***GRAYSON COLLEGE***

***Course Syllabus***

**Course Information**

Psychology of Adjustment

Spring 2017

Psychology 2315.A01NT (3 credit hours)

**Type of Course/Delivery Mode/Testing Requirements**

*Totally online in Canvas*

**Virginia Thompson, MS**

**Office: LA 212-B**

Office Phone: 903-463-8721

E-Mail: [thompsonv@grayson.edu](mailto:thompsonv@grayson.edu) Or thru Canvas Course messages

**Course Pre-requisites, Co-requisites, and/or Other Restrictions**

Psyc 2301 (Reading & Writing Intensive)

**Course Description**

ACGM: Study of the processes involved in adjustment of individuals to their personal and social environments.

Specifically - Important factors involved in successful human adjustment, including child-parent relationships, adolescence, anxiety states, mechanisms of defense, psychoanalytic concepts and understanding abnormal personalities. Basic theory and research involved in diagnosis, treatment and prevention of unhealthy personalities.

**Student Learning Outcomes**

* The student will be able to synthesize the concepts of psychological adjustment.
* The student will be able to explain the emotional, physiological and behavioral responses to stress.
* The student will be able to recognize concepts as they relate to the Coping process.

**Required Textbooks (ISBN # included) and Materials**

*Psychology for Living.* Adjustment, Growth, and Behavior Today by Kirsh, Duffy, and Atwater 11th ed. Pearson Publishers.

 ISBN-978-0-205-90902-5

**Outline of Topics Covered**

The course is structured to cover important factors involved in successful human adjustment. Specifically, this course will encompass the following areas: the self, interpersonal relationships, anxiety states, coping skills, psychoanalytic concepts and understanding abnormal personalities.

**Methods of Instruction:**

discussions, and online coursework readings,assignments/quizzes.

**TimeTable of Coursework**

**Psyc2315 – Psychology of Adjustment**

|  |  |
| --- | --- |
| **Week 1**  1-15 | Ch 1 – Self Direction in a Changing World  Discussion – Introduction & Technology due  Assignment/Journal Ch 1 due 2 assignments! |
| **Week 2**  **1-22** | Ch 13 Stress  Discussion – Stress due  Assignment Ch 13 – stress  due  Quiz Ch 1  Quiz Ch 13 |
| **Week 3**  1-29 | Ch 2 Childhood  Discussion – Ch 2 due  Assignment Ch 2 –Due  Quiz Ch 2 |
| **Week 4**  2-5 | Ch 3 Adulthood and Aging  Discussion – Ch 3 due  Assignment Ch 3 –due  Quiz Ch 3 |
| **Week 5**  2-12 | Ch 4 – Seeking Selfhood  Discussion – Ch 4 due  Assignment Ch 4 – Selfhood due  Quiz  Ch 4 |
| **Week 6**  2-19 | Ch 5 Better Health  Discussion – Health due  Assignment Ch 5 -  due  Quiz  Ch 5 |
| **Week 7**  2-26 | Ch 6 Taking Charge  Discussion – ch 6 due  Assignment Ch 6 – due  Quiz Ch 6 |
| **Week 8**  3-5 | Ch 7 Motives and Emotions  Discussion – Ch 7 - due  Assignment Ch 7 – due  Quiz Ch 7 due |
| **Week 9**  **3-12** | **Breathe! You are Halfway through! ☺**  **Midterm available online**  **SPRING BREAK!!** |
| **Week 10**  3-19 | Catch up with anything not completed for first half of semester!  - MIDTERM due 3-26 |
| **Week 11**  **3-26** | Ch 8 and Ch 12 Friendship and Love and committment  Assignment Ch 8 and Ch 12 due  Quiz  Ch 8 and Ch 12 |
| **Week 12**  **4-2** | Ch 9 - Groups  Discussion – Ch 9 due  Assignment – Ch 9  Quiz Ch 9 |
| **Week13**  **4-9** | Ch 10 At work and play  Discussion – Ch 10  due  Assignment Ch 10 due  Quiz Ch  10 |
| **Week14**  **4-16** | Ch 14 Mental Disorders and Chapter 15 therapy together.  Discussion – Ch 14/15 due  Assignment Ch 14/15 due  Quiz  Ch 14/15 due |
| **Week15**  **4-23** | Ch16 Death and dying  Discussion  Ch 16 due  Assignment Ch 15 due  Quiz ch 16 |
| **Week16**  **4-30** | Catch up! **Paper due** **4-30** |
|  | **FINAL – online must be taken by Wednesday May 10th – NO EXCEPTIONS** |

**Methods of Evaluation**

Grades will be determined as follows:

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = Below 60

Grades will be posted online within Blackboard.

