

Syllabus for PSYCH 33: Personal Growth & Adjustment

Course Information

Semester & Year: Spring 2024

Course ID & Section #: PSYCH 33 – E6015

Instructor's name: Julia Kandus

Day/Time of required meetings: Mondays & Wednesdays 11:40AM-1:05PM

Location: Humanities Building, Room HU215 – Eureka Main Campus

Number of exams: 2

Course units: 3



Instructor Contact Information

Instructor: Julia Kandus, M.A.

Pronouns: She/her/hers

Email*: Julia-Kandus@redwoods.edu - Canvas inbox work also

Office Hours & Location: By appointment – Email me or chat after class to schedule

*I usually respond to email messages within 2 school days. I check my email on a daily basis, but sometimes the volume of messages I receive may result in a delayed reply to your message. Please have patience; I will return your message as soon as I am able. If you don't receive a response within two school days, send a reply to the email. If it is urgent, write "URGENT:" before the subject of the email. Be sure to include your name, class, and section number in all emails. Additionally, you must contact me using your College of the Redwoods email address or the Canvas inbox. Thanks for your understanding!

Catalog 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, 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.

Prerequisite or Advisory

Recommended: Completion of English 350 or assessment into English 150.

Course 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.

Course Format

This class is being taught in a face-to-face format but you will use Canvas to explore resources, download and access course materials (i.e., PowerPoint slides), take online quizzes, and submit assignments electronically. You should be visiting Canvas several times a week and receiving announcements. You can download the Canvas app for convenience. Please upload a photo of yourself! For technical questions, contact the [CR Technical Support](#) at it@redwoods.edu or by calling 707-476-4160.

Please note that the course format is subject to change according to university guidelines as conditions around the COVID-19 pandemic change. Due to the higher risk in the classroom setting, face coverings are highly recommended for classrooms/labs. If you are sick, DO NOT come to class! Contact Professor Kandus so we can keep you caught up from home while you recover. Please refrain from eating while in class. If you need to eat, sneeze, blow your nose, etc, please step outside. During the semester you can check this website (<https://www.redwoods.edu/Covid-19>) for information regarding the needs and requirements of the campus as it relates to the pandemic.

Please do not come to class if you are experiencing any symptoms.

Required Textbook and Materials

We'll be using Canvas and a required textbook called Adjust.

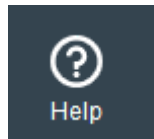
Canvas: The syllabus, course calendar, readings & videos, grades, assignments, and lecture materials/assignments can be found on our Canvas course page. Course changes and class cancellations will all be posted on Canvas as announcements; be sure to set your email notifications as "ON" for 'Announcements' so you don't miss any important information. [Click here for a Canvas guide on how to change your notification settings.](#) You can view your progress in the gradebook. You can download the Canvas app on your cell phone, which will notify you of upcoming due dates, posted grades, and announcements.

Computers are available to use in the library while it is open, or you can borrow a library to use at home. Check out this website for more information: https://redwoods.libguides.com/about-the-library/laptop_loans

Questions?

- About **course content or requirements**, contact Professor Kandus.
- About Canvas, use the Help button in the main Canvas navigation bar, 24/7.

It looks like this →



Required Textbook:

Weiten, W., Hammer, E., & Dunn, D. (2014). ADJUST (1st Ed.). Cengage: California. ISBN-13: 978-1-133-59498-7

Digital and Hard Copies Available on Amazon:

https://www.amazon.com/ADJUST-Engaging-Titles-4LTR-Press-ebook/dp/B076PXD6X8/ref=tmm_kin_swatch_0?encoding=UTF8&qid=&sr=

Scantrons & #2 Pencil: You'll need 2 Scantron Form 882-E. These are the long skinny forms, with 50 multiple choice questions on each side. Other forms aren't compatible. They can be purchased at the bookstore. Please keep these forms flat and unwrinkled.

You will also need a #2 pencil for the exams.

