

Syllabus for: Psych-33 Personal Growth and Adjustment

Semester & Year:	Spring 2015
Course ID and Section Number:	Psych-33, E7106
Number of Credits/Units:	3
Day/Time:	T-TH 6:05 – 7:30pm
Location:	Science Building Rm. 208
Instructor's Name:	Tonja Speed
Contact Information:	Office location and hours: Creative Arts, By appointment Email: Tonja-Speed@redwoods.edu

Course Description (catalog description as described in course outline): A course that has a focus in applied psychology. This 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 biopsychosocial 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 accommodations document to me as promptly as possible so that necessary arrangements can 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.

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.

**Psych - 33
Personal Growth and Adjustment
Spring 2015**

Section E7106

T-Th 6:05 – 7:30pm

Science Bldg. Rm. 208



**Instructor: Tonja Speed, MA Psychology
Office & Office Hours: T.B.A**

E-mail: Tonja-Speed@redwoods.edu

Course Description: A course that has a focus in applied psychology. This 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.

Course Learning Objectives:

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 lifelong personal growth.
3. Critically analyze psychological information in the popular press.
4. Describe specific research methods and general principles of research ethics for the study of human beings, including the safeguards and the peer review process in science.

Required Text:

Weiten, W., Dunn, D.S., & Hammer, E.Y. (2014). *Adjust* Wadsworth Cengage Learning

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 refrain from texting during class.
- Please, arrive to class on time, but if you do arrive late, please enter the class quietly.
- Please, refrain from packing up your belongings until at least five minutes before the class ends, unless you need to leave 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.

Notice

*Chapter readings should be completed before the class meeting date. Reading the chapters beforehand is important in order to gain a better understanding of the lectures and discussions for that day/week.

Schedule:

DATES	TOPIC	READINGS/ ASSIGNMENTS
January 20 th & 22 nd	<i>Introduction</i>	Chapter 1 – Adjusting to Modern Life
January 27 th & 29 th	Research	Chapter 1 – Theories of Personality
February 3 rd & 5 th	Psychological Perspectives	Chapter 2 – Theories of Personality
February 10 th & 12 th	Personality	<i>Chapter 2 – Stress and its Effects</i> Reflection Paper #1 Due
February 17 th & 19 th	Stress and Health Quiz #1	Chapter 3 & 5
February 24 th & 26 th	Stress and Health	Research Topic Due
March 3rd & 5th	Coping Exam #1	Chapter 4

March 10 th & 12 th	Self	Chapter 6 Reflection Paper #2 Due
March 17th & 19th	Spring Break	Enjoy!
March 24 th & 26 th	Social Thinking and Influence	Chapter 7
March 31 st & April 2 nd	Interpersonal Communication Quiz #2	Chapter 8
April 7 th & April 9 th	Friendship and Love	Chapter 9
April 14th & 16th	Gender and Behavior	Chapter 11 Reflection Paper #3 Due
April 21st & 23rd	Exam #2 Careers and Work	Chapter 13
April 28th & 30th	Disorders	Chapter 14 Research Paper Due
May 5th & 7th	Psychotherapy	Chapter 15 Journals Due
May 14	Final	Enjoy your summer!

*****All assignments must be typed and a hard copy turned in.*****

****Please do not e-mail your assignments****

Notice

*Chapter readings should be completed before the class meeting date. Reading the chapters beforehand is important in order to gain a better understanding of the lectures and discussions for that day/week. Quizzes will be given throughout the semester in order to test for reading comprehension.

*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 student or contacting the instructor.

Grading: You may earn a total of 730 points throughout the semester. Points will be divided up accordingly:

Reflection Papers: 75 points

Paper: 100 points

Participation: 140 points

Research Topic: 10 points

Journal: 55 points

Exams: 200 points

Final Exam: 100 point

*** 5 point penalty for each class meeting an assignment is late ***

Student Withdrawal from class:

Please note that if you decide not to continue with the class you must drop the class officially. Instructors will drop students that do not attend the first 3 weeks of class, after that it must be initiated by the student. The last day to drop without a “W” and receive a refund is 01/30/2015 (term fees are not refunded). The last day for a student initiated withdrawal is 04/03/2015 (no refund).

Attendance

Participation in class includes 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 three classes in a row and not taking 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 02/03/15, where I will be dropping students that have not been participating in class. Please keep me informed of anything that is interfering with your participation/attendance in this class.

In-Class Projects/Participation (5 points each)

In order for you to learn the material, it is important that you interact with it, by taking part in discussions and listening to the material being presented. I encourage you to ask questions and offer opinions on the subject matter. It is therefore also important that you be present at every class meeting. If you are not present at a class, please make every effort to get notes from another student. Again, please keep me informed of anything that is interfering with your participation/attendance in this class.

There may be several in-class projects or papers, which will be included as part of class participation. These projects or papers will be exercises designed to stimulate the use of psychological theories into real life applications. If you are absent when an in-class project or paper is assigned, we should talk.

The topics discussed in class will stimulate class discussions. Discussion will be an important time for learning. For this to happen in a comfortable environment, students need to be respectful of each other. College of the Redwoods has a student code of conduct outlining appropriate classroom behavior. Failure to comply with the code of conduct will result in a request to leave the class.

Reflection Paper Assignment: (25 points each)

You will be assigned three reflection papers throughout the semester. These papers are a way of reflecting on the material presented in class through personal application. The paper needs to be supported by research and will include at least one citation based on research. The Reflection

Paper may not exceed two pages not including the title and reference page. The paper will be in APA format including the title page and reference page. A handout will be provided.

Quizzes: (25 points each)

There will be two quizzes throughout the semester on the material from the text. The quizzes will consist of 25 multiple choice questions worth one point each. If you are not able to make it to class on the day of the quiz please let the instructor know as soon as you are aware of this so that arrangements can be made. Make ups will not be given after the quizzes are graded and returned, no exceptions.

Exams: (100 points each)

There will be **two exams** and a **final exam** given during the semester. They may consist of multiple choice, fill in blank and short answer/essay questions. You must take the exam on or before the date of the exam. No make-up exams will be given after they have been graded and returned. In addition, an arrangement with the instructor is required in order to take the exam early.

Journal: (55 points)

You will be required to keep a journal. So, you may want to pick up some sort of bound notebook specifically for this course. You are to complete **at least two** entries per week reflecting on your own experience. Entries may sometimes take place in class, which a topic will be provided. At the end of the semester, journals will be collected and entries counted. Please, bring your journal to each class meeting.

Research Paper: (100 points)

You are required to write a research paper. Your research paper may be based on any topic covered in class. The paper needs to be **3-5** pages long, **no longer than five pages** double spaced **not including** the reference or title page. The paper must be written in APA format including the reference page. The research should be current, relevant and verifiable by author and or organization (peer reviewed journal articles). Utilize the research tools available through the library **not Google**. The paper should include **Three** sources. This project is worth 100 points. You can access a handout on APA formatting on the CR library homepage, OWLS at Purdue and Diana Hacker.com are also good online sources for help with formatting. Research papers are due on **April 28. No papers will be accepted after the due (May 5th)**. A handout will be provided. In addition, please **do not e-mail** your research papers. A hardcopy must be provided.

**Again, 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.*

-Please do not hesitate to ask questions regarding the syllabus