

| <b>Syllabus for PSY 33: Personal Growth &amp; Adjustment– Eureka Campus</b>  |                            |   |
|--|----------------------------|---|
| <b>Semester &amp; Year</b>   | SPRING 2018                |   |
| <b>Course ID and Section #</b>   | PSY 33 K3628               |   |
| <b>Instructor's Name</b>   | Kady Pomerleau             |   |
| <b>Day/Time</b>  | F 12:30-3:40               |   |
| <b>Location</b>  | HTEC Room 1                |   |
| <b>Number of Credits/Units</b>   | 3.0                        |   |
| <b>Contact Information</b>   | <i>Office location</i>     | By Appointment  |
|  | <i>Office hours</i>        | By Appointment  |
|  | <i>Phone number</i>        | (707) 951-7417  |
|  | <i>Email address</i>       | Kady-Pomerleau@redwoods.edu   |
| <b>Textbook Information</b>  | <i>Title &amp; Edition</i> | Psychology Applied to Modern Life: Adjustment in the 21 <sup>st</sup> Century |
|  | <i>Author</i>              | Witen, Dunn, Hammer   |
|  | <i>ISBN</i>                | ISBN-10: 1305968476   |
| <b>Course Description</b>  |                            |   |
| <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>   |                            |   |
| <b>Student Learning Outcomes</b>   |                            |   |
| <ol style="list-style-type: none"> <li>1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective.</li> <li>2. Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.</li> <li>3. Critically analyze psychological information in the popular press.</li> <li>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</li> </ol>  |                            |   |
| <b>Special Accommodations</b>  |                            |   |
| <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 <a href="#">Disabled Students Programs and Services</a>. Students may make requests for alternative media by contacting DSPS at 707-476-4280.</p> |                            |   |
| <b>Academic Support</b>  |                            |   |
| <p>Academic support is available at <a href="#">Counseling and Advising</a> and includes academic advising and educational planning, <a href="#">Academic Support Center</a> for tutoring and proctored tests, and <a href="#">Extended Opportunity Programs &amp; Services</a>, for eligible students, with advising, assistance, tutoring, and more.</p>   |                            |   |
| <b>Academic Honesty</b>  |                            |   |
| <p>In the academic community, the high value placed on truth implies a corresponding intolerance of</p>  |                            |   |

## Syllabus for PSY 33: Personal Growth & Adjustment– Eureka Campus

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 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 Agenda

| <b>Date</b> | <b>Topic</b>                                   | <b>Text</b> | <b>Assignment Due</b>                         |
|-------------|--|-------------|---|
| 1-15-18     | <b>NO CLASS (Martin Luther King Jr. B-day)</b> |             |   |
| 1-19-18     | Adjusting to Modern Life                       | Ch. 1       | *Canvas Discussion                            |
| 1-26-18     | Theories of Personality                        | Ch, 2       | *Canvas Discussion                            |
| 2-2-18      | Stress & Coping                                | Ch. 3 & 4   | *Canvas Discussions                           |
| 2-9-18      | Psychology and Physical Health                 | Ch. 5       | THE 1,2,3,4<br>*Canvas Discussions            |
| 2-16-18     | The Self                                       | Ch. 6       | Research Outline<br>*Canvas Discussion        |
| 2-23-18     | Social Thinking and Influence                  | Ch.7        | *Canvas Discussion                            |
| 3-2-18      | Interpersonal Communication                    | Ch. 8       | *Canvas discussions                           |
| 3-9-18      | Review & EXAM                                  | Ch. 1-8     | THE 5,6,7,8                                   |
| 3-16-18     | <b>SPRING BREAK</b>                            |             |   |
| 3-23-18     | Friendship & Love<br>Marriage and Family       | Ch. 9 & 10  | *Canvas Discussions<br>Annotated Bibliography |
| 3-30-18     | Gender and Behavior                            | Ch. 11      | Literature Review<br>*Canvas Discussion       |
| 4-6-18      | Sexuality                                      | Ch. 12      | Personal Reaction paper<br>*Canvas Discussion |
| 4-13-18     | Careers/Psychological Disorders                | Ch. 13 & 14 | THE 9,10,11,12<br>*Canvas Discussion          |
| 4-20-18     | Psychotherapy/Positive<br>Psychology           | Ch. 15 & 16 | Research Paper Due<br>*Canvas Discussions     |
| 4-27-18     | Review & EXAM                                  |             | THE 13,14,15,16                               |
| 5-4-18      | Review   |             |   |
| 5-7-18      | <b>FINALS WEEK TBA</b>                         |             |   |

## Assignment Guide

### Canvas Discussion (5 points each - 60 points)

Write a discussion post in canvas reflecting on the chapter assigned. The paragraph should identify something in the chapter you found interesting, why it was interesting, and how you have observed the topic in reality... 1. Interest 2. Explanation 3. Application.

\*Extra Credit Opportunity: For every chapter you can receive extra credit for responding to a peers' discussion post. The response must be made within 2 weeks of the discussion post. You will receive 1 point for each discussion you respond to. You may receive up to 3 points per chapter. However, you cannot take advantage of this opportunity if you do not complete your reflection discussion assignment yourself.

### Research Paper Outline (10 points)

The outline should identify the topic of research as well as the subtopics you intend to explore to support your question.