Evaluation & Grading Policy

<u>Assignments</u>	<u>Points</u>	<u>Approx. %</u>
Exams	75 points total	15% of grade
Exam 1	35 points	
Final Exam	40 points	
Chapter Reflections	90 points total	18% of grade
Time Management Journals	60 points total	12% of grade
Personal Project	100 points total	20% of grade
Personal Project Topic Selection	5 points	
Personal Project Paper	45 points	
Personal Project Presentation	50 points	
Stress Management & Reduction Project	60 points total	12% of grade
Paper (Parts I & II)	30 points	
Class Discussion	30 points	
Interview a Dream Job Paper	50 points total	10% of grade
Attendance & Participation	65 points total	13% of grade
Total Points	500 points possible	100% total

A- to A = 90%-100% of possible points

C- to C+ = 70%-79% of possible points

B- to B+ = 80%-89% of possible points

D to D+ = 60%-69% of possible points

F = <60% of possible points

Final Course Grade: The percentage in your Canvas grade book at the end of the semester is the grade you earned in this course. The corresponding letter grade will be documented on your transcript. Be sure to put time and effort into this course to attempt to earn the grade you desire. Professor Kandus simply inputs the grade you earned in this course.

Explanation of Course Components

Exams

There will be one midterm exam and one final exam for this course. Exams are taken in class; dates and topics are shown on the course calendar at the top of Modules in Canvas. You will need a Scantron SC882-E and a #2 pencil for each exam. I suggest getting your Scantrons at the beginning of the semester, as they tend to run out toward the end of each semester.

Exams **must** be taken on the day they are scheduled. If you must miss an exam for an unavoidable reason, email me as soon as possible so we can make alternative arrangements. The final cannot be made up. To reduce academic dishonesty, exams will not be returned to students, but you can visit your exams during office hours. We will also go over the most-missed questions after each exam. Scores will be posted to Canvas as soon as they are evaluated.

Accommodations for Students via DSPS:

If you have documentation from DSPS that shows you need testing extensions or other accommodations, please let Professor Kandus know **during the first week of class** so we can better support you in accessing those accommodations.

Chapter Reflections

After reading the chapter each week, you will complete a 1-2 page chapter reflection. These reflections need to be Times New Roman, 12-point font, black ink, 1" margins, double-spaced. Chapter Reflections are due by Fridays at 11:59pm on the weeks they are due. Late Chapter Reflections lose 20% per day late.

For each reflection, you need to:

- Summarize the main points of the chapter *in your own words*
- Reflect on the chapter; which parts resonated with you and why? Relate the chapter back to your own life, personal examples, experiences, and personal growth (whatever you feel comfortable sharing).

Time Management Journal

You will keep a time management and reflection journal throughout the semester. This is to help develop and maintain time management throughout this semester. Templates for your Time Management Journal can be found in Canvas. You must use one of the templates provided; if you want to use your own template, please have the instructor approve it before starting. You will submit it three times throughout the semester to show your progress, along with a reflection on your progress. Time Management Journals are due by Fridays at 11:59pm on the weeks they are due. Late assignments lose 20% per day late.

Personal Project Presentation and Paper

Each student will choose a personal project at the beginning of the semester. The focus of the project should be an attempt to learn something more about yourself, your community, and how psychology can inform your development. The best project will be one that you are genuinely interested in. There will be a deadline to pick your topic early in the semester. See the course calendar for assignment deadlines, and assignment pages in Canvas for more details regarding the assignments. The Personal Project Paper is due by Friday at 11:59pm on the week it is due. Submit your presentation slides to its assignment page before your presentation day. You must be present to earn points for the presentation. Late assignments lose 20% per day late.

Near the end of the semester, you will present on the personal project you have been working on. You can discuss your progress and/or bring in something to show us that you've been working on. Presentations need to be 5-7 minutes. You will also write a well-organized and structured paper that reflects on your experience (2-4 pages). The paper should highlight how at least two (2) psychological theories or concepts discussed in lecture or the textbook helped you understand your experience. You may choose from the list below of personal projects or come up with your own. Projects not listed must be approved by the instructor. You must complete an activity specifically for this course; you cannot apply anything from another class, work, volunteering, etc. for this project. Choose a new activity that you are not already working on to complete throughout the semester for this project.

- Volunteer at an agency in your community for at least 25 hours (Experience must take place this semester)
- Make a significant behavioral change in your life (e.g., quit smoking, starting an exercise program, read some books you've been wanting to read, etc.)
- Learn new skill (start learning a new language; Duolingo has a free option, start learning a new instrument, learn a new art form, etc.)

