

Psychology of Adjustment
PSY 1100/6800 Ψ

Instructor: Pa Her, Ph.D.

Class Meetings: M, W: 8:30 am to 9:45pm

Office: N600

Classroom: Room – N702

Office Hours: M, Tues.: 11:00 to 12:15 PM, by appointment

Email: pher@citytech.cuny.edu

COURSE CODE: PSY1100

TITLE: PSYCHOLOGY OF ADJUSTMENT

3 Class Hours/3Credits

COURSE DESCRIPTION:

This course is designed to provide an overview of the basic topics that comprise the psychology of adjustment. Students will be encouraged to evaluate the many personal choices and decisions that they have made or will make in their lives. In addition, they will be taught the basics of applied behavior analysis so they may apply these skills to modify their own behavior. This course is also designed to reinforce the students' reading and writing skills to help prepare them for the CUNY certification exam.

This course is only applicable to those students who are not CUNY certified in reading and/or writing. Thus this course may not be used in place of PS 101, Introduction to Psychology, as a prerequisite for any advanced psychology course. This course does not meet prerequisite requirements for additional psychology courses. Consequently, students who have passed both the CUNY reading and the CUNY writing exams should not register for this course. This course will count as elective credit in LAS/LAA programs.

Rationale:

Although Psychology has spent years focused on the abnormal development and psychological disorders, we also have begun looking at what we can do to help people grow and function better. Depression, stress, loneliness; although common, don't have to be the focus of your life. This course will help you examine your life to make conscious, mindful decisions about who you are or want to become. Furthermore, it will help you identify ways to approach life that will help you live, work and relate to others in ways that are more satisfying. In some places this will require us to do things differently. In others, it might require different ways of thinking. By the end of this semester you should be well-versed in the psychological principles that help humans adjust.

Course Objectives:

1. To help the student understand the basic principles of human behavior and to apply these principles to his or her own personal adjustment.
2. To recognize that effective adjustment is a continuing and integrated process toward self-fulfillment.

3. To enable each student to realize his or her innate potential for social, emotional, and intellectual growth.
4. To aid each student in the search to better understand himself or herself, his/her relationship to others and his/her own uniqueness and significance.

Suggested Text Book:

Santrock, J. W. (2006). *Human Adjustment*. McGraw-Hill: New York. (ISBN: 978-0-07-2999059-1)

Textbook Website:

Click here: Or use this address: www.mhhe.com/santrockha

All of the tests will be textbook, lecture, and discussion based.

Learning Outcomes and Assessment Methods

<u>LEARNING OUTCOMES</u>	<u>ASSESSMENT METHODS</u>
To give the student an opportunity for self-exploration within the context of psychological principles.	Exam items, in-class discussions
Develop scientific skills in order to think critically about research methodology and evaluate the validity of research findings.	Exam items, in-class discussions, assignments
Provide understanding of basic behavior modification skills.	Exam items, in-class discussions, movies
Develop an appreciation of the important contributions that psychology can make in understanding one's own and other's thoughts and behavior.	Exam items, in-class discussions, assignments

<u>General Education Learning Outcomes</u>	<u>Assessment Methods</u>
KNOWLEDGE: Develop an introductory knowledge of psychology methodology and concepts	Multiple choice questions on graded exam.
SKILLS: Develop and use the tools needed for communication, analysis and productive work	Group in class assignments and multiple choice/essay questions on graded exams.
INTEGRATION: Work productively within and across disciplines	Group in class assignments and multiple choice/essay questions on graded exams.
VALUES, ETHICS, AND RELATIONSHIPS: Understand and apply values, ethics, and diverse perspectives in personal, civic, and cultural/global domains	Group in class assignments and multiple choice/essay questions on graded exams. Movies

Grading Policy:

A maximum of 260 points can be earned in the course, divided among the assignments and exams as follows. I reserve the right to make reasonable modifications to course assignments, which would be announced in class. **You may earn up to 10 points extra credit (opportunities will be announced in class).**

Assignments:	2 @ 20 points	40 points
	each =	
	1 @ 10 points	
	each =	10 points
Exams:	3 @ 50 points	150 points
	each	
Presentation proposal	1@ 10 points	10 points
	=	
Presentation:	50 points	50 points
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260 points		

Final letter grades will be assigned based upon how many points you earn in class according to the grading scale below,

- 93-100 = A
- 90-92.9 = A-
- 87-89.9 = B+
- 83-86.9 = B
- 80-82.9 = B-
- 77-79.0 = C+
- 70-76.9 = C
- 60-69.9 = D
- 59.9 and below = F

Exams and Extra Credit:

All exams will consist of multiple-choice, T/F questions.

