

<b>Syllabus for: (name of class); Psych 33- Personal Growth and Adjustment</b>	
<b>Semester &amp; Year:</b>	Fall 2013
<b>Course ID and Section Number:</b>	Psych 33 E3924
<b>Number of Credits/Units:</b>	3
<b>Day/Time:</b>	MW 11:40-1:05
<b>Location:</b>	HU 215
<b>Instructor's Name:</b>	Haggerty
<b>Contact Information:</b>	Office location and hours: CA 120 MW 10:00-11 MW 3:00-4 TTH by appointment Phone: 707-476-4319 Email: michelle-haggerty@redwoods.edu
<b>Course Description (catalog description as described in course outline):</b> A course that has a focus in applied psychology. The course surveys psychological theories and empirical research as applied to 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.	
<b>Student Learning Outcomes (as described in course outline):</b> <ol style="list-style-type: none"> <li>1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective.</li> <li>2. Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.</li> <li>3. Critically analyze psychological information in the popular press.</li> <li>4. Describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the peer-review process in science.</li> </ol>	
<b>Special accommodations:</b> 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://www.redwoods.edu/District/Board/New/Chapter5/Ap5500.pdf>

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.

## Personal Growth and Adjustment

Fall 2013

MW 11:40-1:05

HU 215

Instructor: Michelle Woods Haggerty, MA

Office Hours: MW 10:00-11 am and 3:00-4pm

TTH by appointment

Office: CA 120

E-mail: [michelle-haggerty@redwoods.edu](mailto:michelle-haggerty@redwoods.edu)

Phone #: 476-4319

### Course Description:

A course that has a focus in applied psychology. The course surveys psychological theories and empirical research as applied to 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.

### Advisory:

Completion of English 350 or assessment into English 150 is highly recommended.

### Student Learning Outcomes:

It is the intent of the course that by the end of the semester the following outcomes will be met:

1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective. *Assess with essay question.*
2. Analyze psychological research and apply concepts to self and others in writing for life-long personal growth. *Assessed with essay question.*
3. Critically analyze psychological information in the popular press. *Assess with popular press writing assignment.*
4. Describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the peer-review process in science. *Assess with essay question.*

### Text:

Weiten, Dunn, Hammer. (2012). *Psychology Applied to Modern Life:*

*Adjustment in the 21<sup>st</sup> Century*, 10<sup>th</sup> Ed. Wadsworth: California. ISBN-13:

978-1-111-18663-0

Course Schedule:

Dates	TOPIC	READING ASSIGNMENTS	Assignments to be turned in:
Week 1: Aug 26 <sup>th</sup> and 28 <sup>th</sup>	Course Introduction; Study Skills	Handouts, Chapter 1	
Sept 2 <sup>nd</sup>	NO CLASS- Holiday		
Week 2 Sept 4 <sup>th</sup>	Adjustment	Chapter 1	
Week 3: Sept 9 <sup>th</sup>	Psychological Research	Chapter 1	
Sept 11 <sup>th</sup>			Popular press article and write up.
Week 3 and 4: Sept 11 <sup>th</sup> , 16 and 18 <sup>th</sup>	Personality	Chapter 2	
Sept 18 <sup>th</sup>			Study Schedule and lecture notes from chapters 1 and 2.
Week 5: Sept 23 <sup>rd</sup> and 25 <sup>th</sup>	Stress and Health	Chapter 3 and 5	
Sept 30 <sup>th</sup>			Quiz #1 and optional study guide.
Week 6: Sept 30 <sup>th</sup> and Oct 2 <sup>nd</sup>	Coping	Chapter 4	
Week 7: Oct 7 <sup>th</sup>	The Self	Chapter 6	
Oct 9 <sup>th</sup>	Midterm Exam		Midterm Exam and optional study guide
Week 8: Oct 14 <sup>th</sup> and 16 <sup>th</sup>	Social thinking and Influence	Chapter 7	
Oct 20 <sup>th</sup>			Coping Paper Due
Week 9: Oct 21 <sup>st</sup>	Communication	Chapter 8	
Oct 23 <sup>rd</sup>	Library Session in LRC 103		
Week 10: 28 <sup>th</sup>	Friendship and Love	Chapter 9	
Oct 30 <sup>th</sup>			Personal Project Paper Due
Oct 30 <sup>th</sup>	Marriage	Chapter 10	