Stress Management and Reduction Project

After learning about stress reduction techniques, including self-care activities, you will participate in a self-care activity outside of class. For Part I of this project, you will complete some stress reduction and management techniques on your own, including self-care, meditation, and other options. For Part II of this project, you will teach a family member, friend, or partner some of these techniques and complete it with them. You will then have a short (~5 minute) discussion with the class to explain your process throughout this project. You will write a 1-2 page write-up explaining your process for Parts I and II. More details in class and on its assignment page, and due dates in the course calendar at the top of Modules in Canvas. The Stress Management and Reduction Paper is due by Friday at 11:59pm on the week it is due. Submit your discussion slides (if you choose to use some) to its assignment page before your discussion day. You must be present to earn points for the discussion. Late assignments lose 20% per day late.

Interview a Dream Job

You will identify a person who has your dream job and interview them. The assignment includes the preparation of a set of 10 interview questions and a 1-2 page double-spaced summary of what you learned. If you want to go to a 4-year university or graduate school, you need to think about what your final goal is after getting your degree. Do you want to be a researcher? Do you want to be a clinical psychologist? Maybe your eyes are set on a Marriage and Family Therapy practice? Perhaps you want to work for a nonprofit? Human resources? Work in special education or childcare? Manage an organization that provides services to children? What is your dream job? This assignment is to help you identify, develop, and/or solidify your dream job option(s). The Interview a Dream Job Paper is due by Friday at 11:59pm on the week it is due. Late assignments lose 20% per day late.

Attendance & Participation

You can earn a total of 60 points from Attendance & Participation. You will complete activities and discussions during class, and the points cannot be made up if you are not present, so attendance is mandatory to earn these points. These activities and discussions are designed to supplement the material you've read, watched, and learned during the course. If you cannot attend class for an unavoidable reason (illness, injury, emergency, etc), contact me as soon as possible so we can make alternative arrangements if possible.

The Welcome Survey is worth 5 points, and is part of the Participation category.

Your participation is sincerely welcomed in this class. The guidelines for this are simple. You are welcome to have your own thoughts on any subject we cover, and so are your classmates. Please don't pick on anybody in

here. Back up claims with science and empirical evidence if needed. Respect one another and basic human rights. Racism, sexism, or any other discrimination will never be tolerated.

Extra Credit (Up to 2% bump in grade):

All extra credit submissions are due by the last day of instruction (Friday before finals week).

You can earn up to a 2% bump in total grade, so 10 points max, from extra credit:

Out-of-Class Activities and Event Write-Ups (~4 points each): Throughout the semester I will announce activities and events that count for extra credit points. Many include the on-campus events. If you attend one of these, complete a no-more-than one page write-up including: a summary of the activity or event, something you learned or a new experience, and relate back to a concept from class if possible. All extra credit is due the last day of instruction.

Other options: There are sometimes other options for extra credit that come up throughout the semester. I will post all extra credit options under the “Extra Credit” section in the “Assignments” tab in Canvas.

Absence Policy

Attendance is important, you will do better if you come to class, so thank you for being here!

Four or more absences throughout the semester may result in a drop from the course. If you are going through an emergency, illness, etc that is interfering with your ability to come to class, reach out to me as soon as possible so I can work with you to figure out the best plan of action for your education. If you know you will not be completing the course, it is up to you to drop by the drop date.

IF YOU ARE SICK, DO NOT COME TO CLASS! Email Professor Kandus and we will make alternative arrangements that will not penalize your grade or result in a drop from the course.

Important Information

Plagiarism: JUST DON'T DO IT! Plagiarism is presenting someone else's words, ideas, work, concepts, and/or beliefs as your own. Plagiarism is not tolerated in this course or at any college. If you plagiarize, you will receive a zero on that assignment. If work is shared or copied from classmates, everyone involved will receive a zero. Read and analyze your sources, think critically, then paraphrase the material using your own words. Emphasis on writing in your own words! And do your own work.

Here are some good paraphrasing tips: <https://awc.ashford.edu/cd-guidelines-for-paraphrasing.html>

Cell Phones and Headphones: Use of cellular phones and headphones are never allowed during our class meetings. If you use your cell phone and/or headphones during class you may be asked to leave.

Recording and photos: Please do not record or take photos during class. If you have an accommodation from SDRC that allows you to record lectures, talk with Professor Kandus during the first week about those accommodations.

Inclusivity Policy: In this class people of all ethnicities, genders and gender identities, religions, ages, sexual orientations, disabilities, socioeconomic backgrounds, and nationalities are encouraged to share their rich array of perspectives and experiences. If you feel isolated from our classroom community in any way or if you have a specific need, please speak with me as soon as possible so we can work together to help you become an active and engaged member of our class and community.

