

Syllabus for Personal Growth & Adjustment

Course Information

Semester & Year: Fall 2023

Course ID & Section #: PSYCH-33-V5365

Instructor's name: K. Jake Butler

Day/Time of required meetings: Online, Asynchronous

Number of proctored exams: 0 Course

Units: 3.0

Textbooks

REQUIRED

Corey, G., Corey, M., & Muratori, M. (2017). *I never knew I had a choice: Explorations in personal choice*. Pennsylvania: Wadsworth Publishers, Cengage Learning. ISBN: 978-1305945722 (11th edition preferred, 10th edition acceptable)

RECOMMENDED

American Psychological Association. (2019). *Publication manual of the American Psychological Association*. Washington DC: American Psychological Association. ISBN: 978-1433832161 (7th edition preferred, 6th edition acceptable).

Instructor Contact Information

Office location or *Online: Online via Zoom

Office hours: Accessible at any time via phone and email. Zoom meeting by appointment.

Phone number: 707.298.8458

Email address: kaliym-butler@redwoods.edu

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.

Course Student Learning Outcomes

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.

Prerequisites/co-requisites/ recommended preparation

None

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, bipolar disorder, and ADHD
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- A learning disability (e.g., dyslexia, reading comprehension), intellectual disability, autism, or acquired brain injury.
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring, counseling and advising, alternate formats of materials (e.g., audio books, E-texts), assistive technology, on-campus transportation, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Disability Services and Programs for Students \(DSPS\)](#). If you are unsure whether you qualify, please contact DSPS for a consultation: dsps@redwoods.edu.

- Eureka: 707-476-4280, Student Services Building, 1st floor
- Del Norte: 707-465-2324, Main Building, near the library
- Klamath-Trinity: 707-476-4280

Student Support

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

Evaluation & Grading Policy

Course Expectations:

Grading: You can earn a total of 450 points throughout the semester. Points will be divided as follows:

Assignment	Points Possible
Discussion Questions	150
Quizzes	150
Midterm	75
Final	75

Total Points Possible	450
*Extra Credit Opportunities may be Available Throughout the Semester	

Final Grading Scale:

Percentage	Approximate Point Range	Letter Grade
90-100%	405-450	A
80-89%	360-404	B
70-79%	315-359	C
60-69%	270-314	D
Below 60%	0-267	F

Discussion Questions (150) (10pts each): Over the course of the semester there will be a discussion posted to the pertaining weeks module. There may be one or two questions for you to choose from, you will only be required to answer one question prompt. You may be required to answer multiple questions to a single prompt. You will receive up to a maximum of 10 points for postings and responses to other student postings. This is an important and required part of the class. The discussion forum is accessed in Modules at the class website.

Chapter Quizzes (150 points) (10pts each): Each chapter has a quiz consisting of 5 multiple-choice items based on the week's lecture/discussions, lecture videos, and text readings. Quizzes will be made available at the beginning of the week and will close at the end of the week. Refer to the assignment for that week in case you are unsure of the beginning and due dates for quizzes. Each quiz will have 2 attempts allowed; your highest score will be the one that is calculated into your final grade. You need to ensure that you complete the quizzes before their due date as they will NOT be reopened except for the most extreme of circumstances (this does not include vacation or forgetfulness).

Exams (150 points): You will only have 2 exams this semester, a midterm (75 pts.) and a final (75 pts.). The final exam will NOT be cumulative and only consist of course material after the midterm. These exams will NOT be proctored or timed. You will only have one attempt per exam, please make sure you are in a quiet and comfortable area before you begin. You need to ensure that you complete both exams before their due date as they will NOT be reopened except for the most extreme of circumstances (this does not include vacation or forgetfulness).

