

Psych 142

Psychology of Adjustment

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Building 100

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Weiten, Hammer, Dunn ADJUST: Applying Psychology to Life. First Addition,
Wadsworth Cengage Learning 2014

Course Description:

What is Adjustment? Adjustment is the psychological process of adapting to, coping with and managing the problems, challenges, and demands of everyday life. This course is designed to introduce you to the main concepts and theories of human adjustment. Topics to be covered include self and identity, communication, stress and coping, gender, human sexuality, caring and close relationships adult development, life styles, aging, abnormal psychology, health and careers.

Course Objectives:

The objectives of this course are: 1) To critically think about and gain knowledge of the main theories and concepts of each of the various factors that influence human adjustments; and 2) To leave this course with the basic understanding of adjustment behavior, not only in the academic sense, but also an understanding of the everyday or practical nature of human adjustment and how it presents in and affects our daily life.

Attendance and Class Participation:

You are expected to attend class and stay for the whole period. You are expected to demonstrate an understanding of the assigned reading by actively participating in class discussions. If you miss a class, it is your responsibility to get class notes from a fellow student. If you decided not to attend class anymore, it is your responsibility to go into **WEBSTAR** and drop the class. **LAST DAY TO DROP is, April 11, 2014**

Student Learning Outcomes:

SLO #1 Identify emotions tied to circumstances and describe healthy coping mechanisms. (ILO1, ILO2, ILO3)

SLO #2 Summarize experience by keeping a journal and writing a 1 to 2 page paper about the experience. (ILO1, ILO2, ILO3)

SLO #3 Create a "SELF" poster and present to class. (ILO1, ILO2, ILO3)

Emotional Journal Assignment:

Write about your emotions and stressful circumstances to produce positive adjustment outcomes. The Journal will be turned in at the end of the semester; along with a typed 1 to 2 page paper summarizing your experiences doing the journal.

Or Gratitude Journal Assignment:

Write about things you feel grateful for and on daily or weekly basis. The Journal will be turned in at the end of the semester; along with a typed 1 to 2 page paper summarizing your experiences doing the journal.

Tests:

Four tests will be given throughout the semester. They will be multiple choice and worth at least 50 points. **Please bring a #2 pencil and a Scantron.**

Self-Poster:

Self - Concept is an individual's perception of his or hers own availabilities, personality, and other attributes: it consists of our overall thoughts and feelings about our characteristics.

Troy Higgins describes the self in three domains: the actual self, the ideal self, and the ought self.

Please do a poster or power point presentation describing your 3 selves and be prepared to present it in class.

Grading System:

Tests 5 @ 50 pts	80-89% = B
Self-Poster 1 @ 50 pts	70-79% = C
Journal 1 @ 100 pts.	60-69% = D
400 total points 90-100% = A	0-59% = F

Special Accommodation:

Should a student enrolled in the course require a special accommodation due to a disability in order to complete the requirements of the course, please advise the instructor immediately or contact the Disabled Student Programs and Services at (760) 355-6312

Academic Dishonesty:

Please read and understand this section fully. Academic dishonesty (cheating) of any type will not be tolerated in my classroom. If a student is caught committing any type of academic dishonesty he or she will be given a 0 for the assignment/exam and

will be reported to Student Affairs for further handling of the matter. In addition, unless you have made prior arrangements with the instructor, leaving during the class period or while watching a movie will be counted as an absence. If you get up and leave during class, please do not return. Coming in and out is disruptive to the other students as well as to me. No cell phones should be answered during class or examinations.

Tentative Course Schedule

Date	Reading Assignment
01/21-23/14	Introduction to Class
01/28-30/14	Adjusting to Modern Life Chapter 1
02/04-06/14	Theories of Personality Chapter 2
02/11-13/14	Stress and It's Effects Chapter 3 Test #1
02/18-20/14	Coping Processes Chapter 4
02/25-27/14	Psychology and Physical Health Chapter 5
03/04-06/14	The Self Chapter 6 Poster due Test # 2
03/11-13/14	Social Thinking and Social Influence Chapter 7
03/18-20/14	Interpersonal Communication Chapter 8
03/25-27/14	Friendship and Love Chapter 9 Test # 3
04/01-03/14	Marriage and Intimate Relationships Chapter 10
04/08-10/14	Gender and Behavior Chapter 11
04/15-17/14	Development and Expression of Sexuality Chapter 12 Test # 4
04/22-24/14	Spring Break
04/29-05/01/14	Careers and Work Chapter 13
05/06-08/14	Psychological Disorders Chapter 14
05/13-15/14	Psychotherapy Chapter 15 Test # 5
05/15/14	Final