Nov 4 <sup>th</sup>	Quiz #2		Quiz #2 and optional study guide
Nov 11 <sup>th</sup>	Holiday- No Class		
Week 11 and 12: Nov 6 <sup>th</sup> and 13 <sup>th</sup>	Sexuality and Gender	Chapter 11 and 12	
Nov 13 <sup>th</sup>			Research Article and Questions Due
Week 13: Nov 18 <sup>th</sup> and Nov 20 <sup>th</sup>	Disorders	Chapter 14	
Nov 25 <sup>th</sup>			Annotated Bibliography Due
Week 14: Nov 25 <sup>th</sup> and 27 <sup>th</sup>	Presentations		Presentations and outline due on date assigned
Week 15: Dec 2 <sup>nd</sup> and 4 <sup>th</sup>	Presentations		Presentations and outline due on date assigned
Monday Dec 9 <sup>th</sup>			Final Exam 10:45-12:45

**Grading:**

Class Participation:	150 points
Popular Press article	30 points
Schedule and Notes	30 points
Quizzes:	150 points
Coping Paper	60 points
Pop Quizzes:	40 points
Midterm and Final:	300 points
Personal Project:	100 points
Annotated Bibliography	100 points
Outline and Presentation:	50 points
Research Article Questions:	50 points

**Grading Scale:**

Percentage	Letter Grade
93 % +	A
90 – 92 %	A-
87 – 89 %	B+
83 – 86%	B
80 – 82%	B-

77- 79%	C+
70 – 76 %	C
60 – 69%	D
59% - 0	F

### **Class Participation:**

This is an interactive course and therefore it is very important that you attend class and take part in discussions. In order for you to learn the material, it is important that you interact with it. I encourage you to ask questions and offer opinions on the subject matter. It is therefore important that you make every attempt to be present at every class meeting on time.

The topics covered in the class may stimulate individuals to discuss their own difficulties that they have encountered in life. I encourage you to be cautious when making self-disclosures to the class. I also insist that individuals be respectful of each other in the classroom. Failure to comply with the student code of conduct will result in a request to leave the class. The complete code of conduct can be accessed on CR's home page.

You will receive 5 points for every class that you attend for a total of 150 points.

### **Attendance:**

Please be aware that if you decide to not continue with the class you should drop the class and let me know about your decision. An Administrative procedure, (AP) 5075, now allows instructors to withdraw students from class for non-participation through the 10th week of class. Non-participation includes missing 3 classes in a row and not taking tests, exams or turning in assignments. If you need to miss class due to illness or emergency please let me know what is occurring. Census date is 9/9, where I will be dropping students that have not been participating in class. On 10/1 I will again be dropping students that are not participating. The end of the 10<sup>th</sup> week is 11/1. Please keep me informed of anything that is interfering with your participation/attendance in this class.

### **Student Success:**

Research that has been done on student success has highlighted the following areas. Think about these points and how you are including this class in your life.

- Buy the textbook at the beginning of the semester and begin reading.
- Read the chapter assigned for the day before coming to class.
- Turn assignments in on time
- Know where your syllabus is and the schedule for the class.
- Know how to contact your instructor and contact her if you are having difficulties of any kind that are interfering with school.
- Take notes during class
- Take notes while reading the text- outlining the chapter and writing out the key concepts.
- Be on time for class with your cell phone off and ready to experience the class
- Have a designated study area that is distraction free.

## My CR

Powerpoint slides that are utilized during classroom lectures are available on our mycr page for this course. Having these slides printed out when you come to class may be helpful for you in organizing your notes and in clarifying topics discussed. These slides can also be utilized as review. All students have access to mycr. You need to log in as you would webadvisor and then click on our class. The lecture slides are in the “resources” area. Your syllabus is also on mycr under syllabus. Please make sure that you check your email assigned to you through CR as this is how I will communicate with you any changes to the schedule or items that I post.

## Popular Press Article Assignment:

On 9/11/13 you will turn in a copy of an article found in the popular press regarding psychology. This article can be from a newspaper, magazine or from the APA website under the *Psychology in the News* section. You will read the article and then answer the following questions in a typed paper approximately one page in length.

1. Explain the claim of this article.
2. Is research cited in the article, if so explain.
3. Is this an article that you would utilize to make changes in your life? Why or why not?