Course Schedule

DATES (Week Start Date)	TOPIC	READING	ACTIVITY/ASSESSMENT/ ASSIGNMENT DUE
Week One: Invitation to Personal Learning and Growth			
8/20/2023	Choice and Change, Models for Personal Growth, Learning Styles	Chapter One	Introductions, Discussion Questions, Quiz 1
Week Two: Reviewing Your Childhood and Adolescence			
8/27/2023	Infancy, Early Childhood, Middle Childhood, Pubescence, Adolescence	Chapter Two	Discussion Questions, Quiz 2
Week Three: Adulthood and Autonomy			
9/03/2023	Stages of Adulthood, Early Adulthood, Middle Adulthood, Late Middle Age, Late Adulthood	Chapter Three	Discussion Questions, Quiz 3
Week Four: Your Body and Wellness			
9/10/2023	Wellness of Life Choices, Maintaining Sound Health Practices, Your Body Identity	Chapter Four	Discussion Questions, Quiz 4
Week Five: Managing Stress			
9/17/2023	Sources of Stress, Effects of stress, Ineffective Reactions to Stress, Sexual Exploitation, Constructive Responses to Stress	Chapter Five	Discussion Questions, Quiz 5
Week Six: Love			
9/24/2023	Authentic and Inauthentic Love, Barriers to Loving and Being Loved	Chapter Six	Discussion Questions, Quiz 6
Week Seven: Relationships			
10/01/2023	Meaningful Relationships, Relationships in a Changing World, Gay and Lesbian Relationships, Separation and Divorce	Chapter Seven	Discussion Questions, Quiz 7
Week Eight: Midterms			
10/08/2023	Midterm		Midterm (1-7)
Week Nine: Becoming the Woman or Man You Want to Be			
10/15/2023	Male Roles, Female Roles, Alternatives to Rigid Gender-Role Expectations	Chapter Eight	Discussion Questions, Quiz 8
Week Ten: Sexuality			

10/22/2023	Learning to Talk Openly About Sexual Issues, Developing Your Sexual Values, Guilt and Misconceptions about Sex, Learning to Enjoy Sensuality and Sexuality, Sex and Intimacy, The Hazards of Unprotected Sex.	Chapter Nine	Discussion Questions, Quiz 9
Week Eleven: Work and Recreation			
10/29/2023	Choosing an Occupation or Career, The Process of Deciding on a Career, Choices at Work, Retirement, The Place of Recreation in Your Life	Chapter Ten	Discussion Questions, Quiz 10
Week Twelve: Loneliness and Solitude			
11/05/2023	Loneliness and Our Life Stages	Chapter Eleven	Discussion Questions, Quiz 11
Week Thirteen: Death and Loss			
11/12/2023	Death and the Meaning of Life, Suicide: Ultimate Choice, Ultimate Surrender, or Ultimate Tragedy? The Stages of Death and Loss, Grieving Over Death, Separation, and Other Losses	Chapter Twelve	Discussion Questions, Quiz 12
Week Fourteen: Fall Break – No Classes			
11/19-25/2023	Enjoy your break, get some rest, recharge for the end of the semester.	N/A	None
Week Fifteen: Meaning and Values			
11/26/2023	Our Search for Meaning and Purpose, Our Values in Action, Embracing Diversity, Making a Difference, Finding Meaning Through Growth, Counseling as a Path to Self-Understanding	Chapter Thirteen	Discussion Questions, Quiz 13
Week Sixteen: Office Hours and Final Exam Review			
12/03/2023	Class instruction this week will be dedicated to having requested office hours to assist with final exam preparation and any general questions students may have.		
Week Seventeen: Final Exams			
12/09-15/2023	Take this time to study and prepare for the final.		Final Exam (8-13)

Fall 2023 Dates

- **August 18th: Last day to register for classes (day before the first class meeting)**
- **August 19th: Classes begin**
- **August 25th: Last day to add a class**
- **September 1st: Last day to drop without a “W” and receive a refund**
- **September 4th: Labor Day Holiday (All Campuses Closed)**
- **September 5th: Census Date (20% of class)**
- **October 26th: Last day to petition to graduate**
- **October 27th: Last day for student-initiated withdrawal (62.5% of class)**
- **October 27th: Last day for faculty-initiated withdrawal (62.5% of class)**
- **November 11th: Veterans Day (All Campuses Closed)**
- **November 20th-25th: Thanksgiving break (no classes)**
- **November 22nd-24th: No Classes, all campuses closed**
- **December 9th-15th: Final Examinations**
- **December 15th: Last day to file for P/NP option**
- **December 15th: Semester Ends**
- **December 22nd: Grades due**
- **January 5th: Grades available**

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 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. 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 the instructor determines 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](#).

