

Syllabus for: Psychology 33

Semester & Year:	Fall 2014
Course ID and Section Number:	PSYCH-33-E5945-2014F Personal Growth & Adjustment
Number of Credits/Units:	3
Day/Time:	T/Th 10:05-11:30
Location:	CR Main Campus
Instructor's Name:	Aaron Ahn
Contact Information:	Office location and hours: by appointment Phone:707-474-4850 Email: aaron-ahn@redwoods.edu

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

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.

Student Learning Outcomes (as described in course outline) :

1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the bio psychosocial perspective.
2. Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.
3. Critically analyze psychological information in the popular press.
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.

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
Fall 2014

Instructor: Aaron L. Ahn M.A.

Class Section: T/TH 10:05-11:30, Section #E5945 (035945) Rm# ?

Office Room & Office Hours: HSU BSS 410E Mondays 1:00-2:00 or by apt. at CR

E-mail: ala6@humboldt.edu

Phone: (707) 474-4850. 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.*

Course Description

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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. Excused absences consists or a medical issue or an emergency. You will need to show proof if applicable.

Class Schedule	
Dates	Topic
Week 1	Introduction & Human Development
Week 2	Academic Research & Psychoanalytic Perspective
Week 3	Psychosocial & Biological Perspective
Week 4	Behavioral Perspective & Morality
Week 5	Eating Disorders
Week 6	Humanistic, Cognitive Perspective & Exam #1
Week 7	Expressions of Sexuality & Intro to Psych Therapies
Week 8	Psychoanalysis & Client-Centered Therapy
Week 9	Cognitive-Behavioral Therapy & Group Therapy
Week 10	Art Therapy & Video for Exam #2
Week 11	Introduction to Mental DX & Mood DX
Week 12	Substance Abuse DX
Week 13	Anxiety & Personality DX
Week 14	Marriage & Intimate Relationships & Thanksgiving Holiday
Week 15	Dissociative DX & Death and Dying
Week 16	Exam #3 Due & Presentations
Week 17	Presentations & Final Exam

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.