

Basic Course Information

Semester:	Spring 2016	Instructor Name:	DianaMelissa N. Barrios
Course Title & #:	Psychology of Adjustment	Email:	diana.barrios@imperial.edu
CRN #:	20784	Webpage (optional):	
Classroom:	810	Office #:	Room 809
Class Dates:	February 16-June 10, 2016	Office Hours:	By Appointment
Class Days:	Tuesday	Office Phone #:	760-355-6144
Class Times:	6:30-9:40pm	Emergency Contact:	760-693-7052
Units:	3		

Course Description

This is an applied course that focuses on how psychology is used in daily life. The course surveys different psychological perspectives and theoretical foundations and how these are applied across a person's life taking into account the influence of factors such as culture, gender, ethnicity, historical cohort, and socio-economic status from a biopsychosocial perspective. (CSU)

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Identify emotions tied to circumstances and describe healthy coping mechanisms. (ILO1, ILO2, ILO3)
2. Summarize experience of keeping a journal. (ILO1, ILO2, ILO3)
3. Create a "SELF" poster and present to class. (ILO1, ILO2, ILO3)

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Identify the ways in which major theories of psychology define and explain behavior indicative of adjustment.
2. Identify the major personality theories and how they apply to an individual's lifelong adjustment
3. Explain the physiological effects of stress and how stress affects adjustment
4. Describe various coping skills that affect an individual's ability to adjust throughout life
5. Describe how biopsychosocial factors influence development across the lifespan
6. Define and explain the significance of self-understanding, self-acceptance, and self-control to personal adjustment.
7. Discuss how conformity and persuasion in the social world affects personal adjustment.
8. Explain how the level of personal adjustment affects the capacity to develop positive interpersonal relationships.

9. Discuss the effect of personal adjustment on group and societal processes.
10. Differentiate between adjustment and maladjustment when presented with scenarios of individual behavior.
11. Be familiar with and identify stress and health factors which influence behaviors.

Textbooks & Other Resources or Links

Santrock 2006. *Human Adjustment* New York. McGraw Hill ISBN: 9780073111919

Course Requirements and Instructional Methods

This course will consist of a combination of lectures, class discussion, assigned readings, videos, group and individual's projects as well as quizzes and tests.

TOPICS

- Adjusting to Life
- Stress/Health
- Communicating Effectively
- Achievement
- Personality
- Coping
- Friendship & Love Relationships
- Gender/Sexuality
- The Self, Identity & Values
- Social Thinking/Communicating Effectively
- Adult Lifestyles

Class Participation

Attending every class session is expected. Arriving tardy, leaving early or stepping outside during lecture will be noted and count against class participation. Please schedule all appointments outside of class time. At the instructor's discretion, a student may be dropped after 3 absences. However, if you decide not to continue with this course, you are responsible for dropping the class by the drop date. In-class assignments will count toward class participation points.

Late Work

Late work will not be accepted.

Assignments will not be accepted via e-mail and computer related issues are not considered an excuse for late work.

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

Course Grading Based on Course Objectives

Class participation	50pts	90-100	A
Presentation (Poster)	50pts	80-89	B
Journal (4@25)	100pts	70-79	C
Quizzes (4@ 25)	100pts	60-69	D
Exams (4@100)	400pts	59 & Below	F
Total=	700pts		

Attendance

- A student who fails to attend the **first meeting** of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.
- Regular attendance in all classes is expected of all students. **A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped.** For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Classroom Etiquette

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

Online Netiquette

- What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

Academic Honesty

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- **Plagiarism** is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.
- **Cheating** is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the [General Catalog](#) for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

Additional Student Services

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

- **Blackboard Support Site.** The Blackboard Support Site provides a variety of support channels available to students 24 hours per day.
- **Learning Services.** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **Library Services.** There is more to our library than just books. You have access to tutors in the [Study Skills Center](#), study rooms for small groups, and online access to a wealth of resources.

Disabled Student Programs and Services (DSPS)

Any student with a documented disability who may need educational accommodations should notify the instructor or the [Disabled Student Programs and Services](#) (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid StudentHealth Fee.

- **[Student Health Center](#)**. A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District and El Centro Regional Center provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6310 in Room 2109 for more information.
- **[Mental Health Counseling Services](#)**. Short-term individual, couples, family, and group therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous Information to assist students in this endeavor.

Anticipated Class Schedule/Calendar		
Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1	Syllabus & Course Introduction	Buy Book
Week 2	Adjusting to Life & Personality	Chapters: 1 & 2
Week 3	The Self, Identity & Values	Chapter: 3
Week 4	Communicating Effectively	Chapter: 7
Week 5	Exam, Quiz & Journal #1	Chapters: 1,2,3,&7
Week 6	Adult Lifestyles & Achievement, Careers & Work	Chapters: 9 &10
Week 7	Spring Break	HAVE FUN
Week 8	Friendship and Love & Relationship	Chapter: 8
Week 9	Social Thinking, Influence and Intergroup Relationship	Chapter: 6
Week 10	Exam, Quiz & Journal #2	Chapters: 9,10, 8& 6
Week 11	Gender & Sexuality	Chapter: 12 & 13
Week 12	Stress & Health	Chapter: 4 & 16
Week 13	Exam. Quiz & Journal #3	Chapters: 12, 13, 4 & 16
Week 14	Coping	Chapter: 5
Week 15	Psychology Disorders & Therapies	Chapter: 14, 15
Week 16	Emerging Adulthood, Adult Development, and Aging	Chapter 11
Week 17	Presentations , Quiz & Journal 4	Review for Final
Week 18	Final Exam	Chapters: 5, 14,15,& 11

*****Tentative, subject to change without prior notice*****