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 inclusive and respectful.

Setting Your Preferred Name in Canvas

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. This does not change your legal name in our records. See the [Student Information Update form](#).

Canvas Information

Canvas Information

If using Canvas, include navigation instructions, tech support information, what Canvas is used for, and your expectation for how regularly students should check Canvas for your class.

- Log into Canvas at [My CR Portal](#)
- For help logging in to Canvas, visit [My CR Portal](#).
- For help with Canvas once you're logged in, click on the Help icon on the left menu. For tech help, email its@redwoods.edu or call 707-476-4160

Canvas online orientation workshop: [Canvas Student Orientation Course \(instructure.com\)](#)

Community College Student Health and Wellness

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Health & Wellness website](#).

[Wellness Central](#) is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email counseling@redwoods.edu.

Emergency procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor <https://webadvisor.redwoods.edu> and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information see the [Redwoods Public Safety Page](#).

In an emergency that requires an evacuation of the building anywhere in the district:

- 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 campus authorities.

Del Norte Campus Emergency Procedures

Please review the [Crescent City campus emergency map](#) for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information, see the [Redwoods Public Safety Page](#).

Eureka Campus Emergency Procedures

Please review the [campus emergency map](#) for evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information on Public Safety go to the [CR Police Department- Public Safety](#). It is the responsibility of College of the Redwoods to protect life and property from the effects of emergencies within its own jurisdiction.

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action.
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Everbridge emergency alert system, Public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.
7. Do not leave campus, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

Klamath Trinity Campus Emergency Procedures

Please review the responsibilities of, and procedures used by, the College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to communicate with faculty, staff, students and the general public during an emergency. It is the responsibility of College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to protect life and property from the effects of emergency situations within its own jurisdiction.

1. In the event of an emergency, communication shall be the responsibility of the district employees on scene.
 - a. Dial 911, to notify local agency support such as law enforcement or fire services.
 - b. If safe to do so, notify key administrators, departments, and personnel.
 - c. If safe to do so, personnel shall relay threat information, warnings, to ensure the school community is notified.
 - d. Contact 530-625-4821 to notify of the situation.
 - e. Contact Hoopa Tribal Education Administration office 530-625-4413
 - f. Notify Public Safety 707-476-4111.
2. In the event of an emergency, the responsible district employee on scene will:
 - a. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.
 - b. Lock all doors and turn off lights if in lockdown due to an active shooter or similar emergency.
 - c. Close all window curtains.
 - d. Get all inside to safe location Kitchen area is best internal location.
 - e. If a police officer or higher official arrives, they will assume command.
 - f. Wait until notice of all is clear before unlocking doors.
 - g. If safe to do so, move to the nearest evacuation point outside the building (Pooky's Park), directly behind the Hoopa Tribal Education Building.
 - h. Do not leave the site, unless it has been deemed safe by the person in command. Student Support Services (required for online classes)

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](#)
- [Online Tutoring Resources](#)

[Counseling](#) offers assistance to students in need of professional counseling services such as crisis counseling.

Learning Resource Center includes the following resources for students:

- [Library Services](#) to promote information literacy and provide organized information resources.
- [Multicultural & Diversity Center](#)
- [Academic Support Center](#) – offers tutoring and test proctoring for CR students.
- [Student Tech Help](#) – provides students with assistance around a variety of tech problems.

Special programs are also available for eligible students include:

- [Extended Opportunity Programs & Services \(EOPS\)](#) provides services to eligible income disadvantaged students including; textbook award, career academic and personal counseling, school supplies, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!
- 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.
- [CalWORKS](#) – assists student parents with children under the age of 18, who are receiving cash assistance (TANF), to become self-sufficient.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821