

Syllabus for [Personal Growth & Adjustment Psych 33] – Eureka Campus		
Semester & Year	Fall 2016	
Course ID and Section #	PSYCH-33-E0169-(040169)	
Instructor's Name	Ahn	
Day/Time	MW 6:05-7:30	
Location	Eureka Main Campus	
Number of Credits/Units	3	
Contact Information	<i>Office location</i>	TBA
	<i>Office hours</i>	By Appointment
	<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.

Disruptive Classroom Behavior

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- 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.)

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Personal Growth and Adjustment (Psych 33)

College of the Redwoods

Fall 2016

Instructor: Aaron L. Ahn M.A.

Class Section: M/W 6:05-7:30, Section #E0169 (040169) Room#: SC 208

Office Room & Office Hours: By appointment @ CR

E-mail: Message me on Canvas. Do NOT email me at my college of the redwoods address, unless you or I need to send an attachment.

Phone: (707) 474-4850 Do **NOT** text me.

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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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 6 unexcused absences, you will be deducted 10% of your point total at the end of the

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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 Aug 29 & 31	Introduction & Human Development
Week 2 Sep 7	(No Class Sep 5 th , Labor Day) Psychoanalytic
Week 3 Sep 12 & 14	Psychosocial Perspective & Biological Perspective
Week 4 Sep 19 & 21	Behavioral Perspective
Week 5 Sep 26 & 28	Humanistic & Cognitive Perspective
Week 6 Oct 3 & 5	Exam #1 & Personality
Week 7 Oct 10 & 12	Personality & Intro to Psych Therapies
Week 8 Oct 17 & 19	Psychoanalysis & Client-Centered Therapy
Week 9 Oct 24 & 26	Cognitive-Behavioral & Group Therapy
Week 10 Oct 31 & Nov 3	Eclectic Therapy & Exam #2
Week 11 Nov 7 & 9	Introduction to Mental DX & Mood DX
Week 12 Nov 14 & 16	Substance Abuse DX & Eating DX
Week 13 Nov 21 & 23	Anxiety Dx
Week 14 Nov 28 & 30	Personality DX & Dissociative DX
Week 15 Dec 5 & 7	Presentations
Week 16	Final Exam Mon Dec 12th

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

Personality Construct Project (Worth 40 Points)

You will create a questionnaire that will measure for a construct. Examples of constructs are happiness,

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sociability, aggression, openness, extroversion etc... The rubric for this project will be discussed during class and/or will be available on Canvas.

Construct 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, frustration, internal conflict, pressure, aggression, 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, divorce, cohabitation, morality, sexual expression, careers, , family roles...*

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.

Paper (Worth 20 points each)

There will be 1 paper 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 paper will be a minimum of 2 pages. The rubric for the paper will be discussed during class and will be available on Canvas.

Exams (Worth 200 total points)

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. Exam #1 will be worth 70 points. Exam #2 will be worth 40 points. Exam #3 will be worth 46 points. The Final Exam will be worth 44 points. 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 3 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+	79-75%
A-	92-90%	C	76-70%
B+	89-87%	D+	69-65%
B	86-83%	D	64-60%

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B-	82-80%	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 will 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 Canvas and have been posted.

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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%202-07-2012.pdf>

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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.

Student Resources (copy and paste student services links)

1. Academic Support Center (and testing center):
<http://www.redwoods.edu/Eureka/ASC/index.asp>

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2. Counseling Services: <http://www.redwoods.edu/eureka/counseling/services.asp>
3. Distance Education: <http://www.redwoods.edu/departments/distance/>
4. DSPS (Disabled Students Programs and Services): <http://www.redwoods.edu/district/dsps/>
5. Library (including online databases): <http://www.redwoods.edu/eureka/library/>
6. CR student Orientation: <http://www.redwoods.edu/orientation/>
7. Student Canvas Orientation video: <https://vimeo.com/74677643>
8. Canvas Help and Recourses: <https://redwoods.instructure.com/courses/739/pages/canvas-resources>
9. Support for online students:
<http://www.redwoods.edu/departments/distance/StudentResources.asp>
10. Veterans' Resource Center: <http://www.redwoods.edu/vets/>
11. Writing Center: <http://www.redwoods.edu/departments/english/writingcenter/>