

PSYCH 33-E8099 (048099): Personal Growth and Adjustment, 3 units  
Spring 2020, TTH 1:15 P.M – 2:40 P.M  
Eureka Campus, CA 109

### Instructor Contact

<b>Instructor's name:</b> Stephanie Byers
<b>Office location:</b> L102A (inside the Multicultural Center) *note: I will only be here during my office hours
<b>Office hours:</b> Tuesdays from 3 P.M – 4 P.M and Wednesdays from 1:30 – 2:30 P.M
<b>Email address:</b> Stephanie-Byers@redwoods.edu

### Required Materials

<b>Textbook Title:</b> Personal Growth and Adjustment
<b>Edition:</b> Eleventh Edition
<b>Author:</b> Psychology for Living: Adjustment, Growth and Behavior Today
<b>ISBN:</b> 0205909027

### Other requirements:

- Three 882-E Scantrons (you must have a Scantron for each exam)
- Access to a computer with a word processor (such as Microsoft Word), the internet (to access Canvas, e-mail, research websites, etc.), and a printer (for completion of course assignments and papers). It is **your** responsibility to meet the technological demands of this course. *Minor\** power outages and unreliable internet connections are not acceptable excuses for not completing course assignments (*\*in the occasion of a power outage that affects our course meeting dates, the course schedule is subject to change*). Start early on your assignments to avoid running into problems. If you have any questions or concerns about this, please notify me well in advance. *\*Computer access is available at a few locations on campus including, but not limited to, the library and the multicultural center.*
  - Students can obtain a free [Office 365 license](#) (includes Word, Excel, PowerPoint and more) with a valid CR email.
- You **must** regularly check your student e-mail for important course updates. Make sure that you receive e-mail notifications for Canvas updates, as I will occasionally send e-mails to the class via Canvas. I suggest you check your student e-mail at least once daily to ensure you are up to speed on any time sensitive matters. I will do my part and relay important information to you as quickly as I am able to.

### Personal Growth and Adjustment Catalog Description

A course focusing on applied psychology. This course surveys psychological theories and empirical research in personal growth, personality development and adjustment. Topics covered include: personality development, self esteem, stress and coping, health, psychology of love and sex, gender roles, mental health diagnoses, work and group behavior. Students will learn to apply psychological theories and principles to their own lives while examining personal barriers to learning, personal effectiveness and interpersonal relationships.

### Student Learning Outcomes

Students will...

1. Explain concepts in areas of psychological theory and research while utilizing appropriate terms to represent the biopsychosocial perspective for development across the lifespan.
2. 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.
3. Analyze psychological research and apply concepts to self and others in writing for life-long personal growth.
4. Differentiate between individual and sociocultural differences as applied to psychology of adjustment.

## Points and Grading Scale

**3 exams = Exam 1 (150 points) + Exam 2 (150 points) + Exam 3 -Final- (200 points) = 500 points**

- Exams 1 and 2 will be comprised of 45 multiple choice and 5 short answer essay questions.
- The final exam will be comprised of 45 multiple choice and 5 short answer essay questions. The final exam will be noncumulative.

*\*\* I will allow students who come in up to 15 minutes late to take their exams, but I will not allow them any extra time to complete their exam. You will need one 882-E Scantron for each exam. Short answer essay questions will be completed on a separate sheet that will be provided at the time of the exam.*

**1 Paper = Response paper (100 points) = 100 points**

- The response paper will require you to choose one of several prompts and formulate a well-articulated, thoughtful 3-4 page response. You will be required to locate 3-4 academic sources that support the claims and information in your paper. Please only choose ONE of the prompts to write your paper on. This paper will be typed, printed with the rubric attached, and in APA format.

