

Syllabus for <i>Personal Growth & Adjustment Psych 33</i>] – Eureka Campus		
Semester & Year	Spring 2016	
Course ID and Section #	PSYCH-33-E0034 # 040034	
Instructor's Name	Ahn	
Day/Time	T/TH 2:50-4:50	
Location	Eureka Main Campus	
Number of Credits/Units	3	
Contact Information	<i>Office location</i>	library
	<i>Office hours</i>	M 4:00-6:00
	<i>Phone number</i>	707 476 4100 Ext3022
	<i>Email address</i>	Aaron-ahn@redwoods.edu
Textbook Information	<i>Title & Edition</i>	No required text
	<i>Author</i>	
	<i>ISBN</i>	
Course Description		
<p>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.</p>		
Student Learning Outcomes		
<ol style="list-style-type: none"> 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		
<p>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 at 707-476-4280.</p>		
Academic Support		
<p>Academic support is available at Counseling and Advising and includes academic advising and educational planning, Academic Support Center for tutoring and proctored tests, and Extended Opportunity Programs & Services, for eligible students, with advising, assistance, tutoring, and more.</p>		
Academic Honesty		

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www.redwoods.edu/district/board/new/chapter5/documents/AP5500StudentConductCodeandDisciplinaryProcedureSrev1.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 website.

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(http://www.redwoods.edu/Eureka/campus-maps/EurekaMap_emergency.pdf). For more information on Public Safety, go to <http://redwoods.edu/safety/> In an emergency that requires an evacuation of the building:

- Be aware of all marked exits from your area and building.
- Once outside, move to the nearest evacuation point outside your building:
- Keep streets and walkways clear for emergency vehicles and personnel.
- Do not leave campus, unless it has been deemed safe by the Incident Commander or campus authorities. (CR's lower parking lot and Tompkins Hill Rd are within the Tsunami Zone.)

RAVE – College of the Redwoods has implemented an emergency alert system. In the event of an emergency on campus you can receive an alert through your personal email and/or phones at your home, office, and cell. Registration is necessary in order to receive emergency alerts. Please go to <https://www.GetRave.com/login/Redwoods> and use the "Register" button on the top right portion of the registration page to create an account. During the registration process you can elect to add additional information, such as office phone, home phone, cell phone, and personal email. Please use your CR email address as your primary Registration Email. Your CR email address ends with "redwoods.edu." Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions.

Personal Growth and Adjustment (Psych 33)

College of the Redwoods

Spring 2016

Instructor: Aaron L. Ahn M.A.

Class Section: T/TH 1:15-2:40, E9223, Section #039223 Room#: AT105

Office Room & Office Hours: Location: T.B.A. By Appointment

E-mail: aaron-ahn@redwoods.edu

Phone: (707) 476-4100 Ext # 3022

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.

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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.

Required Text:

Any recent (within the last 5 years) Introduction to Psychology and 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.

All other material needed for the class will be on Canvas.

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 7 unexcused absences, you will be deducted 10% of your point total at the end of the semester. Attendance may be taken by calling role, with a sign-in sheet, or collecting in-class assignments. Excused absences consists or a medical issue or a valid excuse. You will need to show proof if applicable.

Class Schedule

Dates	Topic
Week 1	Introduction & Academic Research
Week 2	Survey Research & Human Development
Week 3	Psychoanalytic & Psychosocial Perspective
Week 4	Biological Perspective
Week 5	Behavioral Perspective
Week 6	Humanistic & Cognitive Perspective
Week 7	Exam #1 (2/23) & Intro to Psych Therapies
Week 8	Psychoanalysis & Client-Centered Therapy
Week 9	Spring Break
Week 10	Cognitive-Behavioral & Group Therapy
Week 11	Eclectic Therapy & Exam #2 (3/29)
Week 12	Introduction to Mental DX & Mood DX
Week 13	Substance Abuse DX & Eating DX
Week 14	Anxiety & Personality DX
Week 15	Dissociative DX & Morality
Week 16	Presentations & Exam #3 (5/5)
Week 17	Final Exam (5/12 1:00-3:00)

Notice

*This class schedule is subject to change at any time with fair notice. 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.

