Weber State University Psychology Department & Counseling and Psychological Services Center

PSYC 1540, Spring 2012

Psychology of Adjustment & Growth Tuesdays & Thursdays 1:30-2:45p.m.

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

Instructor of Record: Mark S. Adams, PhD, LMFT

Office: Counseling & Psychological Services Center; SC280 **Office Hours:** Immediately after class or by appointment only

Classroom: Student Services Center; SC141

Phone: (801) 626-6406

E-mail: Class website + E-mail; http://canvas.weber.edu (WSUonline). marksadams@weber.edu

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.

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 identity 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. 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; failure to take the exam during the scheduled time will result in a zero score for that exam. **Make-up exams will not be allowed.**
- Homework Policy: Weekly homework assignments will be given and collected by individual instructors; some assignments will be posted in Canvas, others may be given and completed in class. If you have questions about an assignment, please ask for clarifications or further instruction prior to handing the assignment in as once it has been turned in there will be no opportunity to re-do or make adjustments.

 Homework will not be accepted late; however you may turn it in early. Homework is generally graded and will be returned within one week.
- Extra Credit & Bonus Points Policy: There will be no extra-credit assignments given. Twenty-five bonus points are offered for 100% class attendance.
- 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:

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- <u>A)</u> General announcements will be made periodically in class and through WSUonline (Canvas); you are responsible for knowing about any information given via class announcements and / or though the class website.
- **B)** If you should elect to drop the course, please go through formal university channels to do so, otherwise, you may find an unexpected "E" 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 concerns 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.

REQUIRED COURSE ACTIVITIES

1. ATTENDANCE & PARTICIPATON (400 pts)

ATTENDANCE (200 points)

For you to succeed in this class, you will need attend and participate actively in class sessions on a regular basis. In order to receive full credit for attendance, you may not miss more than two class periods during the semester; students are advised to use personal discretion regarding absences as they are considered unexcused. Please be cautious about when you choose to miss class. On your third and fourth absences 50 points will be deducted, respectively, from your total attendance grade; five or more absences will result in zero attendance points. Tardiness and leaving class early may result in a loss of points at the instructor's discretion, particularly if this is a frequent and disruptive practice. Class roll will be taken at the beginning of each class. It is your responsibility to make sure you have signed the class roll each day as this provides verification of your attendance. As mentioned earlier, those students with perfect attendance will be given an additional 25 bonus points. Points will be awarded as follows:

ATTENDANCE POINTS

0 Absences	= 225 attendance points
1 Absence	= 200 attendance points
2 Absences	= 200 attendance points
3 Absences	= 150 attendance points
4 Absences	= 100 attendance points
5+ Absences	= 0 attendance points

PARTICIAPATION (200 points)

Participation in class involves courtesy and respect for others and active personal contribution to the learning environment. As a matter of courtesy, respect and regard for the instructor as well as your fellow students, it is expected that cell phones, iPods, etc. are TURNED OFF during class and that lap tops are used only as a means for taking notes for this class.

Students are expected to participate by:

- <u>A)</u> Engaging verbally in class discussions and providing relevant information and/or personal insight into topics discussed;
- <u>B)</u> Being attentive and exercising active listening skills throughout the class presentation and process;
- <u>C</u>) For those of you who typically don't speak in class, you are encouraged to take this opportunity to challenge yourself and move out of your comfort zone participating more actively within the class structure than you typically do;
- <u>D</u>) For those of you who talk too much, you might take this opportunity to practice listening and sitting in silence while others share.

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 may be deducted.

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 which are based on textbook readings as well as classroom lecture. **You are encouraged to read your textbook and to take good notes in class!** All tests will be administered in Weber State Testing Centers. Notes,

texts, or study aides will not be permit 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, <u>one</u> <u>assignment per chapter</u>. 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.

FINAL GRADE GUIDELINES

POINTS and GRADES

Attendance / Participation 400 pts

Exams 400 pts

Homework 200 pts

TOTAL: 1000 pts

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

\mathbf{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%)
В	(86-83%)	C- (72-70%)	E (59-0%)

PSYCH 1540 – Scheduled Class Activities Fall Semester 2011

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Date	Topic	Reading	Instructor(s)						
1/0305	Intros and syllabusInvitation to Personal Learning and Growth	CH1	Mark CPSC Staff						
1/1012	Reviewing Your Childhood and Adolescence	CH 2	Tami						
1/1719	Adulthood and Autonomy	CH 3	Tami						
1/2426	• Love	CH 6	Shaney						
1/312/02	Relationships	CH 7	Mark						
2/0306	EXAM #1								
2/0709	 Becoming the Woman or Man You Want to Be 	CH 8	Dianna & Larry						
2/1416	• Sexuality	CH 9	Dianna & Larry						
2/2123	Your Body and Wellness	CH 4	Craig						
2/283/01	Managing Stress	CH 5	Craig						
3/0608	Work and Recreation	CH 10	Jennette						
3/1315	Spring Break								
3/1921	EXAM #2								
3/2022	Loneliness and Solitude	CH 11	Jennette						
3/2729	Death and Loss	CH 12	Jodie						
4/0305	Meaning and Values	CH 13	Donna						
4/1012	Pathways to Personal Growth	CH 14	Mark & CPSC Staff						
4/1618	Exam #3								