**1 Presentation = Topic presentation (150 points) = 150 points**

- The topic presentation is your opportunity to explore a topic or idea that we have covered this semester. You will form groups of 2-3 people to deliver a 10-minute presentation. You will be required to locate 3-5 academic journal articles that relate to your topic and use them to describe and explain the topic or idea your group is presenting on. You may use your book as an additional source, but you must have at least 3 and up to 5 academic articles cited in your presentation. You will be graded individually and as a group.

*\*\* Rubrics for the paper and presentation will be posted to Canvas*

**10 quizzes = (10 points each x 10) = 100 points**

- Quizzes will have 5 questions each, and they will be on the reading material and/or lectures for the week that the quiz is scheduled. Since it is expected that you will have read the week's assigned chapter(s) before the quiz date, you may be quizzed on items you have read about but that we have not yet touched on in lecture. If we have covered any new material since the last quiz (even if it was during the previous week), that material is fair game to be quizzed on. More information on quizzes can be found in the Evaluation and Grading Policy section.

**Participation = 150 points**

- Participation is primarily based on attendance and engagement in class. Students who are disruptive or non-participatory may lose participation points after receiving a warning. Excessive student absences also impact participation points – see Policies for This Class: Class Participation and Attendance Policy for more details.

**= 1000 points total**

**Note: Students can earn up to 16 points of extra credit by participating in class discussions on Canvas.**

Directions for receiving extra credit:

For 5 points of extra credit (can be done up to two times): Read and provide the title, source, and publication date of a current news article (can go back as far as 2018) from a reputable media outlet (choose from: BBC, Wall Street Journal, NPR, New York Times, Reuters, or The Associated Press). Provide a one paragraph (3-5 sentence) summary of the article, and then write another 3-5 sentence paragraph applying that article to a concept we have discussed in class.

For 2 points of extra credit (can be done up to three times): Provide a 3-5 sentence paragraph response to a classmate's post. In this paragraph you may apply another concept learned in class to the article, respectfully disagree (and provide an alternative way of explaining the concept), etc. – just keep it class-related and civil.

\*There is an example of what a post and response might look like on Canvas. Make sure that you are providing quality information that demonstrates thoughtfulness and careful application of course material. I will be monitoring and grading all extra credit on an individual basis and you may not receive full credit if I feel that you have not followed the above guidelines. You can comment on the same post more than once, but you will only receive credit once per post. You cannot reply on your own post and receive both forms of extra credit for doing so.

**\*\* All extra credit is due on Canvas at 1:15 P.M on 4/28/20. No exceptions. \*\***

### Grading Scale

A	940-1000
A-	900-939
B+	850-899
B	830-849
B-	800-829
C+	740-799
C	700-739
D	600-699
F	599 and below

## Evaluation & Grading Policy

I understand that life happens and that the occasional poor grade is not always reflective of you. I also understand that you may sometimes need or want to miss a class. For these reasons, I will drop your two lowest quiz grades and replace them with your two highest quiz grades **at the end** of the semester. **As quizzes cannot be made up under any circumstances, consider this quiz replacement policy as a safety buffer for your grade just in case you need to miss/want to miss a class.** Additionally, up to 16 points of extra credit is available (see Directions for receiving extra credit in Points and Grading Scale). Remember that I offer extra credit opportunities as a courtesy to you – if you miss out on the extra credit opportunities I offer to the class, I'm under no obligation to create another extra credit opportunity for you. Extra credit is due on **4/28/20 at 1:15 P.M** and the 30% to 10% late policy does not apply to extra credit (more on what the 30% to 10% late policy applies to in the "Policies – additional" section of Policies for this Class).

Canvas may not accurately reflect your course grade. Extra credit (if applicable) will be accounted for at the end of the course. If at any point in the course you are curious as to what your grade is, just send me an e-mail and I will let you know what it is (please allow up to 48 hours for a response).

