

PSY 289 Section 1: Psychology of Adjustment (3 Credit Hours) Fall 2007

Location: AB IV Room 302

Class Meeting Times: Tu,Thurs **11:00-12:20 p.m.**

Instructor: Dr. Ronald Davis **Office Location:** Smith Kirkley Room 322

Instructor Contact Information: Phone: 936-294-3285 (office); 936- 294-1174 or 1-866-BEARKAT—ask for Psychology Dept; (fax) 936-294-3798 E-Mail: rld004@shsu.edu (I am most easily contacted by e-mail. I am often not in my office other than during office hours)

Office Hours: Monday-Friday 1:00-2:00 p.m.

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. Credit 3.

Course Objectives: By the end of the course, students should be able to:

- Understand basic theoretical and empirically derived models within the field of psychology that may be applied so as to enhance personal adjustment (e.g. personality theories, self esteem, stress and coping, friendships and love relationships, psychology and physical health);
- Apply information from psychological theory and models to the enhancement of the student's personal adjustment goals;
- Critically evaluate the efficacy of theoretical concepts and models as applications for the enhancement of personal adjustment.

Required Text: Weiten, W, Lloyd, M.A, Dunn, D.S, Hammer,E.Y. (2009) *Psychology applied to modern life (9th Ed.)*. Wadsworth Cengage Learning, Belmon CA. ISBN: 13:978-0-495-55339-7

Attendance Policy: Attendance will be recorded by your signature on a class roster. Attendance will be part of your final grade. Please see exam and grading plan below. Attendance will comply with SHSU policy, specifically: A student shall not be penalized for three or fewer hours of absences when examinations or other assigned class work have not been missed; however, a student may be penalized for more than three hours of absences at the discretion of the instructor. It is the responsibility of the student to sign the attendance roster. If not signed on the day of class the student will not be given credit for attendance during that class.

Exams and Grading Plan: Three 50 question exams and a 75 question final exam comprised of multiple choice, short answer and essay questions that will cover the text, lecture and any other materials assigned by the instructor for that particular exam. The final exam will be selectively comprehensive. Students who have either missed an exam or would like a chance to replace a grade on one of the three exams (excluding the final) will have the opportunity to take a selectively comprehensive make-up exam. This exam will be offered only once near the end of the semester.

In Class Papers: Students will be asked to write several short papers (mini-papers) in class applying concepts from topics presented by the professor during lecture and discussion. There is no pre-specified number of mini papers but each will be worth 10 points for their completion. Should the student be absent during a class in which the class wrote a mini paper, he/she will have a chance to make up ONE mini-paper during the final exam.

Self Improvement Project: During the first week of the semester students will be asked to write a description of a personal issue that they would like to improve upon (e.g. enhance test taking abilities, lose weight, gain weight, create or adhere to an exercise regime, broaden social support group, etc.). During the first or second class period the instructor will provide an outline of what to include in the baseline self assessment. The student will add to the paper during lecture on each chapter of the book by applying one or more concepts from that chapter to improving upon or helping solve problem that is the target for self

improvement. These will be placed in the instructor's digital drop box by the end of lecture/discussion on each chapter. The student is not to get either "ahead or behind the game" in completing the additions to the self assessments. They will be graded by completion. Then toward the end of the semester students will be asked to write a one page solution paper pulling together the concepts they have written about earlier in order to construct a concrete plan to address the personal issue targeted for self improvement. Again, this paper will be graded for completion. These papers will be only read by the instructor and will be erased from blackboard at the end of the semester. However, students are encouraged to bring up in class ideas they have for applying concepts to their improvement plan as well as commenting on applications to plans discussed by other students in class. Students are not compelled to bring up personal issues with the class which might lead to their discomfort. This is a class, not group therapy.

Extra Credit: Up to 10 points of extra credit may be awarded to students by participating in research or mock therapy session. To obtain this credit the student must go through the PeRP system which may be accessed through the Psychology Department website or <http://shsu.sona-systems.com>. Students may also earn 5 additional extra credit points by writing a summary of an article in the area relevant to information from the text or covered in class.

Points will be awarded as follows:

Exams = 300 points (100 points each)

Final Exam = 150 points

Attendance = 27 points

In class papers (mini-papers) = 10 points each for completion (usually 8 to 10 during the semester)

Personal Problem baseline paper = 10 points (for each chapter covered in lecture/discussion)

Additions to personal problem paper = 5 points

Final solution paper = 15 points

A = 90% of total possible points

B = 80-89% of total possible points

C = 70 to 79% of total possible points

D = 60 to 69% of total possible points

F = below 60% of total possible points

Make-up exams are discouraged. The first exam missed may only be made up by taking the selectively comprehensive make-up scheduled near the end of the semester. Should the student miss a second major exam a make-up will be offered for the missed exam and will be comprised of 20 short answer and/or essay questions. A make-up exam may only be taken on Monday, Wednesday or Friday by prior arrangement with the instructor.

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.

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 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 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 this class, then the student is encouraged to register with the SHSU Counseling Center and to talk with the instructor about how best to deal with the situation. All disclosures of disabilities will be kept strictly confidential. **NOTE:** no accommodation can be made until the student registers with the Counseling Center.

Religious Holidays: 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. 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.

"Religious holy day" means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code.

Visitors in the Classroom: Unannounced visitors to class must present a current, official SHSU identification card to be permitted into 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.

Instructor Evaluations: Students are asked to complete a course/instructor evaluation form toward the end of the semester.

Study Tips: Read chapters prior to class carefully so that you understand it and it is meaningful to you. Take notes on underlined statements on powerpoints. **Powerpoints will NOT be posted.** Make a list of questions from the written material. Later, ask yourself to see if you can answer your questions, if not go back and reread the material. Complete study guides prior to tests. The SAM Center is available for students with academic difficulty. If you fail the first test, I recommended that you contact the SAM center at 294-4444 for assistance.

COURSE OUTLINE AND TENTATIVE CALENDAR (Assignment and test dates subject to change)

8/26 Ch.1 Intro.	8/28 Ch. 2	9/2 Ch. 2	9/4 Ch.3	9/9 Ch.4	9/11 Ch.4	9/16 Ex 1	9/18 Ch.5	9/23 Ch.5	9/25 Ch.6	9/30 Ch. 7	10/2 Ch.7	10/7 Ch.8	10/9 Ch. 8
10/14 Ch 9	10/16 Ch. 9	10/21 Ex 2	10/23 Ch.10	10/28 Ch.10	10/30 Ch.11	11/4 Ch.11	11/6 Ch.12	11/11 Ch.12	11/13 Ch.13	11/18 Ch.13	11/20 Ex 3	11/25 NC	11/27 NC
12/2 Ch.14	12/4 Ch.15	12/9 Ch.15	12/11 Ch.16	12/15 Finals begin									

Last day to drop with a W

Classroom Rules of Conduct: The Code of Student Conduct and Discipline is found at the following link: <https://www.shsu.edu/students/guide/dean/codeofconduct.html>. Section 5.2.22 defines classroom disturbances. During class, no electronic communication equipment is permissible unless required by a disabling condition. This means no cell phones use; no text messaging; no audio equipment or earpieces during class or exams. **THIS SYLLABUS IS SUBJECT TO CHANGE. CHANGES WILL BE ANNOUNCED IN CLASS AND POSTED TO BLACKBOARD**