*If you cannot take an exam during its scheduled day, please let me know at least 1 week in advance so that you can take the exam early. If you are seriously ill during an exam day, I will accept a doctors' note. It is your job to schedule a time to take make-up the test.

Extra credit opportunities will be honored for doing research experiments (1 point per hour). A total of 10 extra credit points may be earned during the semester and will be added to your overall score. Finally, I do offer some extra credit points for group/class discussions.

Assignments:

Three brief assignments, presentation proposal, and a project will be required during the class. Each one will be designed to give you the opportunity to apply what you are learning in class. Although most of your grade will be based on the content of your work, spelling, grammar, and punctuation will also count. Be sure to contact a classmate if you miss class.

Five points will be deducted from late assignments.

COLLEGE POLICY ON ABSENCE/LATENESS

A student may be absent without penalty for 10% of the number of scheduled class meetings during the semester as follows:

Class Meets	Allowable Absence
1 time/week	2 classes
2 times/week	3 classes
3 times/week	4 classes

**Each department and program may specify in writing a different attendance policy for courses with laboratory, clinical or field work. If the department does not have a written attendance policy concerning courses with laboratory, clinical or field work, the College policy shall govern.

Academic Integrity:

You are expected to conduct yourself professionally in all aspects of this course. Rules of student conduct are outlined in the Student Handbook and on the college website, along with procedures for filing and investigating complaints and grievances.

Cheating is a serious infraction that could jeopardize your grade in this class. Cheating includes use of unauthorized materials or resources during exams and will result in a score of zero for the test in question.

Plagiarism is another serious infraction that could jeopardize your grade in this class.

Plagiarism includes the presentation of someone else's work as your own and can take many forms, including:

- submitting a paper written by someone else
- cutting and pasting material from another source, including the internet
- submitting material that is filled with excessive paraphrasing or quoting

Plagiarism will result in a score of zero for the assignment in question. Repeated acts of plagiarism and/or cheating will result in automatic failure in the course and referral to the Dean of Students for discipline.

Please contact me if you have any questions about what is allowed or not allowed on any assignment or exam.

Any student with special needs or circumstances should feel free to contact me or meet with me during office hours or by appointment.

Tentative Course Schedule:

Summary of Topics (tentative outline)*

Aug. 30, Sept. 1–Orientation/Adjustment	Chapter 1
Sept. 8 – Personality <i>(Assignment 1 due Sept. 8)</i>	Chapter 2
Sept. 13, 15 –Stress	Chapter 4
Sept. 20, 22 –Coping	Chapter 5
Sept. 27, 29 – Review/ Exam 1 , <i>(Assignment 2 due Sept. 27)</i>	Chapter 6
Oct. 4, 6 – Social, Thinking, Influence and Intergroup	Chapter 6
Oct. 13 – Communication Effectively	Chapter 7
Oct. 18, 20 – Friendship and Love Relationships	Chapter 8
Oct. 25, 27 –Love...continued/ Exam 2 <i>(Assignment 3 due Oct. 25)</i>	
Nov. 1, 3 – Parenting, (pgs. 279-278)/Achievement and Careers (pgs. 293,305-307)	Chapter 9, 10
Nov. 8, 10 – Emerging Adulthood and Death	Chapter 11
Nov. 15, 17 – Sexuality/Psychological Disorders	Chapter 13, 14
Nov. 22, 25 - Psychological Disorders continued <i>(Presentation Proposal due Nov. 22)</i>	Chapter 14, 16
Nov. 29, Dec. 1 – Review/Exam 3	
Dec. 6, 8 –Presentations	
Dec. 13, 15 -Presentations	
Dec. 20 – Final	