

# PSY 2315.D10

## PSYCHOLOGY OF ADJUSTMENT

### FALL, 2020



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#### **Instructor: Dr. Brittany Draper**

**Email:** brittany.draper@angelo.edu

**Phone:** 325.486.6123

**Office:** Academic 201E

**Office Hours:** 11:00 a.m. – 1:00 p.m., Tuesday & Thursday (virtual)

10:00 a.m. – 1:00 p.m., Monday & Wednesday (virtual)

No office hours on Friday

## **Course Information**

### **Course Description**

This course involves the study of the dynamics of human behavior from a life adjustment approach.

Representative topics include:

- Adjustment issues
- Interpersonal issues
- Gender and sexuality
- Mental and physical health

### **Course Credits**

This course is worth 3 credit hours (3-0).

### **Prerequisite and Co-requisite Courses**

None

### **Prerequisite Skills**

Accessing Internet websites such as Blackboard and ASU email, and proficiency with Microsoft Word and/or PowerPoint are expectations of this course.

## Student Learning Outcomes

<b>Student Learning Outcome</b> By completing all course requirements, students will be able to:	<b>Assignment(s) or activity(ies) validating outcome achievement:</b>
Be able to think critically about adjustment issues	Discussions Oral Presentation
Understand major theories in psychology	Chapter Quizzes Exams
Communicate information and ideas effectively	Discussions Oral Presentation
Be familiar with different domains of psychology	Chapter Quizzes Exams

## Course Delivery

This is an online synchronized course offering. This course will be delivered online via [Blackboard<sup>1</sup>](#) and the course can be accessed using [ASU's Blackboard Learning Management System](#). All of the online portions of this course are important to your success as a student in this class in helping you achieve the student learning outcomes and a successful grade in this course.

## Required Texts and Materials

*Psychology Applied to Modern Life: Adjustment in the 21<sup>st</sup> Century (12<sup>th</sup> Ed.) (Weiten et al., 2018)*

## Technology Requirements

To successfully complete this course, students need to the following technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)

- Webcam

**Testing via Respondus™ Monitor:** Access to the quizzes and exams will be through Respondus™ Lockdown Browser and will be video recorded via Respondus™ Monitor [See technology required materials for a list of needed equipment]. Use of another electronic device is prohibited. There is one practice quiz: a short 10 question practice quiz over ASU trivia that is not graded. This quiz will be available to the student to assure accessibility. Students are highly encouraged to go through this practice quiz in advance of taking a graded quiz. This process will allow you to become familiar with the technology associated with testing and improve the testing environment.

Instructional videos and more information regarding Respondus Monitor can be found under the Respondus Monitor Help tab in your Blackboard course.

**Testing with LockDown Browser:** In order to complete the exams and quizzes, you must have the Lockdown Browser on your computer. Go to blackboard to the “support” tab and follow the instructions to download the browser. Once it’s downloaded onto your computer, double-click on the icon in order to connect to blackboard. Login to Blackboard and click on a quiz or exam to complete. Select “no” for the password (note: if you can’t get past this point, something is wrong – the quizzes/exams are password protected, but you will NOT be given the password). Once you select no you should be able to proceed with the quizzes/exams. \*\*If you have any problems downloading lockdown browser, please contact IT (942-2911) as soon as possible to resolve technological issues so you do not miss the deadlines for these assignments. Not having a webcam for Respondus Monitor or the Lockdown browser downloaded in time to complete assignments will result in zeros for any assignments not completed in time.

Refer to Angelo State University’s Distance Education website for further technology requirements: [Angelo State University's Distance Education Website](#)

## Topic Outline

Week 1	Course Overview, Syllabus, Course Expectations Chapter 1 (Adjusting to Modern Life)
Week 2	Chapter 2 (Theories of Personality)
Week 3	Chapter 3 (Stress and Its Effects)
Week 4	Chapter 4 (Coping Processes)
Week 5	Chapter 5 (Psychology and Physical Health)
Week 6	Chapter 6 (The Self)
Week 7	Chapter 7 (Social Thinking and Social Influence)
Week 8	Chapter 8 (Interpersonal Communication)
Week 9	Chapter 9 (Friendship and Love)
Week 10	Chapter 10 (Marriage and the Family)
Week 11	Chapter 11 (Gender and Behavior)

Week 12	Chapter 13 (Careers and Work) Chapter 14 (Psychological Disorders)
Week 13	Chapter 14 Chapter 15 (Psychotherapy)
Week 14	Chapter 16 (Positive Psychology)
Week 14/15	Final Exam

## Communication

I will do my best to respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

**Written communication via email:** All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to me, include the course name and section number in your subject line.

