

## Syllabus for Personal Growth & Adjustment – Eureka Campus

<b>Semester &amp; Year</b>	Spring 2018	
<b>Course ID and Section #</b>	PSYC 33-E3463	
<b>Instructor's Name</b>	James E. Barnett	
<b>Day/Time</b>	T/TH 1:15 - 2:40pm	
<b>Location</b>	CA 109	
<b>Number of Credits/Units</b>	3	
<b>Contact Information</b>	<i>Office location</i>	TBD
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<b>Textbook Information</b>	<i>Title &amp; Edition</i>	Adjust
	<i>Author</i>	Weiten, W., Hammer, E.Y., & Dunn, D.S.
	<i>ISBN</i>	1133594980

### 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 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

- Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective.
- Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.
- 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 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.

### Academic Support

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.

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### Academic Honesty

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.

### 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

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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](mailto: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 Requirements

#### ***Materials***

Students should acquire a copy of the course text ASAP. The instructor will also provide additional readings, YouTube videos, documentaries, and other supplemental materials to complement topics each week. Unless specified by the instructor, all supplemental materials should be considered mandatory to read/view. The supplemental information is vital to promoting the student learning outcomes and may appear on exams.

#### ***Exams (Exam 1: 100 pts; Exam 2 100 pts; Exam 3: 150 pts)***

There will be three exams throughout the semester. Only the final exam will be cumulative; however, frequently missed questions on previous exams may appear on future exams. Questions will vary in format and will be crafted to capture learning outcomes from the course text, lecture, activities, and discussion. If you fail to take an exam at the scheduled time, you can only make it up by providing a note from a doctor, which details your incapacitation, or similar written documentation for other emergency reasons. This documentation must be provided either before or immediately following the missed exam. There are no exceptions to these conditions. Plan accordingly!

#### ***Participation & Class Activities (50 pts)***

It should be understood that reading the required course text is not a substitute for classroom attendance. Attending will provide valuable information required for doing well in this course. Therefore, attendance is necessary with only two permitted unexcused absences allotted for the semester. Furthermore, engaging in other activities during class may derail this learning process. It is expected that students will have their phones silenced and not out during class. Laptops and tablets may be used for taking notes; however, these devices may not be used for other purposes. Violation of these rules may result in being asked to leave the class for the day and loss of all corresponding participation points.

If you plan on missing a class be sure to email the instructor at least one hour before the class period, as this will recover half of your daily participation points. In the event you are sick, stay home. The missed participation points will not make or break your grade in this course. There are plenty of other ways to earn and make-up points.

There will be at least five in class activities (e.g. class debates, discussions, taking psychometric tests, etc.), each worth 10% of the participation grade. These will occur throughout the semester and will be unannounced. If you are present for more than five in-class activities, the additional points will count as extra credit for your overall course grade.

### ***Research Analysis Paper (50 pts)***

Students will be provided with a choice of research to critically assess for scientific merit and applicability of findings. Students are responsible for providing a paper to detail their assessment (3 pages, APA format). The paper serves as an opportunity for students to practice dissecting research findings and interpreting the generalizability of research claims. A hard copy is due in class on **Thursday, Mar. 8, 2018**. More specific information regarding the paper expectations and a grading rubric will be provided throughout the semester.

### ***Personal Adjustment Paper (50 pts)***

Students will be provided with a choice of case studies depicting a psychological disorder. Students are responsible for providing a paper detailing a personal change in their life, which they will make during this semester (3 pages, APA format). The paper serves as an application of course content and reflective component for adjustment and growth. A hard copy is due in class on **Tuesday, May 1, 2018**. More specific information regarding the paper expectations and a grading rubric will be provided throughout the semester.

### ***Extra Credit***

No late assignments will be accepted unless specifically authorized by the instructor. Exceptions will only be granted for emergencies, which have been verified with appropriate documentation.

