



### Basic Course Information

|                   |  |                     |                                       |
|-------------------|--|---------------------|---------------------------------------|
| Semester:         | <b>Spring 2021</b>                       | Instructor Name:    | <b>Veronica Landeros</b>              |
| Course Title & #: | <b>Psy 142: Psychology of Adjustment</b> | Email:              | <b>veronica.landeros@imperial.edu</b> |
| CRN #:            | <b>21599</b>                             | Webpage (optional): | <b>N/A</b>                            |
| Classroom:        | <b>Canvas</b>                            | Office #:           | <b>N/A</b>                            |
| Class Dates:      | <b>Feb 16-Jun 11</b>                     | Office Hours:       | <b>Available by appointment</b>       |
| Class Days:       | <b>N/A</b>                               | Office Phone #:     | <b>760-455-2569</b>                   |
| Class Times:      | <b>N/A</b>                               | Emergency Contact:  | <b>N/A</b>                            |
| Units:            | <b>3</b>                                 | Class Format:       | <b>online</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. (CSU)

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

No prerequisites required.

### 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

Weitin/Dunn/Hammer (2018) Psychology Applied to Modern Life; Adjustment in the 21<sup>st</sup> Century 12<sup>th</sup> Ed, Cengage Learning. ISBN 9781305968479 (Hardcover) ISBN 9781337112062 (Digital)

## Course Requirements and Instructional Methods

Method of Evaluation: Attendance, Homework, Quizzes, Final, Problem Solving Exercises, Written Assignments.

Instructional Methodology: Audio visual, Demonstration, Discussion, Lecture

### Out of Class Assignments:

Students are given discussion prompts and homework to ensure chapters are being reviewed. Students will submit assigned homework via Canvas. There will also be periodic Thought Papers assigned throughout the semester.

### Reading and Writing:

Reading assignments include assigned text readings. Thought Papers throughout the semester.

### Quizzes and Finals:

Quizzes are given every 2 chapters, once the lectures are completed. The Final is cumulative and will cover all 16 chapters. It consists of 50 multiple choice questions.

## Course Grading Based on Course Objectives

All assignments are mandatory and there is no late accepted, NO EXCEPTIONS!!

How much you learn in the course, as well as your final grade, depends on the effort you put into the readings, assignments, class preparation, and class participation. Grades will be assigned on the basis of the following weights:

100-90 A      89-80 B      79-70 C      69-60 D      59> F

## Course Policies

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. **Plagiarism will not be tolerated.**
- 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. Cheating includes, but is not limited to: looking at another student's papers, speaking out answers or questions, the use of open books or notes, use of cell phones, finger spelling in sign language or by notes written on the skin. Baseball caps may not be worn during quizzes or tests. Do not use iPods or such music-providing devices during lectures or tests.

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.

### **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**

Will be posted on Canvas and is **\*\*\*Subject to change without prior notice\*\*\***