**Virtual communication:** Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Skype, etc.

**Classroom Etiquette:** Please be respectful of others in the course room. When in doubt, use the golden rule! Please do not type in all caps in the course room.

**Questions:** If at any time during the course that you have a question, you can post the question in the "I Have a Question" discussion thread. These questions will be available for other students to view, so if you do not want other students to read them, do NOT post them in this area. Private questions/concerns should be addressed through email.

## Grading

### Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Percent/Points of Total Grade
Exams	200 points
Chapter Quizzes	150 points
Attendance/Participation	45 points
Discussions	90 points
Oral Presentation	25 points
Total	510 points

## Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

A = 459-510+ points

B = 408-458 points

C = 357-407 points

D = 306-356 points

F = 0-305 points (Grades are rounded up)

## Teaching Strategies

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

## Assignment and Activity Descriptions

**\*Please note: Rubrics for all assignments and activities are located in our blackboard course.**

**Exams:** There will be four examinations, each worth 50 points (200 points total, 39% of total grade). The dates of the examinations, and the material covered by each examination, are listed on the Course Schedule. If you miss an exam, the make-up must be taken at the time of the final exam, provided that you have a documented written excuse for missing an exam. Only one make-up exam is allowed per student each semester. There is no make-up for the final exam. The first three examinations will have a timer set for 75 minutes (1 hour and 15 minutes). The final exam will have a timer set for 120 minutes (2 hours). You will be allowed 3 attempts at each examination, and I will take the highest of the 3 grades. You MAY use your book and/or notes on each exam. Each attempt will be force completion, so if you start an attempt, you must finish it.

**Quizzes:** Fifteen (15) chapter quizzes will be posted on Blackboard (one for each chapter except chapter 12), each worth 10 points (150 points total, 29% of total grade). You will have until Sunday of each week to complete each quiz by 11:59 p.m., and you will be allowed 3 attempts. I will take the highest of the 3 grades. You MAY use your book and/or notes on the quizzes. Each

quiz will have a timer set for 20 minutes. Each quiz will be force completion, so if you start an attempt, you must finish it.

**Discussion Board Activities:** You will be required to participate in three (3) discussions (90 points total, 18% of the grade). Your first discussion board assignment is your self-introduction video that is worth 10 points (2% of total grade). The other 2 discussions will be about content from the course and chapters. To receive full credit on the discussions, you must create your posts and respond to at least 2 other students' posts per discussion. The breakdown of points is as follows: individual posts are worth 30 points each (30 points \* 2 – there will be one discussion assignment for 2 of the chapters) = 60 points total, 12% of total grade; posts to other students (5 points per each response for a total of at least 4 responses, 20 points total, 4% of total grade). **Grand total for discussion participation is 90 points.**

NOTE: Each discussion post will have a word minimum or length, so please note each discussion's instructions. In addition, for responses to other classmates, responses like “great post” will NOT be accepted. Discussions are intended to be discussions that are thoughtful and spark interest in other students. You should ask other students questions and/or provide additional outside sources and research to keep the discussions interesting. You will be placed in discussion groups for these assignments to encourage involvement with members of your group and to encourage interaction with each other. Please be sure to follow directions and make your discussion posts in the correct forum. Failure to follow directions and/or posting in the wrong place will result in a zero for the assignment.

**Oral Presentation:** You will be required to perform one individual oral presentation in this course. Presentation instructions will be posted in the course room along with a sign-up sheet. You have 2 options for the presentation, and to receive full credit, you need to be sure to answer all parts required for the option that you choose. Presentations will be completed during the entire semester until each student has had a chance to present. The presentations will be completed in Blackboard Collaborate in the online course room. The presentation is worth 25 points (5% of total grade).