Use Appropriate Email Etiquette: When emailing, be polite! Use complete sentences, and address emails to professors and staff members using appropriate language. Remember to include your name and contact information, course information, and which section you are in if there is more than one section of the course being taught that semester. Use your school email account or the Canvas Inbox; do not email professors using your personal email.

Classmates as a Resource: Classmates are among your best learning resources. Help each other, challenge each other, and have fun learning with each other! You will have plenty of opportunities to interact with your classmates. Get each other's contact information and build a learning network for yourself. But remember to complete your work on our own.

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 Services

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.

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](#)

Community College Student Health and Wellness

If you are in distress or are with someone at risk right now, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or TEXT 741-741

Timely Care

When you're feeling under the weather physically or distressed mentally, you can find the help you're looking for in just a few quick taps. Students can schedule an appointment anytime via phone, video, and chat. [Visit TimelyCARE here](#)

Mental Health Counseling

Students should text, email, or fax Shawna Bell directly for scheduling and/or services.

Contact info

Text: 707-496-2856

Email: shawnabmft@gmail.com

Fax: 707-237-2318 (voicemail can be left via fax)

Wellness Central

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 [Wellness Central](#).

Counseling

[Counseling & Advising](#) can assist students in need of academic advising and professional counseling services. Visit the Welcome Center in the lower level of the student services building Monday –Friday 9am – 4pm (during the semester, summer hours may vary).

Basic Needs Center

[The Basic Needs Center](#) provides for the health and safety of students by providing access to healthy food, financial resources, and referrals to safe and secure housing. Students can submit a request for services and information [here](#).

Contact info:

Phone: 707-476-4153

Email: the-grove@redwoods.edu

Learning Resource Center

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.

EOPS

[Extended Opportunity Programs & Services \(EOPS\)](#)[Links to an external site.](#) provides services to eligible income disadvantaged students including: textbook awards, grants, career academic and personal counseling, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!

TRiO Student Success Program

The TRiO Student Support Services Program provides eligible students with a variety of services including academic advising, career assessments, assistance with transfer, and peer mentoring. Students can apply for the program in [Eureka](#) or in [Del Norte](#).

Veterans Resource Center

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

CalWORKS – California Work Opportunity & Responsibility to Kids (CalWORKs). Provides supportive services to student parents with children under the age of 18, who are receiving cash assistance (TANF **benefits**), to become self-sufficient. Services include: transportation assistance, basic student supplies, tutoring, priority registration, laptop and calculator loans, career, academic, and personal counseling, and more!

Spring 2024 Dates

January 12	Last day to register for classes (day before the first class meeting)
January 13	Classes begin
January 15	Martin Luther King, Jr.'s Birthday Holiday (District-wide closure)
January 19	Last day to add a class

January 26	Last day to drop without a "W" and receive a refund
January 29	Census Date (20% of class)
February 16	Lincoln's Birthday Holiday (District-wide closure)
February 19	President's Day Holiday (District-wide closure)
March 7	Last day to petition to graduate
March 29	Last day for student initiated withdrawal (62.5% of class)
March 29	Last day for faculty initiated withdrawal (62.5% of class)
March 11-16	Spring break (no classes)
April 1	District-wide closure (Cesar Chavez Day) .
May 4-10	Final Examinations
May 10	Last day to file for P/NP Option
May 10	Semester Ends
May 17	Grades due
May 24	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](#).

AI Use Class Policy

Recent advancements in generative artificial intelligence (AI) have made large language models such as ChatGPT and Google's Bard widely available. However, overuse of these tools in this class can undermine your learning and curtail the development of your critical and creative thinking skills. In addition, AI outputs are often unreliable and frequently subject to bias. For these reasons, the policy of this class is that AI cannot be used at any point in the completion of class assignments, including discussion posts. Any or all of your assignment submissions and discussion posts may be screened by AI detection software, but the real penalty for AI misuse is that you will miss out on an opportunity to learn.

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. The campus and your instructor therefore encourages students to use language that is inclusive and respectful. Any language that is not inclusive and is deemed disrespectful by the professor will result in your dismissal from the classroom and other possible disciplinary measures.

Canvas Information

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 \(instructure.com\)](#)

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](#).

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](#) 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](#).

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.

**This syllabus is subject to change. The quality of your education and fairness to the course are two criteria used when determining any changes.

- Course calendar found at the top of Modules in Canvas -