**Quizzes (40% of total grade)**

* Quizzes will be taken ONLINE thru Canvas and will cover 1-2 chapters of the text.
* After covering a chapter or two, the quiz will be available for you to take ONLINE. Open book but Quizzes can be taken only ONCE. It will only be available for a certain number of days and it is TIMED. It cannot be “made up”. If you miss taking the quiz – your grade is a zero for that quiz. There will be no make-ups!

**Tests (MidTerm & Final) (15% of total grade)**

* There will be 2 tests (MidTerm & Final) with approximately 50 questions on each test.
* The MidTerm test will cover the first half of the text. The Final will cover the last half of the text. Still ONLINE and open textbook.

**Journal Assignments (25% of total grade)**

* Several journal writing assignments are due throughout the semester. Each assignment will correspond with topics in chapters. Some assignments will refer you assessments and such in text. These are considered **journal writings** and should be **substantive and insightful**. You should have several paragraphs and maybe pages of typed responses. You may either submit in the text box or attach your responses (late work accepted but with a grade deduction and grade deductions for assignments that are **too short**)

**Adjustment Paper (10% of total grade)**

Students will interview an individual who has undergone a life adjustment of significance and write a five page research paper in APA format regarding the type of adjustment. At least 3 references must be cited. Examples and interview questions located under last module.

**Discussion: (10% of total grade)**

There will be several Discussion postings due. Typically each week there will be a Discussion thread. You will post an initial response (300+ words) and then a reply (300+ words also) to one or more students responses. I will deduct for late and/or not replying to another student.

Beware! It is possible to pass all tests in the class and FAIL the course because of failure to **participate, attend or do the journal assignments.**

**Course & Instructor Policies**

* Pay attention to Due Dates!
* Check Canvas often for announcements and/or due date changes.
* Please contact me here in Canvas and/or grayson e-mail if you have a problem. I will check my e-mails and Canvas messages every day.

**Class Attendance**

Academic success is closely associated with regular classroom attendance and course participation.

All successful students, whether on campus or online, are expected to be highly self-motivated.

All students are required to participate in courses regularly and are obliged to participate in class activities and complete and submit assignments following their professors’ instructions. Students taking courses during compressed semester time frames such as mini-mester, summer sessions, and mid-semester should plan to spend significantly more time per week on the course. Responsibility for work missed because of illness or school business is placed upon the student. More than two (2) absences are considered to be excessive. In addition, students’ eligibility to receive financial aid or live in a College dormitory can be affected by withdrawal from courses. When withdrawal occurs, any tuition refund would be made in accordance with state regulations.

**Student Conduct & Discipline**

Students are expected to maintain classroom decorum that includes respect for other students and the instructor. Students are expected to maintain prompt and regular attendance and a positive attitude conducive to the learning environment

**Academic Integrity**

The faculty expects from its students a high level of responsibility and academic honesty. Because the value of an academic degree depends upon the absolute integrity of the work done by the student for that degree, it is imperative that a student demonstrate a high standard of individual honor in his or her scholastic work.

Scholastic Dishonesty, any student who commits an act of scholastic dishonesty is subject to discipline. Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

Plagiarism, especially from the web, from portions of papers for other classes, and from any other source is unacceptable and will be dealt with under the college’s policy on plagiarism (see GC Student Handbook for details). Grayson College subscribes to turnitin.com, which allows faculty to search the web and identify plagiarized material.

**Title IX**

GC policy prohibits discrimination on the basis of age, ancestry, color, disability, gender identity, genetic information, national origin, race, religion, retaliation, serious medical condition, sex, sexual orientation, spousal affiliation and protected veterans status.

Furthermore, Title IX prohibits sex discrimination to include sexual misconduct: sexual violence (sexual assault, rape), sexual harassment and retaliation.

For more information on Title IX, please contact:

* Regina Organ, Title IX Coordinator
* Dava Washburn , Title IX Coordinator
* GC Police Department: (903) 463-8777
* GC Counseling Center: (903) 463-8695
* For Any On-campus Emergencies: 911

**Grayson College is not responsible for illness/injury that occurs during the normal course of classroom/lab/clinical experiences.**

**These descriptions and timelines are subject to change at the discretion of the Professor*.***

**Grayson College campus-wide student policies may be found on our Current Student Page on our website:** <http://grayson.edu/current-students/index.html>