**Class Attendance/Participation:** You will be expected to attend each scheduled class using Collaborate in the online course room. Fifteen in-class activities will be completed over the course of the semester, each worth 3 points (45 points total, 9% of total grade). These activities must be completed in class and emailed to the instructor to receive attendance points for the class sessions.

**Extra Credit:** There will be 2 options to earn extra credit. One of your options is to participate in research for the department. Note: You must register through the department's sona-systems website in order to sign-up and receive credit for studies. Points will be posted in Blackboard once all the credits have been entered into sona-systems. If you have questions about a research project, please contact the researcher. Go to the [sona-systems website](#)<sup>2</sup> to create an account and sign-up for studies. For additional details, see the “Research Opportunities” link on

the psychology/sociology [department homepage](#)<sup>3</sup>. You will receive 5 points for each study that you participate in, regardless of the credit value of the respective study. A **maximum of 20 extra credit points** (to be added to your raw point total) can be earned during the course of the semester.

The other option for extra credit is to complete workbook assignments related to the topics in the chapters. There is a word document with these assignments posted under the “assignments” tab in a folder called “extra credit.” Just complete the assignments and follow the instructions to submit them. You will receive 1 point per exercise (not per page). You can turn these in at any time during the semester so long as it's by the deadline of November 15<sup>th</sup>. You can type your answers on the worksheets and submit the assignments through blackboard.

### **Assignment Submission**

All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. [the IT Service Center at \(325\) 942-2911 or go to your Technology Support tab to report the issue.](#) [ny.draner@angelo.edu](mailto:ny.draner@angelo.edu) and attach a copy of what you are trying to submit. Please contact your faculty if you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

### **Late Work or Missed Assignments Policy**

No late work is accepted. Any points lost for missed assignments can be made up by completing extra credit. Missed assignments may only be made up due to school-related absences.

## **General Policies Related to This Course**

### **Course Syllabus Statement on Required Use of Masks/Facial Coverings by Students in Class at Angelo State University**

As a member of the Texas Tech University System, Angelo State University has adopted the mandatory Facial Covering Policy to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any

missed class content or work. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct.

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)<sup>4</sup>
- [Angelo State University Catalog](#)<sup>5</sup>

## **Student Responsibility and Attendance**

**Online:** This class is synchronous, meaning you need to be on-line at a certain time. This class will meet at least once a week (on Thursdays) in Collaborate to go over course material and readings. There are readings which you will have to complete to be able to adequately participate in individual and group assignments. In order to complete this course successfully, you do have to participate in all course activities i.e. discussion boards, quizzes, presentation, etc. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 6-9 study hours per week on average.

## **Academic Integrity**

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).<sup>6</sup>

## **Accommodations for Students with Disabilities**

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at [ADA@angelo.edu](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability](#)



[Services website](#).<sup>7</sup> The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
[dallas.swafford@angelo.edu](mailto:dallas.swafford@angelo.edu)  
Houston Harte University Center, Room 112

## **Incomplete Grade Policy**

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)<sup>8</sup> for more information.

## **Plagiarism**

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)<sup>9</sup> in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).<sup>10</sup>

## **Student Absence for Observance of Religious Holy Days**

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)<sup>11</sup> for more information.

## **Copyright Policy**

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any

portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

## **Syllabus Changes**

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

## **Title IX at Angelo State University**

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: [www.angelo.edu/incident-form](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: [michelle.boone@angelo.edu](mailto:michelle.boone@angelo.edu)

*Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).*

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: [www.angelo.edu/title-ix](http://www.angelo.edu/title-ix).

