

Mary Lofgren, Instructor
Psych 142 Psychology of Adjustment
Spring 2013 Syllabus
Course # 20085 Tuesday 6:30pm-9:40pm

Psychology of Adjustment

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.

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.

How to Reach the Instructor:

You may contact me by phone at 355-6247 8:15 AM to 4:15 PM or by e-mail at mary.lofgren@imperial.edu

My office is located in the Counseling Center, Bldg 100

Required Reading:

The required textbook for this course is John W. Santrock, *Human Adjustment* 2006 Edition

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 Saturday, April 13, 2013**

SLO 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.

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.**

Grading System:

Tests 4 @ 50 pts

Self Poster 1@ 50 pts

Journal 1 @ 100 pts.

90-100% = A

80-89% = B

70-79% = C

60-69% = D

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