

GRAYSON COLLEGE

Course Syllabus

Course Information

Psychology of Adjustment

Spr 2021

Psychology 2315. (3 credit hours)

Type of Course/Delivery Mode/Testing Requirements

Totally ONLINE Course thru CANVAS

Professor Contact Information

Virginia Thompson, MS

Office: LA 106-C

Office Hours: virtual office hours only

Office Phone: 903-463-8721

E-Mail: thompsonv@grayson.edu Or thru Canvas Course messages

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

Psyc 2301 (Reading & Writing Intensive)

Course Description

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

CENGAGE Publishers online text and MINDTAP. Text and videos online.

- Go to **Modules** within this Canvas Course. Click on any link to Cengage content (ex. Chapter 1)
- Your course materials will open in a new window.
- Text : Psychology Applied to Modern Life, Adjustment in the 21st century 12th edition by Weiten, Dunn, and Hammer. Psyc2315
- Follow the directions – if you have used Cengage before you will have an account and you will use this to sign in and link this new course and materials.
- If you purchased access code you will redeem the code at the end of this process.

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.

TimeTable of Coursework

Psyc2315 – Psychology of Adjustment INTERNET

	Ch 1 – Ch 2 Read and watch videos	
Week 1	Discussion – Introduction & Ch 1	DUE
	Assignment Ch 1	Sunday Midnight!
	Assignment Ch 2	
	Quiz	
	Ch 3 – Ch 4 Read and watch videos	
Week 2	Disc Ch stress	DUE
	Assignment Ch stress	Sunday Midnight!

	Quiz Ch 5 , Ch 6, Read and watch videos	
	Discussion Ch5	
Week 3	Discussion Ch 6	DUE
	Assign Ch 5	Sunday Midnight
	Assignment Ch 6	
	Quiz Ch 7 and Ch 8 Read and watch videos	
	Discussion – communication	
Week 4	Assignment Ch 7	DUE
	Assignment Ch 8	Sunday Midnight
	Quiz Ch Ch 9 & 10 Read and watch videos	
	Disc parenting	
Week 5	Disc Ch 10	DUE
	Assignment Ch 9-10	Sunday Midnight
	Quiz Ch Ch 11, 12, & 13 Read and watch videos	
	Discussion – Ch 13	
Week 6	Assignment Ch 12	DUE
	Assign Ch Dev & Career	Sunday Midnight
	Quiz Ch 14 & Ch15 Read and watch videos	
Week 7	Discussion – Ch 14,15	DUE
	Assignment Ch 14-15	

Assign Psyc disorder

Quiz

Paper due

Week 8

FINAL test due.

Methods of Instruction:

Text reading, concept videos, discussions, and online coursework assignments/quizzes.

- SPECIAL NOTE: Within MINDTAP there are practice activities and videos.
- The Activity at the beginning of the Chapters is called Start: Myth or Reality?
- Videos are called Watch: Concept Clips at the end of the chapters.

These are **practice** activities where you can acquire EXTRA CREDIT points. They are not difficult and do not take a lot of time. The Myth or Reality activity is interesting from a psychological aspect and the short videos reiterate a specific concept.

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 CANVAS. As Grades are posted by Canvas auto-grading or by myself you will be able to SEE what your grade is for the course. Any missed assignments or blanks will be filled in with zeros and will greatly affect your grade. Pay attention!

Quizzes (40% of total grade) Canvas has a running average column of quiz grades

- 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 is TIMED. It cannot be “made up” or taken more than once.

Journal Assignments (30% of total grade) Canvas has a running average column of journal assignment grades

- Several journal writing assignments are due throughout the semester. Each assignment will correspond with topics in chapters. The journal writing should be **substantive and insightful** and at **LEAST a page in length**. You will be reflecting on YOUR own thoughts, emotions, feelings, and YOUR life. 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 depending on QUALITY and HOW late the assignment).

Discussions: (10% of total grade) Canvas has a running average column of discussion grades.