## Study Schedule and Notes Assignment:

On 9/18/13 you will turn in a schedule for this semester. There is an example on page 25 of your text and I have attached a blank schedule to this document. You need to turn in how you will organize a week including this class, your other classes and work or other responsibilities you have. I recommend that outside of this assignment you have a planner that you utilize for the semester. This assignment also requires you to turn in the notes that you have taken from the lectures on chapter 1 and 2. Please copy your notes, keep the originals in your notebook. This assignment is worth 30 points- 5 points will be taken off for every day that the assignment is late.

## Group Exercises:

The class will break into groups often to discuss material presented in the class. It is important that individuals learn how to function within a group and delegate tasks appropriately. Each individual in the group needs to take responsibility within the group process. Group assignment will be randomly completed at the beginning of the semester. The groups will consist of 4-6 students. This will be the group that you will be meeting with for the entire semester. At the end of the semester the group will give a presentation on a chosen psychological topic.

## Quizzes:

There will be two quizzes during the semester consisting of multiple-choice questions. I will give you a study guide for the quiz. You can earn up to 15 extra credit points towards the quiz score by turning in the study guide along with answering the following questions: 1. What have you learned from this unit? 2. Why is this material important? 3. How is the material related to my life? 4. What questions do you now have about the material? All quizzes must be taken on or before the date scheduled.

No make-up quizzes will be given after they are graded and returned. Therefore if you have something important come up that is preventing you from being in class the day of the quiz, let me know that day so arrangements can be made. The quizzes are worth 75 points each.

### **Pop Quizzes:**

At unannounced times during the semester pop quizzes will be administered. The quizzes will be covering material assigned to that point. You will not be allowed to make these quizzes up if you are not present when they are given. These quizzes count for a total of 40 points towards your final grade.

### **Coping Paper:**

In chapters 3, 4 and 5 we will be discussing stress, how your health is affected by psychological processes and coping. For this assignment I would like you to identify 2 stressors that you currently have in your life. After you explain the stressors discuss how they affect your health and identify your coping strategies to deal with these stressors. I would like you to include at least one coping strategy from chapter 4 that you are utilizing that is new to you. This paper needs to be 2-3 pages, typed, double-spaced 12 font. This paper is worth a total of 60 points; 5 points will be deducted for everyday that the paper is late. The paper will be graded according to the following rubric:

**Spelling and grammar -10 points** (one point will be deducted for each mistake).

**Content- 30 points** (Have you discussed the parts of the assignment with adequate depth)

**Organization- 20 points** (Is sentence and paragraph structure appropriate?)

### **Exams:**

A midterm and final exam will be given on material from the book and class. They will be cumulative; covering all the material the class has covered to the point of the exam. I will provide you with a written study guide prior to the exam and I encourage you to fill it out completely. Questions on the exams will be multiple choice and essay. Please be prepared to bring a scan tron to the exams. No make-up exams will be given after they are graded and returned. Valid justification must be given for any missed exams or quizzes. Each exam is worth 150 points.

### **Personal Project**

Each individual will choose a personal project. The focus of the personal project should be an attempt to learn something more about yourself, your community and the field of psychology. You should choose something that you are interested in. Pick your topic early so that you can make arrangements to complete all aspects of the assignment. I recommend that as you are working on your personal project you start with journaling your progress and/or reactions to the area you are focusing on. This free writing journal will help you understand your process. The paper that you turn in will be a well organized and structured paper. The project is worth 100 points. Papers must be 3-5 pages, typed, double-spaced, 12 font. You can choose from the following list or come up with a topic on your own. Topics not listed must be approved prior to due date.



1. Volunteer at an agency in your community for at least 30 hours and write a paper about the experience (This experience must be taking place this semester).
2. Write a personal autobiography focusing on major events in your life that have shaped your development.
3. Participate in a career assessment at the career center on campus; write a paper on your reactions to the assessment including the results.
4. Interview a psychologist practicing in the field. Include in your paper their typical workday and what types of clients they see, and how this interview has affected your career choice process.
5. Read two current self-help books and write about your reactions to them.
6. Make a behavioral change in your life such as quitting smoking, dieting, starting an exercise program or learning a new skill. Write a reaction paper on this process.
7. Complete a genogram of your family. Include in the genogram divorces and mental illness. After you complete the genogram you will write a paper on your reaction to this exercise. Information on genograms can be obtained from [multiculturalfamily.org](http://multiculturalfamily.org); we will also be discussing this in class.