*Check Canvas religiously for announcements, postings, and updates.

Grading Standards

Planning and Facilitating a Discussion (PFD) on a Personal Growth Theory (Worth 50 Points Total)

There will be one planning and facilitating discussion (PFD) exercise due during the semester. For the PFD, you will analyze a specific topic having to do with a personal growth theory. Groups of 3 students will be responsible for presenting these major areas to the class. The PFD must include (a) an overview of the articles (review and explain the articles) and (b) an analysis/critique (what implications the article has to do with personal growth). Also include any personal critique or commentary about the article or story. Each individual in the group must provide a paper which includes all of the elements discussed above and must also include at least 3 questions or comments of the story/article for the class to ponder and discuss. The rubric for the paper is available on Canvas and is worth 25 individual points.

You must also plan and facilitate a discussion on your topic in class. I will provide readings on how to plan and facilitate a discussion and work with you on its development. The time and date for these presentations will be assigned during the semester. See Canvas for rubric. NOTE that there are no exceptions to presentations dates. If a student fails to make the presentation date, the student will fail the assignment unless they have a valid excuse.

Here is the point breakdown for this project:

Individual Paper	25
Group Discussion	25
Total	50

PFD Topics

For the 2 main projects, the survey project and PFD (located below), you may choose any one of these topics. It can be a general analysis or specific. *Stress in the environment, stress influenced by culture, frustration, internal conflict, pressure, physiological response to stress, emotional response to stress, behavioral response to stress, coping strategies, aggression, constructive coping, expressing emotions, meditation, procrastination, self-concept, self-esteem, self-attributions, self-efficacy, self-defeating behavior, attributions, prejudice, discrimination, persuasion, conformity, obedience, interpersonal communication, social networking, nonverbal communication, initial attraction, establishing relationships, gender orientation, sexual orientation, friendship, love, romantic relationships, internet and relationships, loneliness, marriage, divorce, selecting a mate, divorce, cohabitation, morality, partner abuse, date rape, hormonal influences on gender differences, sexual expression, sex outside of committed relationships, sex in committed relationships, careers, work, sexual harassment, family roles, therapies, disorders...*

Journal (5 points each journal entry)

Each student will need to get a notebook or journal. There will be approximately 5 total journal entries for the semester. You will be asked to write journal entries in class or at home 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. I check to see if you did the journal entries on the last regular class week of the semester.

Class Assignments (5 points each)

There will be several in-class assignments and homework assignments worth 5 points each. These assignments will be exercises designed to stimulate the use of psychological theories into real life applications. If you are absent when a in-class assignment is assigned then you cannot make it up unless you have a valid excuse. I will give you the guidelines for the assignments in class.

Papers (Worth 15 points each)

There will be several papers due during the semester. The papers will be designed to improve your academic research skills and to integrate the concepts and theories learned during this course. The rubric for the papers will be discussed during class and/or will be available on Canvas.

Exams (Worth 50-70 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.

Additional notes

- You are expected to put in at least 6 hours of outside work for this class each week. This includes reading, studying, and homework.
- Assignments are due during class time and handed to me in class. Do not leave an assignment in my mailbox, on Canvas, or emailed unless you have prior approval.

Grade Chart

A	100-93%	C+	79-77%
A-	92-90%	C	76-73%
B+	89-87%	C-	72-70%
B	86-83%	D+	69-67%
B-	82-80%	D	66-63%
		D-	62-60%

		F	< 60%
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*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.

*Incompletes: Incompletes are granted for students with a compelling reason for why they cannot complete the course.

*It is the student's responsibility to keep track of his or her own point total throughout the semester. This entails keeping track of your points by entering the point total for the assignment as well as entering the points you received for the particular assignment, by either writing it down or using a spreadsheet program. You will need to enter your points whenever I pass back an assignment. If you forgot or are unsure about what you received on an assignment, project, or exam, email me and I will let you know as soon as possible. The point total and percentage that is shown on Canvas is NOT the accurate point total, it is only for the assignments that are due on Moodle and have been posted.

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Academic Support

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