In the event that students want to supplement their grades, they may:

1. Deliver a 5 minute presentation on a peer-reviewed article from a scholarly journal that relates to the class topic matter for up to 3% (15 pts) of the total course grade. These articles must be different from the articles selected as options for the Research Analysis Paper. Complete the designated article analysis form and email it with the article to the instructor. A date will then be scheduled for a 5 minute presentation of the article. This opportunity should be planned out ahead of time, as scheduling a presentation into class time cannot be done on the spot. A reading of the abstract does not suffice; Remember, critically assess the research, as you may be asked questions.
2. Participate in more than five in-class activities, with each activity adding 5 points to their total grade.

## Course Grading

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Assignment Weights		Final Grades			
Exam I	20%	93 – 100%	A	73 – 76%	C
Exam II	20%	90 – 92%	A-	70 – 72%	C-
Exam III	30%	87 – 89%	B+	67 – 69%	D+
Class Participation & Discussion	10%	83 – 86%	B	63 – 66%	D
Research Analysis Paper	10%	80 – 82%	B-	60 – 62%	D-
Personal Adjustment Paper	10%	77 – 79%	C+	< 60%	F

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*Note.* Final grades may be curved at the instructor's discretion.

### Class Schedule

Topic	Tuesday	Thursday
Introduction to Adjustment	Jan. 16 <b>Syllabus; Housekeeping</b>	Jan. 18 Ch. 1
Critical Thinking & Philosophy of Science	Jan. 23	Jan. 25
Theories of Personality	Jan. 30 Ch. 2	Feb. 1 Ch. 2
Effects of Stress	Feb. 6 Ch. 3	Feb. 8 <b>No Class: Individualized Assignment</b>
Coping Mechanisms	Feb 13 Ch. 4	Feb. 15 <b>No Class: Individualized Assignment</b>
Floating/Review	Feb. 20 <b>Exam Review</b>	Feb. 22 <b>Exam 1</b>
The Self	Feb. 27 Ch. 6	March 1 Ch. 6
Social Thinking & Social Influence	Mar. 6 Ch. 7	Mar. 8 Ch. 7; <b>RA Paper Due</b>
<b>Spring Break</b>	Mar. 13 <b>No Class</b>	Mar. 15 <b>No Class</b>
Interpersonal Communication	Mar. 20 Ch. 8	Mar. 22 Ch. 8; <b>Exam Review</b>
Friendships and Love	Mar. 27 <b>Exam 2</b>	Mar. 29 Ch. 9
Marriage, & Intimate Relationships	Apr. 3 Ch. 10	Apr. 5 Ch. 10
Gender & Behavior	Apr. 10 Ch. 11	Apr. 12 Ch. 11
Development & Expression of Sexuality	Apr. 17 Ch. 12	Apr. 19 Ch. 12
Careers & Work	Apr. 24 Ch. 13	Apr. 26 Ch. 13
Mental Health Issues & Treatments	May 1 Ch. 14 & 15	May 3 Ch. 15; <b>PA Paper Due</b>
<b>Finals Week:</b> (5/10/18; 1:00 - 3:00pm)	May 8 <b>TBD</b>	May 10 <b>Final Exam</b>

*Note.* The above schedule is subject to change. All assigned reading should be completed before the assigned lecture days.

## Additional Resources and Support

### *Tech Support*

For password issues with Canvas, Web Advisor or your mycr.redwoods.edu Email, contact Technical Support at [its@redwoods.edu](mailto:its@redwoods.edu) or call 707-476-4160 or 800-641-0400 ext. 4160 between 8:00 A.M. and 4:00 P.M., Monday through Friday

### *Miscellaneous*

- CR-Online (Resource for online students): <http://www.redwoods.edu/online>
- Academic Support Center (and testing center): <http://www.redwoods.edu/asc>
- Counseling Services: <http://www.redwoods.edu/counseling/>
- CR Orientation: <http://www.redwoods.edu/orientation/>
- Library (including online databases): <http://www.redwoods.edu/library/>
- Veterans' Resource Center: <http://www.redwoods.edu/vets>
- Writing Center: <http://www.redwoods.edu/writingcenter>
- Canvas help and tutorials: <http://www.redwoods.edu/online/Canvas>
- Student Online Hand Book: <http://www.redwoods.edu/Portals/72/Documents/Students/CR-OnlineStudentHandbook.pdf>