

Basic Course Information

Semester:	SPRING 2026	Instructor Name:	Brenda Estrada, Ph.D.
Course Title & #:	PSY 142: Psychology of Adjustment	Email:	Brenda.estrada@imperial.edu
CRN #:	20792	Webpage (optional):	Imperial.edu
Classroom:	Online	Office #:	Zoom
Class Dates:	February 17th-April 17th	Office Hours:	Wednesdays 12:00 pm.- 1:00 pm.
Class Days:	Online	Office Phone #:	N/A
Class Times:	Online	Emergency Contact:	760-997-6048
Units:	3.0	Class Format/Modality:	ONLINE

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:

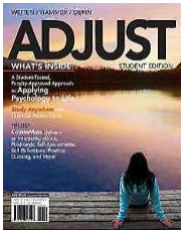
1. Identify the ways in which major theories of psychology define and explain behavior indicative of adjustment.
2. Define and explain the significance of self-understanding, self-acceptance, and self-control to personal adjustment.
3. Discuss how conformity and persuasion in the social world affects personal adjustment.
4. Explain how the level of personal adjustment affects the capacity to develop positive interpersonal relationships.
5. Discuss the effect of personal adjustment on group and societal processes.
6. Differentiate between adjustment and maladjustment when presented with scenarios of individual behavior.
7. Be familiar with and identify stress and health factors which influence behaviors.
8. Identify the major personality theories and how they apply to an individual's lifelong adjustment

9. Explain the physiological effects of stress and how stress affects adjustment

Textbooks & Other Resources or Links

Textbook is recommended, but no required

Wayne Weiten, Elizabeth Yost Hammer (2014), Dana S. Dunn. Adjust (1ST Edition)
Cengage publisher.



Course Requirements and Instructional Methods

Canvas: All assignments, including discussions and quizzes are due on Sundays at 11:59 P.M.

Method of evaluation: Quizzes, Discussions and assignments

Instructional Methodology: Audio, visual, demonstration and discussion

Modules Section

Each module is organized into a small set of related topics. Within each module, you will be asked to complete tasks such as watching videos or recorded lectures, reviewing PowerPoint slides, and completing assigned activities. Modules will open sequentially as the course progresses. Some activities within each module will have specific due dates. It is important that these activities are completed by the stated deadlines and within the allotted time.

Quizzes

Quizzes are worth 10 points each. There is no time limit, and you will have up to three attempts to complete each quiz.

Quote of the Week Journaling – 10 points each

Each week, a quote related to the chapter theme will be shared. You will be asked to:

- Briefly reflect on what the quote means to you
- Discuss how it relates to your personal experiences or development

These responses are **private**—only the instructor will read them. There is **no word count requirement**, and the goal is honest, thoughtful reflection.

Weekly Discussions

Students are required to participate in weekly discussions by posting an initial response and replying to at least one classmate. Each discussion is worth 10 points. Discussion posts are due every Sunday by 11:59 pm.

Final SELF Poster Presentation (Online): Students will create a “SELF” poster that represents important aspects of who they are, such as values, roles, interests, cultural influences, goals, or personal strengths. In an online setting, students will present their poster by submitting a recorded presentation or a written reflection explaining their poster. Detailed instructions and submission options will be provided in Canvas.

✓ **Presentation Options (Choose One)**

Option 1: Recorded Presentation

Record a 2–3 minute video or audio explaining your poster. You may use Canvas Studio, Zoom, or another recording tool.

✓ **Option 2: Written Explanation**

Submit a 1–page written reflection explaining the meaning of your poster and how it represents your sense of self.

Course Grading Based on Course Objectives

Meet and Greet Discussion (1)	10 points
Weekly discussions (6) *10 points each	60 points
Quote of the week journaling (6) *10 points each	60 points
Quizzes (7) *10 points each	70 points
Final SELF Poster Presentation	100 points

Total : 300 points

A = 270–300 points (90–100%)

B = 240–269 points (80–89%)

C = 210–239 points (70–79%)

D = 180–209 points (60–69%)

F = 0–179 points (below 60%)

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 own 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.

Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

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 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.

How do I show academic honesty and integrity in an online “classroom”?

- **KEEP YOUR PASSWORDS CONFIDENTIAL.**

- ✓ You have a unique password to access online software like Canvas. Never allow someone else to log-in to your account.

• COMPLETE YOUR OWN COURSEWORK.

o When you register for an online class and log-in to Canvas, you do so with the understanding that you will produce your own work, take your own exams, and will do so without the assistance of others (unless directed by the instructor).

Examples of Academic Dishonesty that can occur in an online environment:

- Copying from others on a quiz, test, examination, or assignment;
- Allowing someone else to copy your answers on a quiz, test, exam, or assignment;
- Having someone else take an exam or quiz for you;
- Conferring with others during a test or quiz (if the instructor didn't explicitly say it was a group project, then he/she expects you to do the work without conferring with others);
- Buying or using a term paper or research paper from an internet source or other company or taking any work of another, even with permission, and presenting the work as your own;
- Excessive revising or editing by others that substantially alters your final work;
- Sharing information that allows other students an advantage on an exam (such as telling a peer what to expect on a make-up exam or prepping a student for a test in another section of the same class);
- Taking and using the words, work, or ideas of others and presenting any of these as your own work is plagiarism. This applies to all work generated by another, whether it be oral, written, or artistic work. Plagiarism may either be deliberate or unintentional.

Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at finaid@imperial.edu.

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

<p>Week 1 February 17th- 22nd</p>	<p>Syllabus & Introduction Chapter 1: Adjustment to Modern Life</p>	<ul style="list-style-type: none"> • Meet and Greet Discussion • Quote of the Week Journaling • Quiz #1 <p>Assignment due on February 22nd at 11:59 P.M.</p>
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<p>Week 2 February 23th- March 1st</p>	<p>Chapter 2: Theories of Personality</p>	<ul style="list-style-type: none"> • Weekly Discussion • Quote of the Week Journaling • Quiz #2 <p>Assignment due on March 1st at 11:59 P.M.</p>
<p>Week 3 March 2nd-8th</p>	<p>Chapter 3: Stress and Its Effects</p>	<ul style="list-style-type: none"> • Weekly Discussion • Quote of the Week Journaling • Quiz #3 <p>Assignment due on March 8th at 11:59 P.M.</p>
<p>Week 4 March 9th – 15th</p>	<p>Chapter 4: Coping Processes</p>	<ul style="list-style-type: none"> • Weekly Discussion • Quote of the Week Journaling • Quiz #4 <p>Assignment due on March 15th at 11:59 P.M.</p>
<p>Week 5 March 16th- 22nd</p>	<p>Chapter 5: Psychology and Physical Health</p>	<ul style="list-style-type: none"> • Weekly Discussion • Quote of the Week Journaling • Quiz #5 <p>Assignment due on March 22nd at 11:59 P.M.</p>
<p>Week 6 March 23rd- 29th</p>	<p>Chapter 6: The Self Chapter 7: Social Thinking and Social Influence</p>	<ul style="list-style-type: none"> • Weekly Discussion • Quote of the Week Journaling • Quiz #6



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		Assignment due on March 29 th at 11:59 P.M.
Week 7 March 30 th - April 5 th	Chapter 8: Interpersonal Communication	<ul style="list-style-type: none">• Weekly Discussion• Quote of the Week Journaling• Quiz #7• Assignment due on April 5 th at 11:59 P.M.
Week 8 April 6 th -11 th	SPRING BREAK/NO CLASSES	
Week 9 April 13 th - 17 th	Final SELF Poster Presentation	Final due on June 12 th at 11:59 p.m.

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