



IMPERIAL VALLEY COLLEGE

## Basic Course Information

Semester:	<b>Spring 2024</b>	Instructor Name:	<b>Robert Wyatt</b>
Course Title & #:	<b>PSY 142: Psychology of Adjustment</b>	Email:	<b>Robert.wyatt@imperial.edu</b>
CRN #:	<b>20792</b>	Webpage (optional):	<b>www.imperial.edu</b>
Classroom:	<b>ONLINE</b>	Office #:	<b>1714</b>
Class Dates:	<b>Feb. 12 – June 7th</b>	Office Hours:	<b>12:00 – 1:00 pm (Mon – Thurs.)</b>
Class Days:	<b>ONLINE</b>	Office Phone #:	<b>760 – 355 - 6491</b>
Class Times:	<b>ONLINE</b>	Emergency Contact:	<b>Alicia Arellano (760-355-6201)</b>
Units:	<b>3.0</b>	Class Format/Modality:	<b>In-Person</b>

## 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.

## Course Prerequisite(s) and/or Corequisite(s)

None

## Student Learning Outcomes

1. Identify emotions tied to circumstances and describe healthy coping mechanisms.
2. Summarize the experience of keeping a journal.
3. Create a "SELF" poster and present it to the class.

## Course Objectives

1. Identify how 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 physical 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 in personal adjustment.
7. Discuss how conformity and persuasion in the social world affect 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 that influence behaviors



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## Textbooks & Other Resources or Links

Dawn Forrester, Jessica Scott, Joshua A. Herrington, Nancy Olson, Nicole Bragg-Scott. 2021. Human Adjustment. Creative Commons.

ISBN:

<https://onedrive.live.com/?authkey=%21AH9YOOM%2DNKqsY08&cid=5889209E49E4E0EB&id=5889209E49E4E0EB%216677&parId=5889209E49E4E0EB%213204&o=OneUp>

## Course Requirements and Instructional Methods

As this course is conducted online, it is expected that all completed assignments are of the utmost quality. It is imperative that academic integrity is maintained, and any form of plagiarism is strictly prohibited. Discussion questions play a significant role in determining one's final grade. These questions are designed to prompt critical thinking and the application of textbook concepts to real-life experiences. Personal anecdotes are encouraged to demonstrate comprehension and application of the material.

## Course Grading Based on Course Objectives

ASSIGNMENT	NUMBER	TOTAL POINTS
Tests	10	1000
Class Discussions	10	2000

*Late assignments will only be accepted in cases of medical emergencies, or you have given me an ample amount of time. An ample amount of time is equivalent to at least 7 days.*

## Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

## IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.



## Anticipated Class Schedule/Calendar

**CHECK CANVAS FOR THE DUE DATES OF CLASS DISCUSSIONS AND EXAMS!!!**

<b>Date &amp; Week</b>	<b>Topic</b>
<i>Week 1</i> February 12 - 15	Chapter 1: Concepts of Adjustment
<i>Week 2</i> February 19 - 22	Chapter 1: Concepts of Adjustment
<i>Week 3</i> February 26 - 29	Chapter 2: The Self
<i>Week 4</i> March 04 - 07	Chapter 3: Theories of Humanistic and Personality Psychology
<i>Week 5</i> March 11 - 14	Chapter 3: Theories of Humanistic and Personality Psychology
<i>Week 6</i> March 18 - 21	Chapter 4: Stress and Coping
<i>Week 7</i> March 25 - 28	Chapter 5: Social Psychology
<i>Week 8</i> April 01 - 04	<b>NO CLASS – SPRING BREAK</b>
<i>Week 9</i> April 08 - 11	Chapter 6: Work and Choosing a Career
<i>Week 10</i> April 15 - 18	Chapter 7: Interpersonal Communication
<i>Week 11</i> April 22 – 25	Chapter 7: Interpersonal Communication
<i>Week 12</i> April 29 – May 2	Chapter 8: Romantic Relationships and Love
<i>Week 13</i> May 06 – 09	Chapter 8: Romantic Relationships and Love
<i>Week 14</i> May 13 – 16	Chapter 9: Positive Psychology (Finding Meaning)
<i>Week 15</i> May 20 – 23	Chapter 9: Positive Psychology (Finding Meaning)
<i>Week 16</i> May 27 – 30	Chapter 10: Aging (Coping with Death and Loss)
<i>Week 17</i> June 03 – 07	Chapter 10: Aging (Coping with Death and Loss)

**\*\*\*Subject to change without prior notice\*\*\***