The paper will be graded according to the following rubric:

- 15 points are possible for spelling and grammar
    - o 1 point is taken off for each spelling and grammar mistake.
  - 15 points are possible for overall organization
    - o This includes paragraph and sentence organization
  - 70 points are possible for content
    - o The topic must be discussed in depth with connection being made to content from the course.
- (10 points will be taken off for every day that the paper is late).

#### **\*\*\*\*Research Assignment and Presentations\*\*\*\***

An important part of learning about psychology is to learn about the research process. Early in the semester your group will chose a topic for your research assignment. The **same topic** will be utilized by individual group members for **the following three assignments**. At the end of the semester each group will do a presentation on the research they have found on their topic. The group must come up with a decision on the topic together. If you have other ideas for topics please let me know.

There will be a group “umbrella” topic and each individual group member will have a subtopic in the area. Topics for research include, but are not limited to the following list:

1. Psychological disorders
2. The effects of behavioral medications on symptoms of disorders.
3. Research on the stability of personality traits.
4. Self-esteem and relationships.
5. The effects of stress on health.
6. Effective coping strategies.
7. Conformity and obedience.

8. Interpersonal communication.
9. Addictions
10. The role of work in an individual's life.
11. The biology of sex.
12. Forensic psychology: i.e. serial killers, legal issues and psychology.
13. Relationships: types of love, choices in relationships.
14. Marriage
15. Gender issues
16. Therapies: types of treatments utilized, current trends.

### Research Article:

You will need to find an academic research article for this assignment utilizing research sites available through the CR library- for instance Ebsco. (We will be going to the library to meet with the librarian prior to this assignment.) You will turn in the article with a typed response to the following questions:

1. What journal does this article appear in? Provide the date and volume also.
2. What are the author's attempting to examine with this article?
3. Did they conduct research that is being discussed here?
4. What is the outcome of this article?
5. Provide your reaction to this article.

This assignment is worth 50 points. 5 points will be taken off for every day that the paper is late. The following rubric will be utilized in grading this assignment:

- **Source** (is the source an academic source verifiable by an author and/or organization?) possible 12 points
- **Answering of questions** in a thoughtful, thorough manner, possible 12 points
- **Spelling, grammar and organization** – possible 6 points

### Annotated Bibliography

You will find a total of 4 sources similar to, possibly including, the one found for the above assignment on your research question/topic for this assignment. An annotated bibliography will be completed listing the source in APA format and then describing and evaluating the source in approximately 100 words. *This is not a research paper, it is an annotated bibliography where you are citing the sources and explaining them.* This paper is worth 100 points; 5 points will be deducted for each day that the paper is late.

The paper will be graded according to the following rubric:

- **Annotations** – do these completely evaluate the source? – Possible 40 points
- **Sources** (are the sources academic verifiable by an author and/or organization?) Possible 40 points
- **APA format** – is the paper written utilizing APA formatting? Possible 10 points
- **Spelling and grammar** – possible 10 points

**\*\* This paper will not be accepted after Dec 4th.**

### Group Presentations

Presentations will be made at the end of the semester on the research that was found on the group's chosen topic. They will be group presentations. Each individual in the group

must participate in the presentation and grades will be individually given. The length of the presentation should be 30-35 minutes for the group. *This is not an informative speech, but a discussion of the research found.*

After the presentation is given each member must turn in an outline of his or her section of the presentation. The presentation and outline are worth a total of 50 points utilizing the following rubric:

- Visual Aide- 7 points
- Eye contact – 5 points
- Length of presentation – 8 points
- Sources of information – 10 points
- Outline of presentation – 20 points

### **Paper Grading:**

All written work will be graded according to content and structure of writing. As is indicated above, points will be taken off if the paper is not properly organized, or if spelling and grammar mistakes are present. Please see me if you are having any difficulties with an assignment.

- Make sure you fully cover the topic in an academic manner. The research should be current and verifiable by author and or organization. Utilize the research tools available through the library for your research not Google.
- Your annotated bibliography needs to be written in APA format. You can access a handout on APA formatting on the CR library homepage. OWLS at Purdue and Diana Hacker.com are also good on-line sources for help with formatting. We will discuss formatting in class.

\*I will make every effort to follow the standards and schedule of this syllabus. There may be times when changes are necessary and I will inform the class if this occurs.

**Group Members Names and Contact Information:**

### Study/Activity Schedule

	MON	TUE	WED	THURS	FRI	SAT	SUN
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							

9pm							
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