

Syllabus for: Personal Growth & Adjustment

Semester & Year: Fall, 2012

Course ID and Section Number: PSYCH 33 – M2425 (032425)

Number of Credits/Units: 3

Day/Time: Tuesday, Thursday 10:30 am – 11:50 am

Location: Room 111

Instructor's Name: Steven Siler

Contact Information: Office location and hours: available by appointment
Phone: 707-937-1316
Email: silermfc@mcn.org is the best way to reach me; or steve-siler@redwoods.edu

Course Description:

A course that studies personal growth, personality development and adjustment. The topics covered include: personality development, self esteem, stress and coping, health, psychology of love, sex and sex roles, mental health diagnoses, work and group behavior. Students will learn to apply psychological theories and principles to their own lives. Students are asked to look at their own barriers to personal effectiveness in learning, work and interpersonal relationships.

Student Learning Outcomes:

1. Explain concepts in areas of psychological theory and research while representing appropriate breadth and depth of knowledge.
2. Analyze psychological research and apply concepts to self and others in writing.
3. Critically analyze psychological information in the popular press.

Special accommodations: College of the Redwoods complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. Please present your written accommodation request at least one week before the first test so that necessary arrangements can be made. No last-minute arrangements or post-test adjustments will be made. If you have a disability or believe you might benefit from disability related services and may need accommodations, please see me or contact Disabled Students Programs and Services. Students may make requests for alternative media by contacting DSPS.

Academic Misconduct: Cheating, plagiarism, collusion, abuse of resource materials, computer misuse, fabrication or falsification, multiple submissions, complicity in academic misconduct, and/ or bearing false witness will not be tolerated. Violations will be dealt with according to the procedures and sanctions proscribed by the College of the Redwoods. Students caught plagiarizing or cheating on exams will receive an "F" in the course.

The student code of conduct is available on the College of the Redwoods website at:

<http://redwoods.edu/District/Board/New/Chapter5/AP%205500%20Conduct%20Code%20final%2002-07-2012.pdf>

Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the college catalog and on the College of the Redwoods homepage.

College of the Redwoods is committed to equal opportunity in employment, admission to the college, and in the conduct of all of its programs and activities.

Psychology 33: Personal Growth and Adjustment

College of the Redwoods

Syllabus

semester & year: Fall, 2012

course ID; Psychology 33

course section: 032424

number of credits/units: 3

day/time: Tuesday, Thursday 10:30 am - 11:50 am

Instructor;s name: Steven Siler

Contact Information: e-mail: silermfc@mcn.org or steven-siler@redwoods.edu

off campus office number: (707) 937-1316

office hours: available throughout the week by appointment; please arrange in advance

Textbook Information

The course textbook is available in the bookstore and on reserve in the library:

Text: Becoming Aware, Eleventh Edition, Velma Walker

in addition, there may also be reading assignments handed out in class, assigned on-line website articles, and open research assignments.

Course Description:

Introductory survey of the principles of personality development, personal growth and social adjustment. The topics covered include: personality development; self esteem; stress and coping; health; psychology of love, sex and sex roles; mental health diagnoses; work and group behavior. Students will learn to apply psychological theories and principles to their own lives. Students are asked to look at their own barriers to personal effectiveness in learning, work and interpersonal relationships.

Student Learning Outcomes:

1. Understand and describe the major theorists and basic principles of personality development.
2. Apply the theoretical ideas and principles taught to one's own life in order to overcome barriers to personal effectiveness.

3. Identify healthy lifestyle choices that have an overall effect on an individuals' mental and physical health.
4. Critically think about psychological information in the popular press.
5. Describe how stress affects body systems and overall health.
6. Discuss the different types of sexual relationships including current research in this field.
7. Explain how participation in groups effects individual's behavior; including pivotal research in this area.
8. Apply the concepts of core values to work choices.
9. Students will apply knowledge of the classifications of mental health disorders in classroom discussions and exams.
10. Analyze how modern technological changes have an effect on mental health.
11. Identify the different types of learning styles

Class Guidelines

Expect lectures, group discussions, field study, individual and group exercises, films and exams in class. Additional out-of-class activities will include readings, web research, field research and personal reflection. Expect to spend 1 - 3 hours per week outside of class on homework assignments. Please read the text assignment, web assignments and handouts prior to class. Assessment will include both a mid-term and a final essay exam, group or individual presentations, writing a series of reflective essays, and participation in various classroom activities.

The complexity of our society today requires that we have well developed critical thinking skills which require considered thought and a sensitivity to a wide range of views on important issues. These skills will be fostered in this course as we explore several charged and perhaps controversial issues. You are expected to prepare yourself for discussion, questioning and informed debate on these issues. You are expected to be respectful of other students' opinions even when they are directly opposed to your own views.

