – 16)**
- * *For day and time refer to the Final Schedule*

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 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. If a student is suspected of academic dishonesty he or she may be warned or talked to, but if the evidence of dishonesty is clear the student will be turned over to the university authorities for appropriate disciplinary actions.

CLASSROOM RULES OF CONDUCT: Students are expected to assist in maintaining a classroom environment that is conducive to learning. If a student, or students ignore the rights of other and engage in unruly or distracting behavior they will be dismissed from the class and possibly receive a failing grade.

AMERICANS WITH DISABILITIES ACT: 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 academics 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 a student has a disability that may affect adversely his/her work in the class, then the student is encouraged to register with the SHSU counseling Center and to talk to the instructor about how to best wit the situation. All disclosures of disabilities will be kept strictly confidential.

RELIGIOUS HOLIDAYS: Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuses a student from attending classes or other required activities, including examinations, for the observance of a religious hold day, including travel for that purpose. Section 51.911(a) (2) defines religious holy days as: “a day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code....” 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. 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.

VISITORS IN THE CLASSROOM: Unannounced visitors to class must present a current, official SHSU identification card to be permitted in the classroom. They must not present a disruption to the class by their attendance. If the visitor is not a registered student, it is at the instructor’s discretion whether or not the visitor will be allowed to remain in the classroom.