### Annotated Bibliography (15 points)

The Annotated bibliography should include at least 3 references and no more than 5 references, which you will use in your research paper. The references must be listed in APA format. The reference is followed by a paragraph paraphrasing the content of the literature. You are encouraged to use peer reviewed articles, News articles, or other published books to research your topic. Please refrain from using Wikipedia.

### Literature Review (50 points)

You will explore a topic of your choice. You may choose to research any topic covered within the textbook. The literature review must be at least 3 pages and no more than 5 pages. The paper must follow APA format, using 12 pt, times new roman font, double-spaced. You must cite at least 3 references in your literature review.

### Personal Reaction/Experience (25)

In this assignment, you will write about the lived experience of your topic. You are encouraged to share your own experience, or interview a friend. You may also discuss the lived experience of a celebrity or historically famous person. This paper should be 2-4 pages in length. If you use the lived experience of a celebrity or historically famous person, you must cite the source at which you obtained the information.

### Research Paper (50 points)

The Research Paper will combine your literature review and personal reaction paper, and then tie them together with a discussion and conclusion section. While this paper combines your first two writing assignments, for this assignment you will have incorporated all feedback given by the instructor, fixing all grammar/spelling errors.

### Presentations (50 points)

You will select a topic in the first two weeks of class. This topic should be the topic you plan to use for your reaction paper. The presentation is a 5-10 minute presentation, which should introduce the topic to the class, define terms, and share an example of how the topic manifests itself in reality. The example shared can be your own experience, or that of a friend, family member, or celebrity. If you would like to be more creative in this assignment, you are welcome to share an original art piece, poem, monologue... etc in lieu of a personal experience narrative as long as the creative product highlights the psychological aspect of the topic chosen. Another option for your presentation is an APA style poster

presenting your research findings. The poster should utilize visual aides such as pictures or graphs to display your findings. The poster should provide a brief review of your citations; this can be achieved through images, graphs, or quotations.

#### Take Home Exams (THE) (10 points each – 40 points total)

Every three chapters you will have a Take Home Exam. There will be 5 short answer questions on each exam. These exams are designed to help you solidify the material as you apply, compare, and contrast the information between in class exams. You are welcome to use your book and any notes during these THE's. (☺)

#### Exams (75 points each 150 points total)

There will be two exams in this class. The first exam will cover chapters 1-8. The second midterm will cover chapter 8-16. During the class before each midterm, the instructor will briefly review the material and answer questions regarding the chapters. You may NOT use notes, or a cheat sheet for these exams. The midterms must be completed in class on the day of the midterm, unless previously arranged with the instructor.

#### Final (150 points)

The final will be cumulative, covering all studied chapters of the textbook. The final will cover chapters 1-16 in the textbook. You may NOT use notes, or cheat sheets for the final. The final must be completed in class on the day of the final, unless previously arranged with the instructor.

#### \*Extra Credit opportunity

Note: Attendance will not be counted toward your final grade, however there will be a total of 4 pop quizzes offered for extra credit at 5 points a piece. These quizzes will be offered in class and cannot be made up late. The quizzes are based on the chapter assigned for that day, which you should have read before coming to class.

Total points: 300 points.

Grade Distribution: A=93% and above, A-=90-92%, B+=88-89%, B=83-87, B-=80-82%, C+=78- 79%, C=65-77%, D=60-64%, F=59% and below

#### Late Policy:

Late work will be accepted with point reductions. For every class period that passes after the assignment due date, your assignment will lose 25 %. Therefore, after 4 classes/two weeks your assignment will not be accepted:

- 1 class period late: 75% credit
- 2 class periods/1 week late: 50% credit
- 3 Class periods late: 25% credit
- 4 Class periods late: 0% no credit given.

- Presentations cannot be made up late.
- Extra Credit pop quizzes cannot be made up late

Under specific circumstances, late work will be accepted without a point reduction. Prior to the assignment due date, If you tell your instructor that your work will be late AND communicate an approved reason your work is late, she will give a grace period of ONE WEEK to turn it in for full credit.

After the grace period, the late work policy will start as described above. If you do not communicate why your work is late, before the due date the late policy will be in effect immediately.

**Notes:**

Code of Conduct- Please familiarize yourself with the [Student Code of Conduct \(AP 5500\)](#). It is required that you do your own work. All papers, postings, and exams must be completed by you without assistance. Do not use any source except the textbook or instructor's lectures in your discussion posts without proper citation. In cases involving academic dishonesty, determination of the grade and your status in the course is left primarily to the discretion of the instructor. In such cases where the instructor determines that you have demonstrated academic dishonesty, you may receive a failing grade for the assignment and may be reported to the Dean of Students. Finally, be kind and considerate in all of your postings and responses to the discussion forum.

Students with Disabilities- This class is designed to comply 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.

\*Writing about your life might be difficult or problematic. If, for example, you write about child abuse, I may be obligated to report to Child Welfare Services. For purposes of the exams, you are free to create fictitious life experiences in order to meet the grading criteria. Honesty and self-disclosure are not among the grading criteria. Please contact me directly with any concerns or questions.

THE INSTRUCTOR RESERVES THE RIGHT TO MAKE CHANGES