

PSYC 1540, Spring 2011
Psychology of Adjustment & Growth
Tuesdays & Thursdays
1:30-2:45p.m.

Instructor(s): WSU Counseling & Psychological Services Center Staff

Instructor of Record: Jennette Wood, MSW, LCSW

Office: Counseling & Psychological Services Center; SC280

Office Hours: Immediately after class or by appointment only

Classroom: Student Services Center; SC141

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This course is designed to introduce students to psychological concepts that are involved with understanding who they are and how they can adjust and grow throughout adulthood. We will discuss ways that psychological principles might be applied to everyday life; especially as they relate to: early childhood experiences that shape who we are, the experience of growth in adulthood, body image and wellness, managing stress, love and intimacy, relationships, gender identity, sexuality, work and recreation, loneliness and solitude, death and loss, meaning and values, and personal growth.

Required Text:

Corey, G. & Corey, M. S. (2010/2006). *I Never Knew I Had a Choice* (9th Ed.). Brooks and Cole. ISBN-13: 978-0-495-60229-3/ISBN-10: 0-495-60229-9

Course Objectives:

As a result of this course, students should:

1. be more mindful of community diversity, and roles within social systems;
2. be able to communicate more effectively, including how to better manage conflict;
3. understand life transitions and have strategies for preparing for change;
4. understand symptoms of and responses to stress and how they can be more resilient;
5. be mindful of who they are in terms of identity development, personal perceptions and cognitions, as well as interpersonal relationships, including personal and cultural scripts, attachments and boundaries;
6. be able to describe their personal morals and values;
7. and be able to identify their personal strengths and generalize successes to future planning.

IMPORTANT NOTE: In accordance with the Americans with Disabilities Act [ADA], any student requiring accommodations or services due to a disability must contact Services for Students with Disability (SSD) in room 181 of the Student Service Center (http://departments.weber.edu/ssd/handbook/hb_07.htm). SSD can also arrange to provide course materials in alternative formats, if necessary. I offer any qualified student with a disability the opportunity to meet with me privately to discuss receiving reasonable accommodation, which will be afforded based on the specific disability and as agreed in writing. This statement in no way asks that students identify themselves as having a disability; however, a request for reasonable accommodation can be granted if a student makes his or her disability known.

Class Policies

Academic Honesty: Cheating is defined as taking credit or presenting work as your own that is not your own original work. You are encouraged to meet together and discuss course material, but all examinations must be completed individually and without any notes. Group projects must be an original project prepared by the group. Plagiarism is not acceptable and proper citation of sources is required on all assignments using APA style (5th Ed.). Additional information regarding students' rights and responsibilities can be found in the Student's Code: <http://documents.weber.edu/ppm/6-22.htm>

Exam Policy: Exams will be open in the testing centers on the scheduled dates only. Exams will not be offered at any other times; be sure to plan all vacations and illness accordingly. Failure to take the exam during the scheduled time will result in a zero score for that exam and **no make-up exam will be allowed.**

Late Work Policy: All course requirements will be collected and considered due at the beginning of class or as requested by individual instructor. **Absolutely NO work will be accepted late; NO exceptions!**

Extra Credit & Redo Policy: There will be no extra-credit assignments given; in addition, once an assignment is turned in there will be no opportunity to re-do the assignment. If you have questions about an assignment, please feel free to ask for clarification or further instruction and make any needed adjustments to your assignment PRIOR to handing your work in.

Class Meetings: Students are expected to attend each class as scheduled and to have completed assigned chapter readings before coming to class. Class meetings will consist of lecture, video, discussion, and/or in-class activities. It is hoped that the smaller class size will encourage you to comfortably share your questions and comments as well as engage openly in discussions about the topics we cover throughout the semester.

Miscellaneous: A) General announcements will be made periodically in class; you are responsible for knowing about any information given via class announcements regardless of your attendance status. It may be helpful to get acquainted with fellow classmates if for no other reason than having access to someone who may provide you with information you may have missed due to an absence. B) If you should elect to drop the course, please go through formal university channels to do so, otherwise, you may find an unexpected "F" on your transcript for this course.

If you find you are having difficulty with any aspect of the course, please discuss the problem with me immediately. Most difficulties can be resolved easily once the door for discussion has been opened. This approach will assist me in responding to your needs and in improving the course now, rather than finding out about your concern through your final course evaluation when changes cannot be made. Please feel free to point out those things you like about the course as well.

I am glad you have enrolled in this course and look forward to becoming better acquainted with each of you throughout the semester.