## Prerequisites/co-requisites/recommended preparation

Advisory: **ENGL-150**

*\* There are no prerequisites or co-requisites for this course, but bear in mind that familiarity with basic psychological terminology may be helpful. I will NOT be expecting the class to have a background in psychology, but I will expect that students will read, regularly attend class, and ask for clarification/help when they need it. Help is available, just ask! ☺*

## 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.

## Student Access

These standards are required by federal regulation. Students will have access to this course that complies with the Americans with Disabilities Act of 1990 (ADA), Section 508 of the Rehabilitation Act of 1973, and College of the Redwoods policies. Course materials will include a text equivalent for all non-text elements; videos will include closed captioning, images will include alt-tags, hyperlinks will use descriptive/meaningful phrases instead of URLs and audio files will include transcripts. All text will be formatted for use with screen readers and all course materials will be understandable without the use of color. Students who discover access issues with this class should contact the instructor.

## Student feedback policy

Students will receive feedback on their papers and assignments on an attached grading rubric. Students will print and attach this rubric to the front of all term papers. I will provide feedback on students' papers if they provide me with a paper copy no later than one week before the assignment is due.

## Admissions deadlines & enrollment policies

### Fall 2019 Dates

- *Last day to add a class: 1/24/20*
- *Last day to drop without a W and receive a refund: 1/31/20*
- *Census date: 2/03/20*
- *Last day to petition to graduate or apply for certificate: 3/05/20*
- *Last day for student-initiated W (no refund): 4/03/20*
- *Last day for faculty-initiated W (no refund): 4/03/20*
- *Martin Luther King's Birthday (all campuses closed): 1/20/20*
- *Fall break (no classes): 11/25/19 – 11/30/19*
- *Lincoln's Birthday (no classes): 2/14/20*
- *President's Day (all campuses closed): 2/17/20*
- *Spring Break (no classes): 3/16/20 – 3/21/20*
- *Final examinations: 5/09/20 – 5/15/20*
- *Semester ends: 5/15/20*
- *Grades available for transcript release: approximately 6/01/20*

Students who have experienced extenuating circumstances can complete & submit the **Excused Withdrawal Petition** to request an Excused Withdrawal (EW) grade instead of the current Withdrawal (W) or non-passing (D, F & NP) grades. The EW Petition is available from the Admissions and Records Forms Webpage. Supporting documentation is required.

## Academic dishonesty

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 my discretion. In such cases where I determine 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. 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 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 I determine that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student 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. 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](#).

## Policies for this Class

### Class participation and Attendance policy

Roll will be taken during the class period. It will be up to my discretion at what time roll will be taken and the manner in which it is taken. At times roll, quizzes or class activities will count for the day's participation grade. You will be allowed two unexcused absences without penalty to your participation grade. For every absence after the two I am allowing, you will be deducted 10 points from your participation grade. Keep in mind that if you miss a **quiz** you cannot retake it. If you must miss an **exam**, you may make up ONE exam, but the make-up exam will be a different exam than the one the rest of the class is taking. To be eligible to take the make-up exam, you must notify me of your absence the day of the originally scheduled exam and the make-up exam must be completed in the Testing Center by our next class meeting. Note that this policy is ONLY for make-up exams and under no circumstances will any student be permitted to retake an exam. There are no exceptions.

### Communication Guidelines

While I will try to answer your e-mails within a day, please allow up to 48 hours for a response. I may not check my e-mail during the weekend.

### Policies - additional

There will be no make-up quizzes for this class. Late papers will be accepted with a 30% penalty for the first day late, with an additional 10% penalty for each day afterward. The late penalty will not go lower than 40% of the points originally available, but **all** late work must be turned in by **4/28/20**. ALL late Quizzes will be handed out during the first 5 minutes of class, and quizzes will be collected 10 minutes after the start of class. While I will hand you a quiz if you arrive within the first 5 minutes of class, I will not allow you any extra time to complete it. There are no make-ups for presentations.

