

**Imperial Valley College**  
**PSY 142 Psychology of Adjustment**  
**Spring 2018**

---

**Instructor:** Crystal McSee  
**Class Times:** Mon & Wed 8-9:25 a.m. (CRN# 20784)  
**E-Mail:** [crystal.mcsee@imperial.edu](mailto:crystal.mcsee@imperial.edu)  
**Office Hours:** By Appointment Only

**Required Textbook:** Adjust, 1<sup>st</sup> Edition (Weiten, Hammer, and Dunn)

**Course Description:** This course is designed to introduce students 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

**Student Learning Outcome (IVC):** Upon completion of the course, students will have acquired new skills, knowledge, and/or attitudes as being 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 Requirements:**

### **Attendance and Class Participation**

Attendance is a crucial part of this course. Students are expected to demonstrate their understanding of the assigned readings by actively participating in class discussion. Please schedule all appointments outside of class time. If for some reason you are absent, it is **your** responsibility to get class notes from a fellow student. Additionally, if you decide not to continue the course, it is **your** responsibility to drop the course on WEBSTAR by or before the drop date.

### **Tests (3 @ 50pts)**

There will be a total of three tests given throughout the semester. All tests will be multiple choice and are worth forty-five or fifty points each. **Please have a #2 pencil and scantron with you when you come to class. No make-up exams will be given.**

\*\*A make-up exam will only be allowed with a 48-hour prior notification and/or a documented proof of emergency, jury duty or medical appointment unable to be scheduled at a different time.

### **Emotional Journal Assignment (1 @ 100pts)**

Pertaining to the chapter covered; write about your emotions and stressful circumstances to produce positive adjustment outcomes **or** about things you feel grateful for. The journal will be turned in at the end of the semester along with a 1-2 page paper summarizing your experiences doing the journal. The summary must be typed, in twelve point font, and double spaced. The journal and summary are due at the beginning of class on the due date. **Assignment will not be accepted late nor will summaries be accepted via e-mail.** More details to be discovered in class.

### **Self-Poster (1 @100 pts)**

Self-concept is an individual's perception of his/her own availabilities, personality, and other attributes: it consists of our overall thoughts and feelings about our characteristic. Troy Higgins describes the self in three domains: **the actual self, the ideal self, and the ought self.** Please make a poster or a power point presentation describing your 3 selves. Be prepared to present in class.

**Grading:**

Tests	(3 x 50pts)	150pts
Journal	(1 x 100)	100pts
Self-Poster	(1 x 50pts)	100pts

**\*\*\*Total of 350pts\*\*\***

350-300 points = **A**

299-250 points = **B**

249-200 points = **C**

199-150points = **D**

149 & below = **F**

**Classroom Etiquette:**

Please turn your cell phones off or to "vibrate". Texting and answering your phone will not be allowed in class. Laptops and tablets will be allowed for note taking purposes only.

**Disabled Student Programs and Services (DSP&S):**

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. Contact Info: (760) 355-6312, Room 2117

**Student Counseling and Health Services**

Mental health counseling and health services are available to students provided by the pre-paid Student Health Fee. Counseling services are provided by licensed clinicians and interns at IVC Student Health Center located inside of the Health Science building.  
Contact Info: (760) 355-6310

### Class Agenda

<b>Date</b>	<b>Topic</b>	<b>Homework</b>
<b>Week 1</b> 2/12-2/16	Introductions/Syllabus Chapter 1	Buy your Book for class
<b>Week 2</b> 2/19/-2/23	NO CLASS MONDAY Finish Chapter 1 Journal Entry	Read Chapter 2
<b>Week 3</b> 2/26-3/2	Chapter 2	Read Chapter 3
<b>Week 4</b> 3/5-3/9	Chapter 3 Journal Entry	Read Chapters 7 & 8
<b>Week 5</b> 3/12-3/16	Chapter 7 & 8 Journal Entries	Study for Test (Ch.1-3, 7-8) <b>Please, be on time!</b>
<b>Week 6</b> 3/19-3/23	<b>Test Prep/TEST #1</b> (Ch. 1-3, 7-8)	Read Chapter 6
<b>Week 7</b> 3/26-3/30	Chapter 6 Journal Entry	Work on Self-Poster Be ready to present
<b>Week 8</b> 4/2-4/6	<b>NO CLASS!! SPRING RECESS</b>	
<b>Week 9</b> 4/9-4/13	Self-Poster Presentations	Read Chapter 9
<b>Week 10</b> 4/16-4/20	Chapter 9 Journal Entry	Read Chapter 10
<b>Week 11</b> 4/23-4/27	Chapter 10 Journal Entry	Read Chapters 11 & 12
<b>Week 12</b> 4/30-5/4	Chapters 11 & 12 Journal Entries	Study for Test (Ch. 9-12)
<b>Week 13</b> 5/7-5/11	<b>Test Prep/TEST #2</b> (Ch. 9-12)	Read Chapter 13 & 14
<b>Week 14</b> 5/14-5/18	Chapters 13 & 14	Read Chapters 15

<b>Week 15</b> 5/21-5/25	Finish Chapter 14 Start Chapter 15	Work on Journal
<b>Week 16</b> 5/28-6/1	<b>NO CLASS MONDAY</b> Finish Chapter 15 Journal Entry	Study for Test/Final (Ch. 12-15)
<b>Week 17</b> 6/4-6/8	<b>Test #3/FINAL</b> (Ch. 13-15) <b>Journal is Due!</b>	<b>Have a wonderful Break!! ☺</b>