

Syllabus for Personal Growth and Adjustment – Eureka Campus		
Semester & Year	Fall 2017	
Course ID and Section #	Psych 33 E2783	
Instructor's Name	Vaughn	
Day/Time	Mondays and Wednesdays 11:40am-1:05pm	
Location	Creative Arts Building Room 109	
Number of Credits/Units	3	
Contact Information	<i>Office location</i>	Student Services Administration Building Room SS102D
	<i>Office hours</i>	Mondays & Wednesdays 11am-11:30am and 1:15-2pm
	<i>Phone number</i>	707-476-4144
	<i>Email address</i>	shemya-vaughn@redwoods.edu
Textbook Information	<i>Title & Edition</i>	I never knew I had a choice: Explorations in personal growth (11 th edition)
	<i>Author</i>	Corey, Corey, and Muratori
	<i>ISBN</i>	978-1-305-94572-2
Course Description		
<p>This course 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 will 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 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		
<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		
<p>In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website at: http://www.redwoods.edu/board/Board-Policies/Chapter-5-Student-Services, and scroll to AP 5500. 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.</p>		

Disruptive Classroom Behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process a disruptive student may be temporarily removed from class. In addition, he or she may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website at: <http://www.redwoods.edu/board/Board-Policies/Chapter-5-Student-Services> and scroll to AP 5500. 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.

Emergency Procedures for the Eureka campus:

Please review the campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). The Eureka **campus emergency map** is available at: (<http://www.redwoods.edu/aboutcr/Eureka-Map>; choose the evacuation map option). For more information on Public Safety, go to <http://www.redwoods.edu/publicsafety>. 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.

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.

Course Assignments:
(All assignments are submitted online)

Chapter Discussion Questions 20%

To ensure that students read each chapter and reflect on the material, students will post discussion questions for each chapter in an online forum. These questions will be posted on an online discussion board, read aloud during class, and discussed as a way to ensure the class is focusing on topics students are interested in discussing each week.

Reaction Paper 10%

Each student will watch a film or documentary pertaining to a topic in this class and write a reaction paper responding to the question: *How do you feel about the film you watched?*

Click here to learn how to structure reaction papers: <https://leo.stcloudstate.edu/acadwrite/reaction.html>

Research Paper 30%

Students will write a double-spaced, 12-point font, 8-10 page research paper on a topic of their choice. Students can work alone or pair with another student. Citations will be in APA style. *This assignment includes 5 components: topic/research question, outline, bibliography, rough draft, and final draft.

Online Exams 40% (20% for each exam)

Students will complete two online exams – one midterm and one final exam. Each exam will remain available for one week. Exams are not timed.

Grading Scale:

A	100%-93%	C+	79%-76%
A-	92%-90%	C	75%-70%
B+	89%-86%	D	69%-60%
B	85%	F	59% and below
B-	84%-80%		

Teaching Format

This course will be taught using multiple teaching modalities such as lecture, guest speakers, class discussions, group work, debates, and the use of media.

Course Policies

Attendance and Participation

Students are expected to attend class regularly. Attendance will be taken at the start of each class. Students are expected to arrive on time and remain until the end of class. If you arrive late, please enter quietly and take the seat closest to the door. If you must leave early, please exit quietly. If you need to miss class for any reason, please let me know via email as soon as possible. It is a good idea to exchange contact information with another classmate to get information you may miss during your absence. Please bring your textbook to each class. If you have the e-book, please bring a laptop or tablet to reference the readings during class discussions.

Late Work/Make-up Assignments

All due dates are presented below. Please note these dates today so that your assignments are submitted on time. Late work will not receive full credit. Because exams are online and available for one week, there will be no make-up option. Please consider due dates and semester plans at this moment. If you will need to miss class during one of the deadlines, submit work **before** the due date. There will be no extra credit for this course.

Classroom Civility and Academic Freedom

Throughout this semester, we will discuss issues about which we may not agree. Students are expected to listen to and respect various points of view. Students' perspectives may be challenged and may encounter attitudes, opinions, and information counter to your beliefs.

**This schedule is tentative and subject to change.*

Week	Date	Topic	Assignment
1	Aug 28 and Aug 30	Introductions, Overview of course, Psychology in the popular press	Purchase or rent textbook
	Sept 4	NO CLASS	
2	Sept 6	Chapter 1 Personal Learning and Growth	Discussion Questions due Sept 6 th at 11am.
	Sept 8	Last day to drop a class without a W and receive a refund	
3	Sept 11	Chapter 2 Childhood and Adolescence	Discussion Questions due Sept 11 at 11am.
	Sept 13	NO CLASS	
4	Sept 18 and Sept 20	Chapter 3 Adulthood	Discussion Questions due Sept 18 at 11am.
5	Sept 25 and Sept 27	Chapter 4 Your Body and Wellness	Paper Outline due Sept 29 at 11:59pm.
6	Oct 2 and Oct 4	Chapter 5 Stress Management	Bibliography due by Oct 6 at 11:59pm.
7	Oct 9 and Oct 11	Chapter 6 – Love Chapter 7 - Relationships	Discussion Questions due Oct 9 at 11am.
8	Oct 16 and Oct 18	Psychology in the popular press	Online midterm opens Oct 16 at 8am and closes Oct 20 at 11:59pm.
9	Oct 23 and Oct 25	Chapter 8 Becoming the Person You Want To Be	Reaction Paper due Oct 27 at 11:59pm.
	Oct 26	Graduation Petitions Due	
10	Oct 30 and Nov 1	Chapter 9 Sexuality	Discussion Questions due Oct 30 at 11am.
	Nov 3	Last day to drop a class with W instead of F without refund	
11	Nov 6 and Nov 8	Chapter 10 Work and Recreation	Discussion Questions due Nov 6 at 11am.
12	Nov 13 and Nov 15	Chapter 11 Loneliness and Solitude	First draft of paper due Nov 17 at 11:59pm.
13	Nov 20 and Nov 21	Psychology in the popular press	
14	Nov 27 and Nov 29	Chapter 12 Death and Loss	
15	Dec 4 and Dec 6	Chapter 13 Meaning and Values	Final draft of paper due Dec 8 at 11:59pm.
16	Dec 11	Research Paper Discussion	Online final exam opens Dec 11 at 8am and closes Dec 15 at 11:59pm.