There will be a discussion for each week, and you are required to give SUBSTANTIVE comments (300+ words) and then RESPOND (300+ words) to one or more classmates. Please Note! – there will be DUE DATES for the discussions and subsequent responses. I WILL deduct points for not participating, for late responses and/or not replying to another student. YOU must actively participate EACH week.

Adjustment Paper (10% of total grade)

Students will interview an individual (not themselves) who has undergone a life adjustment of significance and write a four to five page research paper in APA format regarding the type of adjustment. At least 3 references must be cited. I have given you an Example paper, as well as directions located ON the assignment, and a short video - these are located in the LAST MODULE.

FINAL: (10% of course grade)

The Final test will be comprehensive, open book test, timed and available at the end of the term and due no later than the last day of the course.

LATE WORK is accepted but deductions made for each day that an assignment is submitted late.

What counts as attendance?

Students can be counted for attendance on any given day if they do one of the following: Student makes a post to a class discussion. Student submits a written assignment or project via file upload. Student takes a quiz or exam. Student submits work through a third party software such as Pearson or McGraw Hill, and the grade is transferred to the LMS Gradebook. An e-mail from

the student showing that the student initiated contact with a faculty member to ask a question about the academic subject studied in the course.

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

Course & Instructor Policies

Specific to Online Courses:

- Check Canvas often for announcements and/or due date changes.
- **It is beneficial for you to PRINT and refer back to the TIMETABLE.**
- 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.

Attendance Policy:

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 8 week terms, 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.

In order for students to be counted as having attended a class before the census date, the following guidelines are to be used: • Physical attendance in class with an opportunity for instructor and student interaction • Submission of an academic assignment • Completion of an exam, interactive tutorial, or computer-assisted instruction • Attendance at a study group assigned by the faculty • Participation in an online discussion in the class • Contact with a faculty member to ask a question.

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 is a form of scholastic dishonesty involving the theft of or fraudulent representation of someone else's ideas or words as the student's original work. Plagiarism can be intentional/deliberate or unintentional/accidental. Unintentional/Accidental plagiarism may include minor instances where an attempt to acknowledge the source exists but is incorrect or insufficient. Deliberate/Intentional plagiarism violates a student's academic integrity and exists in the following forms:

Turning in someone else's work as the student's own (such as buying a paper and submitting it, exchanging papers or collaborating on a paper with someone else without permission, or paying someone else to write or translate a paper),

Recycling in whole or in part previously submitted or published work or concurrently submitting the same written work where the expectation for current original work exists, including agreeing to write or sell one's own work to someone else,

Quoting or copy/pasting phrases of three words or more from someone else without citation,

Paraphrasing ideas without citation or paraphrasing incompletely, with or without correct citation, where the material too closely matches the wording or structure of the original,

Submitting an assignment with a majority of quoted or paraphrased material from other sources, even if correctly cited, when original work from the student is expected,

Copying images or media and inserting them into a presentation or video without citation,

Using copyrighted soundtracks or video and inserting them into a presentation or video without citation,

Giving incorrect or nonexistent source information or inventing source information,

Performing a copyrighted piece of music in a public setting without permission,

Composing music based heavily on someone else's musical composition.

Infractions may result in disciplinary options on behalf of the faculty member and/or dean.

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:

- Dr. Molly M. Harris, Title IX Coordinator (903)463-8714
- Ms. Logan Maxwell, Title IX Deputy Coordinator - South Campus (903) 415-2646
- Mr. Mike McBrayer, Title IX Deputy Coordinator - Main Campus (903) 463-8753
- Website: <http://www.grayson.edu/campus-life/campus-police/title-ix-policies.html>
- GC Police Department: (903) 463-8777- Main Campus) (903-415-2501 - South Campus)
- GC Counseling Center: (903) 463-8730
- For Any On-campus Emergencies: 911

Grayson College campus-wide student policies may be found on our Current Student Page on our website: <http://grayson.edu/current-students/index.html> (Links to an external site.)

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.