## Tentative class schedule

Week	Date	Topic	Text Chapters & Activities	Assignments/Due Dates
1	1/21-1/23 <b>First Week</b>	Syllabus Overview, Ch. 1: Self Direction in a Changing World	Ch.1 pgs. 2-18	
2	1/28-1/30	Ch 2: The Puzzle of Childhood	Ch.2 pgs. 22-39, <b>Quiz 1 1/30</b>	
3	2/4-2/6	Ch. 3: Affirmative Aging - Adulthood	Ch.3 pgs. 44-58, <b>Quiz 2 2/6</b>	
4	2/11-2/13	Ch. 4: Seeking Selfhood	Ch.4 pgs. 62-75, <b>Quiz 3 2/13</b>	
5	2/18-2/20	Ch. 5: Toward Better Health	Ch.5 pgs. 80-103 <b>Quiz 4 2/20</b>	
6	2/25-2/27	Exam 1 2/25, <b>CLASS CANCELLED 2/27</b>	<b>Exam 1 2/25</b>	
7	3/3-3/5	Ch. 6: Taking Charge, Response Paper intro	Ch.6 pgs. 106-122 <b>Quiz 5 3/5</b>	
8	3/10-3/12	Ch. 7: Managing Motives and Emotions	Ch.7 pgs. 126-145, <b>Quiz 6 3/12</b>	
9	3/17-3/19	<b>Spring Break</b>	<i>Have a great Spring Break!</i>	
10	3/24-3/26	Ch. 9: Groups: Belonging, Following, and Leading	Ch.9 pgs. 170-191 <b>Quiz 7 3/26</b>	<b>Response Paper due 3/26</b>
11	3/31-4/2	Ch. 11: Sexuality, Topic presentation intro	Ch.11 pgs. 216-237, <b>Quiz 8 4/2</b>	
12	4/7-4/9	Ch. 12: Love and Commitment	Ch.12 pgs. 240-258, <b>Exam 2 4/9</b>	
13	4/14-4/16	Ch. 13: Stress	Ch.13 pgs. 264-282, <b>Quiz 9 4/16</b>	
14	4/21-4/23	Ch. 14: Understanding Mental Disorders Ch. 15 If You Go for Help	Ch.14 pgs. 286-306, Ch.15 pgs. 310-332	
15	4/28-4/30	Ch. 16 Death, Dying and Grief	Ch.16 pgs. 336-350, <b>Quiz 10 4/30</b>	<b>All extra credit and late work due 4/28 by 1:15 P.M (start of class)</b>
16	5/5-5/7	<b>Lecture wrap-up/Presentation Week</b>	<b>Lecture wrap-up/Presentation week</b>	
17	5/12-5/14 <b>Final Exams</b>		<b>Exam 3 5/14 1 P.M – 3 P.M</b>	

## Gender-Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is gender-inclusive and non-sexist to affirm and respect how people describe, express, and experience their gender.

Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact [Admissions & Records](#) to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. It does not change your legal name in our records. See the [Student Information Update form](#).

## Emergency procedures / 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.

## Student Support Services

The following online resources are available to support your success as a student:

- [CR-Online](#) (Comprehensive information for online students)
- [Library Articles & Databases](#)
- [Canvas help and tutorials](#)
- [Online Student Handbook](#)

[Counseling and Advising](#) offers academic support and includes academic advising and educational planning

Learning Resource Center includes the following resources for students

- [Academic Support Center](#) for instructional support, tutoring, learning resources, and proctored exams.
- [Library Services](#) to promote information literacy and provide organized information resources.
- Multicultural & Diversity Center [waiting for hyperlink and Mission]
- Math Lab & Drop-in Writing Center

Special programs are also available for eligible students include

- [Extended Opportunity Programs & Services \(EOPS\)](#) provides financial assistance, support and encouragement for eligible income disadvantaged students at all CR locations.
- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in [Eureka](#) or in [Del Norte](#)
- The [Veteran's Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821
- The [Honors Program](#) helps students succeed in transferring to a competitive four-year school.