Jennette,

Instructor of Record

REQUIRED COURSE ACTIVITIES

1. ATTENDANCE & PARTICIPATION (400 pts)

ATTENDANCE (200 points)

For you to succeed in this class, **you are required to attend classes on a regular basis.** In order to receive full credit for attendance, you may not miss more than one class period during the semester; **THERE WILL BE NO EXCUSED ABSENCES. PLEASE BE CAUTIOUS ABOUT WHEN YOU CHOOSE TO MISS CLASS.** For each additional class missed, 75 points will be deducted from your total attendance grade; this will be the case regardless of illness, family crisis or emergencies, etc. Tardiness and leaving class early will result in a loss of points at the instructor's discretion, particularly if this is a frequent practice. Class roll will be taken at the beginning of each class. It is your responsibility to make sure you have been counted present each day. **For those students with perfect attendance an additional 25 bonus points will be added to your total attendance score.** Points will be awarded as follows:

ATTENDANCE POINTS

0 Absences	= 225 attendance points
1 Absence	= 200 attendance points
2 Absences	= 125 attendance points
3 Absences	= 50 attendance points
4+ Absences	= 0 attendance points

PARTICIPATION (200 points)

Participation in class involves courtesy and respect for others and active personal contribution to the learning environment. Specifically, please turn off your cell phone and utilize your laptop only as a means for taking notes for this class. Students are expected to participate by A) engaging verbally in class discussions and providing relevant information and/or personal insight into topics discussed and B) being attentive and exercising active listening skills throughout the class presentation and process. If the instructor determines that you are not participating in class (i.e. refusing to talk and/or contribute to class when asked and/or are engaging in any behavior that distracts from the learning environment), participation points will be deducted. For those of you who typically don't speak in class, you are encouraged to take this opportunity to challenge yourself; to move out of your comfort zone and to participate more actively within the class structure than you typically do. For those of you who talk too much, you might take this opportunity to practice listening and sitting in silence while others share.

2. EXAMS (400 pts)

There will be three exams for a combined total of 400 points. Tests will NOT be cumulative. Exams will consist of a combination of multiple choice, matching, true/false, and fill-in-the blank questions.

READ YOUR TEXTBOOK as ALL test questions will come from the designated test; NOT from classroom lectures. All tests will be administered in Weber State Testing Centers. No notes, texts, or study aides will be used during the exams. Each exam will be made available during a pre-designated window of time, generally three days, which are listed on the current course schedule. PLEASE review this schedule early to arrange your work, school and/or personal schedule in order to accommodate the test dates.

NO LATE OR MAKE-UP EXAMS WILL BE GIVEN!!!

3. HOMEWORK (200 PTS)

Fourteen homework assignments will be assigned throughout the course of the semester, one assignment per chapter. Assignments will be described in detail as they are assigned by individual chapter instructors. Some will be assigned to be completed at home; others will be completed in class.

POINTS and GRADES

Attendance / Participation	400 pts
Exams	400 pts
Homework	<u>200 pts</u>

TOTAL: 1000 pts

Final grades will be assigned based on the percent of total points earned, as follows:

A (100-93%)	B- (82-80%)	D+ (69-67%)
A- (92-90%)	C+ (79-77%)	D (66-63%)
B+ (89-87%)	C (76-73%)	D- (62-60%)
B (86-83%)	C- (72-70%)	E (59-0%)

Psych 1540 - Scheduled Class Activities - Spring 2011

Date	Topic	Reading	Instructor
01/04	• Introductions and review of class expectations		Jennette and Counseling & Psychological Services Center (CPSC) staff
01/06	• Invitation to Personal Learning and Growth	CH 1	Mark
01/11 & 13	• Reviewing Your Childhood and Adolescence	CH 2	Jennette
01/18 & 20	• Adulthood and Autonomy	CH 3	Tami
01/25 & 27	• Your Body and Wellness	CH 4	Craig
02/01 & 03	• Managing Stress	CH 5	Craig/ EXAM 1 (02/03-05)
02/08	• Love	CH 6	Tami
02/15 & 17	• Relationships	CH 7	Mark
02/22 & 24	• Becoming the Woman or Man You Want to Be	CH 8	Dianna & Larry
03/01 & 03	• Sexuality	CH 9	Dianna & Larry
03/08 & 10	• Work and Recreation	CH 10	Jennette/ EXAM 2 (03/10-12)
03/15 & 17	• Spring Break		
03/22 & 24	• Loneliness and Solitude	CH 11	Jennette
03/29 & 31	• Death and Loss	CH 12	Missy/Jennette
04/05 & 07	• Meaning and Values	CH 13	Donna
04/12 & 14	• Pathways to Personal Growth/Class Survey	CH 14	Donna & Aubrey
04/18 - 04-22	FINAL EXAM		