

Syllabus for: Psych 33 – Personal Growth and Adjustment

Semester & Year:	Spring 2015
Course ID and Section Number:	Psych-33-E8406
Number of Credits/Units:	3
Day/Time:	MTWTH, 9am-12pm
Location:	HU 110
Instructor's Name:	Rafael Ayala
Contact Information:	Office hours: By Appointment Phone: 951-834-7305 Email: rafael-ayala@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 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.
- 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 Development
Summer 2015
Section E8406
M-TH 9am-12pm
HU 110

Instructor: Rafael Ayala, M.A. Psychology
Office Hours: By Appointment
Email: rafael-ayala@redwoods.edu

Required Text:

Psychology Applied to Modern Life: Adjustment in the 21st Century, Eleventh Edition

Course Descriptions:

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Course Schedule

7/6: Introduction/Chapter 1: Adjustment to Modern Life
7/7: Chapter 2 – Theories of Personality
7/8: Chapter 3 – Stress and Its Effects
7/9: Chapter 4 – Coping Processes
7/13: **Exam 1**; Paper 1
7/14: Chapter 5 – Psychology and Physical Health
7/15: Chapter 6 – The Self
7/16: Chapter 7 – Social Thinking and Social Influence
7/20: Chapter 8 –Interpersonal Communication; **Paper 1 Due**
7/21: **Exam 2**; Paper 2
7/22: Chapter 9 – Friendship and Love

This syllabus may be subject to change. Students will be notified of any changes.

7/23: Chapter 10 – Marriage and Intimate Relationships
7/27: Chapter 11 – Gender and Behavior
7/28: Chapter 12 – Development and Expression of Sexuality; **Paper 2 Due**
7/29: **Exam 3**; Paper 3
7/30: Chapter 13 – Careers and Work
8/3: Chapter 14; Chapter 15; **Paper 3 Due**
8/4: **Exam 4**

Course Grading:

All assignments are due in the beginning of class. Late work will not be accepted. The course will be graded using the following criteria:

- Participation: 5 points each class
- Quizzes: 10 points each
- Papers: 50 points each
- Exams: 100 points each

Disorderly Conduct:

Students who are disruptive during class will be asked to leave and receive no participation credit for the day. The environment of this classroom will be one that fosters intellectual discussion and one that respects the different views of the participants of the class. Students under the influence of drugs or alcohol will be asked to leave. If a student is asked to leave twice due to disorderly conduct, they will be issued a suspension from class for either one or two class periods, at the discretion of the instructor. Any assignments or tests due on the dates missed will not be able to be retaken or turned in late. Students must follow instructions or will be asked to leave the class.

Academic Integrity:

Plagiarism will not be tolerated. All turned in assignments must be the student's original work. Any plagiarized material will receive no credit. Cheating will not be tolerated. Any student caught cheating or plagiarizing will fail the course.

Electronics:

Cell phones are not to be used during class for calls or for texting. Phones are to be placed on silent or turned off during class. Computers are not allowed during lecture.

Students with Disabilities:

This class is designed to accommodate individuals with disabilities. Please contact me directly if you have any specific concerns. For more information regarding the College's services you can access the DSPS website at <http://redwoods.edu/district/dsps/>

Non-Discrimination/ Equal Opportunity:

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. CR's policy complies with California Education Code and Title 5 of the California Administrative Code, and with related federal laws (Title VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973). Under these regulations, College of the Redwoods guarantees that no person shall be subjected to discrimination on the basis of ethnic group identification, religion, age, gender, sexual orientation, color, or physical or mental disability under any of its programs or activities.