The mid-term and final essay exams must be taken at the scheduled time. The only exceptions are illness and personal emergency. If you have such problems, contact me immediately, preferably before the exam. Late work will not be accepted.

Please, let's have a clear understanding that there is no place in class for cheating or plagiarism. Copying someone else's work is cheating, and so is allowing someone else to copy your work. Portraying someone else's ideas or words as your own is plagiarism. Not giving credit for the source of the ideas, even if you have reworded the work, is also plagiarism.

I expect you to be present, prompt, prepared and focused on the activities of the class. Many of the class activities involve discussion, and sharing of ideas and insights. Establishing a classroom environment which includes a sense of community is important. Expect to participate and support such a classroom atmosphere. This is not a class in which you can get by just taking lecture notes and completing the exams. If you are habitually late for class, unprepared, or detract from the goals of the class, we'll need to meet privately and reassess your continued enrollment in the course. If you miss 3 classes in a row without contacting me or if you miss more than 4 meetings in the semester, I'll drop you from the class. It is your responsibility to initiate an official withdrawal with the registrar's office. If you don't officially withdraw with the registrar, you may find an "F" on your transcript because you didn't follow up with official procedures to drop the class. Please don't let this happen. If you drop the class, be sure and follow the procedures to have your name removed from the roll.

Finally, a word of counsel. I intend for the course to be personal, challenging and rigorous. The implications of the impact of the key concepts of personal growth on our selves and our society is profound. A serious examination of this field requires deep personal reflection, sophisticated insight, mature reasoning and college level communication skills. I expect the material I'll be presenting to challenge your thinking, stimulate exciting discussion, open new lines of consideration and compel you to reconsider your perspectives regarding personal identity, cultural norms and the foundations of who and how we think we are.

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Grading Policy

The grading policy for the class is as follows: Your grade for this course is determined by the quality of your learning as demonstrated by your performance in the following areas:

4 reflection papers - 50 points per paper:

In these papers you will describe and discuss your personal reactions to the topics within the assigned chapters in the text.

1 class presentation - 50 points

Mid-Term Exam - 100 points

Final Exam - 100 points

reflection papers 50 points each x4	200
class presentations 50 points	50
mid term exam	100
final exam	<u>100</u>
	450 total

450 - 400	A
400 - 350	B
350 - 300	C
300 - 250	D
250-	F

2 optional extra-credit assignments will be developed during the semester to accrue more points and improve your grade

This course is also offered as a Pass / No-Pass option

It is your responsibility to check your grade regularly and stay in touch with me about your status. I am open to modifying assignments to meet individual needs or interests as long as the integrity of the work is preserved.

Course Calendar

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|----------------|--|
| August 28 & 30 | Introduction to Personal Growth
Chapter 1: Getting Acquainted with Self and Others |
| Sept. 4 & 6 | What is Self Awareness? Humanistic Psychology
chapter 2: Self Awareness
<i>Assignment: Reflection Paper #1</i> |
| Sept 11 & 13 | Internal and External Self: The Influence of One's Environment
Chapter 3: Who's in Control?
<i>Reflection Paper #1 Due</i> |
| Sept 18 & 20 | Understanding Emotions and Emotional Intelligence
Chapter 4: Dealing with Emotions |
| Sept 25 & 27 | Emotional Literacy
<i>Extra Credit Assignment #1: Due</i> |
| Oct 2 & 4 | Components of Communication: Clarity and Understanding
Chapter 5: Interpersonal Communication
<i>Assignment: Reflection Paper #2</i> |
| Oct 9 & 11 | Components of Communication II: Non-Verbal Communication
and the Influences of One's External Environment
<i>Reflection Paper #2 Due</i> |
| Oct 16 & 18 | Review, Discussion & Mid term Exam |

- Oct 23 & 25 Friendship, Dating, Bonding and Mating
Chapter 6: Developing Close Relationships
- Oct 30 & Nov 1 Avoidance, Indulgence and Resolution
Chapter 7: Resolving Interpersonal Conflict
Assignment: Reflection Paper #3
- Nov 6 & 8 Defining, Identifying and Managing Stress
Chapter 8: Managing Stress and Wellness
Reflection Paper #3 Due
- Nov 13 & 15 Meaning and Values
Chapter 9: Values and Ethics
extra credit assignment # 2
- Nov 20 & 22 In-Class Project Presentations
assignment: reflection paper # 4
- Nov 27 & 29 Steps Toward Self Actualization
Chapter 10: Life Planning
Extra Credit Assignment #2: Due
Reflection Paper #4 Due
- Dec 4 & 6 Review and Summary of Personal Growth Studies
- Dec 11 & 13 Review, Summation, Conclusions & Final Exam