## Course Schedule

Week/Date	Topic/Assignments/Assessments DUE
WEEK 1 8/17/20 – 8/23/20	Introduction video due by Thursday at <b>11:59 p.m.</b> Chapter 1 quiz available from 8/17/20 at 8:00 a.m. – 8/23/20 at <b>11:59 p.m.</b>
WEEK 2 8/24/20 – 8/30/20	Chapter 2 quiz available from 8/24/20 at 8:00 a.m. - 8/30/20 at <b>11:59 p.m.</b>
WEEK 3 8/31/20 – 9/6/20	Chapter 3 quiz available from 8/31/20 at 8:00 a.m. - 9/6/20 at <b>11:59 p.m.</b>
WEEK 4 9/7/20 – 9/13/20	Chapter 4 quiz available from 9/7/20 at 8:00 a.m. - 9/13/20 at <b>11:59 p.m.</b> Discussion #1 due by Wednesday at <b>11:59 p.m.</b> Responses due Sunday by <b>11:59 p.m.</b> <b>Exam #1</b> (chapters 1-4) available from 9/10/20 at 8:00 a.m. – 9/13/20 at <b>11:59 p.m.</b>
WEEK 5 9/14/20 – 9/20/20	Chapter 5 quiz available from 9/14/20 at 8:00 a.m. - 9/20/20 at <b>11:59 p.m.</b>
WEEK 6 9/21/20 – 9/27/20	Chapter 6 quiz available from 9/21/20 at 8:00 a.m. - 9/27/20 at <b>11:59 p.m.</b>
WEEK 7 9/28/20 – 10/4/20	Chapter 7 quiz available from 9/28/20 at 8:00 a.m. - 10/4/20 at <b>11:59 p.m.</b>
WEEK 8 10/5/20 – 10/11/20	Chapter 8 quiz available from 10/5/20 at 8:00 a.m. - 10/11/20 at <b>11:59 p.m.</b> <b>Exam #2</b> (chapters 5-8) available from 10/8/20 at 8:00 a.m. – 10/11/20 at <b>11:59 p.m.</b>
WEEK 9 10/12/20 – 10/18/20	Chapter 9 quiz available from 10/12/20 at 8:00 a.m. - 10/18/20 at <b>11:59 p.m.</b>
WEEK 10 10/19/20 – 10/25/20	Chapter 10 quiz available from 10/19/20 at 8:00 a.m. - 10/25/20 at <b>11:59 p.m.</b>
WEEK 11 10/26/20 – 11/1/20	Chapter 11 quiz available from 10/26/20 at 8:00 a.m. - 11/1/20 at <b>11:59 p.m.</b> <b>Exam #3</b> (chapters 9-11) available from 10/29/20 at 8:00 a.m. – 11/1/20 at <b>11:59 p.m.</b>

Week/Date	Topic/Assignments/Assessments DUE
WEEK 12 11/2/20 – 11/8/20	Chapter 13 quiz available from 11/2/20 at 8:00 a.m. - 11/8/20 at <b>11:59 p.m.</b> Chapter 14 quiz available from 11/2/20 at 8:00 a.m. - 11/8/20 at <b>11:59 p.m.</b> Discussion #2 due by Wednesday at <b>11:59 p.m.</b> Responses due Sunday by <b>11:59 p.m.</b>
WEEK 13 11/9/20 – 11/15/20	Chapter 15 quiz available from 11/9/20 at 8:00 a.m. - 11/15/20 at <b>11:59 p.m.</b> <b>Extra Credit due by Sunday at 11:59 p.m.</b>
WEEK 14 11/16/20 – 11/22/20	Chapter 16 quiz available from 11/16/20 at 8:00 a.m. - <b>11/19/20 at 11:59 p.m.</b>
WEEK 14/15 11/20/20 – 11/24/20	Exam #4 (chapters 13-16) available from 11/20/20 at 8:00 a.m. – 11/24/20 at <b>11:59 p.m.</b>

## Grading Rubrics

### Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Developing skill in expressing oneself orally or in writing

#### End of Syllabus

<sup>1</sup> <https://blackboard.angelo.edu>

<sup>2</sup> <https://angelostate.sona-systems.com/Default.aspx?ReturnUrl=/>

<sup>3</sup> [https://www.angelo.edu/dept/psychology\\_sociology/](https://www.angelo.edu/dept/psychology_sociology/)

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<sup>4</sup> <https://www.angelo.edu/student-handbook/>

<sup>5</sup> <https://www.angelo.edu/catalogs/>

<sup>6</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>7</sup> <https://www.angelo.edu/services/disability-services/>

<sup>8</sup> <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

<sup>9</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>10</sup> [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)

<sup>11</sup> <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>