

**PSYC 1540, Summer 2010**  
**Psychology of Adjustment & Growth**  
**Tues & Thursday 1:30–2:45p.m.**

**Instructor(s):** WSU Counseling & Psychological Services Center Staff (Lawrence Helmbrecht, Ph.D.)

**Office:** Counseling & Psychological Services; SC 280

**Office Hours:** Immediately after class or by appt

**Classroom:** SSC Rm XXXXXX

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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 through adulthood. might apply to everyday life. We will discuss ways that psychological principles might be applied to everyday life; especially as they relate to: early childhood experiences 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* (9<sup>th</sup> 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 preparation and change.
4. understand responses to stress, including symptoms, and how they can be more resilient.
5. be mindful of who they are in terms of identity development, personal perceptions/cognitions, and interpersonal relationships, including personal and cultural scripts, attachments and boundaries.
6. be able to describe their personal morals and values.
7. be able to identity their personal strengths and generalize successes to future planning.

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**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](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.

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## 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. The group project 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 (5<sup>th</sup> Ed.). Additional information regarding students' rights and responsibilities can be found in the Student's Code: <http://documents.weber.edu/ppm/6-22.htm>
- ADA:** 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](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.
- Exam Policy:** Exams will be open in the testing centers on the scheduled dates only. Exams will not be offered at any other times (No Exceptions). 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's will be allowed.
- Late Work Policy:** All course requirements will be collected and considered due at the beginning of class as planned in the course schedule. No work will be accepted late; please tell your body, your family, and your significant other to schedule all crises around your deadlines.
- Extra Credit & Redo Policy:** There will be NO extra-credit and NO doing work over again. Do it, and do it right the first time.
- Class Meetings:** Students are expected to attend each class meeting, and to have completed readings before coming to class. Class meetings will consist of lecture, video, discussion, and in-class activities. I hope that the small class size will encourage you to share your questions and comments, as well as engaging in discussion about the topics we cover.
- Misc.:** You are responsible for all announcements made in class, regardless of your attendance status. I would suggest you make friends with someone, if for no other reason than insurance. If you should elect to drop the course, please go through formal channels. Otherwise, you may find an unexpected "F" on your transcript.

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 following your final course evaluations. Feel free also to point out those things about the course that you like.

I am glad you have enrolled in this course and look forward to becoming acquainted with you during the next few weeks.

*Larry, Instructor of Record*

## Required Course Activities

### 1. Attendance & Participation (400 pts)

#### Attendance (200 points)

For you to succeed in this class, you will need to attend and participate. Therefore, attendance and participation in the course will be considered an “assignment.” For full credit on this assignment you may not miss more than one class periods. If you miss any more you’ll have 75 points deducted for each day missed (not counting the freebie). This will be the case regardless of illness or death in the family. Please tell family members and your own body to stay healthy until April 30<sup>th</sup>. ;0}

**Tardiness and leaving class early will result in loss points at my discretion. Class roll will be taken at the beginning of each class. It is your responsibility to make sure you have been counted present. 25 extra credit points are offered through attendance.**

EXTRA CREDIT: EARNED THROUGH ATTENDANCE AND PARTICIPATION.

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

**\*THERE WILL BE NO EXCUSED ABSENCES, PLEASE BE CAUTIOUS ABOUT WHEN YOU CHOOSE TO MISS CLASS.**

#### Participation (200 points)

Showing up is only part of the requirement. If the instructors determines that you are not participating in class (people who refuse to talk/contribute to class or people who detract from learning) they will deduct points at their discretion. Those of you who typically don’t speak in class . . . take this opportunity to challenge yourself; to move out of your comfort zone. Those of you who talk too much, practice listening and sitting in silence.

### 2. Exams (400 pts)

This portion of your grade is worth 400 points total. There will be three exams; each exam will be worth 135 points each. These exams will consist of a combination of multiple choice, matching, true/false, and fill-in-the-blank questions. All tests will be administered in Weber State Testing Centers. No notes, texts, or study aides will be used during the exams. The final exam, given during the scheduled final time, will NOT be cumulative.

Each exam will be made available during a window of a couple of days. Please review the course schedule early to arrange your work/school/personal schedule to accommodate the test dates.

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

### 3. HOMEWORK (200 PTS)

Fifteen homework assignments will be assigned throughout the course of the semester, every chapter readings. They will be described in detail as they are assigned. Some will be assigned to be completed at home; others will be completed in class.

## POINTS & 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:

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

## Psych 1540 - Scheduled Class Activities - Spring 2010

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