

Syllabus for: Personal Growth and Adjustment

Semester & Year:	Summer 2014
Course ID and Section Number:	Psych 33 Section #E5802 (035802)
Number of Credits/Units:	3
Day/Time:	MTWTH, 11:00-12:25 Rm. HU 204
Location:	
Instructor's Name:	Aaron Ahn
Contact Information:	Office location and hours: Phone: 707 832-2048 Email: aaron-ahn@redwoods.edu

Course Description (catalog description as described in course outline):

Introductory survey of the principles of personality development, personal growth and social adjustment. The topics covered include: personality development; memory and learning habits; psychology of love, sex and sex roles; marriage and intimacy, social influence, 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 (as described in course outline) :

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. Critically think about psychological information in academic literature.
4. Discuss the different types of interpersonal and sexual relationships.
5. Be able to work cohesively in groups.
6. Apply the concepts of core values to work choices.
7. Discuss and apply knowledge of the classifications of mental health disorders.
8. Identify the different types of learning styles and create a style that works for you.
9. Discussion is emphasized in this course because it leads to a better understanding of the content.
10. The application of psychological themes to your life.

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.

Personal Growth and Adjustment
Psychology 33
College of the Redwoods
Summer 2014

Instructor: Aaron L. Ahn M.A.

Class Section: MTWTH 11:00-12:25, Section #E5802 (035802), Rm. HU 204

Office Room & Office Hours T.B.A.

E-mail: ala6@humboldt.edu

Phone: (707) 832-2048. Do not text me.

**I do not check my school phone messages and school e-mail account regularly. Please contact me through the e-mail address and phone number listed above.*

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Required Text:

Any recent (within the last 5 years) Introduction to Psychology or Personal Growth and Human Adjustment textbook you can find. Make sure that when you get the textbook, you have me look at it to see if it will suffice.

Consideration Code

- Please respect the opinions of fellow students by not insulting or demeaning their comments. Violation of this code may lead to a student's dismissal from the course.
- Please turn off cell phones before class begins. Absolutely no texting in class. Do not have cell phones out during class time. If there is an absolute necessity to have your phone out you must talk to me so you can get approval. Multiple violations of these rules will result in a permanent dismissal from the class.

- Arrive to class on time, but if you do arrive late, please enter the class quietly.
- Please don't start packing up your belongings until the class ends, unless you need to leave early. Then try to let me know before class begins that you will be leaving early.
- Please no eating in class. (Janitors rule)
- Please read the College of the Redwoods student's code of conduct, as those rules apply in this class.

Attendance

- If you miss 2 classes within the first 4 class sessions without prior approval, you will be dropped from the course as mandated by College of the Redwoods policy.
- If you have 4 unexcused absences, you will be deducted 10% of your point total at the end of the semester. If you have 6 or more unexcused absences you will receive an "F" as your final grade.

Class Schedule	
Dates	Topic
June 23 & 24	Introduction & Academic Research
June 25 & 26	Human Development
June 30	Adolescence
July 1-3	Biological, Behavioral, & Psychoanalytic Perspective
July 7-9	Humanistic, Cognitive, & Psychosocial Perspective
July 10	Exam #1
July 14	Introduction to Mental Disorders
July 15-17	Personality, Somatoform, & Substance Abuse Disorders
July 21-23	Anxiety, Mood, & Dissociative Disorders
July 24	Video for Exam #2
July 28	Exam #2 Due
July 29 & 30	Eating Disorders
July 31	Guess Speaker
Aug 4 & 5	Client-Centered, Psychoanalysis, & Cognitive-Behavioral Therapy
Aug 6 & 7	Group Therapy & Alternative Therapies
Aug 11	Career and Travel
Aug 12	Expressions of Sexuality
Aug 13	Exam #3 Due & Presentations
Aug 14	Final & Presentations

Notice

*This class schedule is subject to change at any time. I will notify the class of any changes and it is the responsibility of the student to update changes via asking another students or contacting the instructor.

Grading Standards

Class Projects (5-50 points each)

There will be several in-class and/or homework projects or papers worth 5-35 points each. These projects or papers will be exercises designed to stimulate the use of psychological theories into real life applications. If you are absent when a class project or paper is assigned, you must get the assignment from a fellow student or e-mail or call the instructor. You will be given the rubric for these projects throughout the course of the semester.

Journal (5 points each journal entry)

Each student will need to get a notebook or journal. You will be asked to write journal entries in class or at home with topics ranging from what your life goals, perspectives on society, development, marriage, love etc... and voluntarily discuss them in class. I will count the number of entries you have at the end of the semester and give you a total score. If you feel uncomfortable writing on a particular topic then come see me and we'll work out an alternative topic. If you don't want me to read an entry or entries then I will take a quick glance at it to make sure that you wrote an entry and still give you credit.

Exams (Approximately 30-90 points each)

There will be four exams consisting of multiple choice and/or essay questions. The number of points possible varies according to the amount of content covered for the exam. The exams will test your knowledge of the assigned readings, lectures, and videos. You must take the exam at or before the scheduled date. There will be no exceptions, except for medical (with a doctor's note) or legitimate personal reasons.

Grading Chart

A	100-90%
B	89-80%
C	79-65%
D	64-60%
F	Less Than 59.9%

*Grades may be adjusted to include +/-

*If you are unable to take a test or turn in a paper on the scheduled date, you will need to call or e-mail me beforehand in order to make arrangements for alternate solutions.

*No cheating: it will result in a failing grade and/or disciplinary action.