



PSY 2315, 01W

Psychology of Adjustment

COURSE SYLLABUS: Spring 2022

INSTRUCTOR INFORMATION

Instructor: Elizabeth McLane (Friski)

Office Location: Virtual

Office Hours: by appointment

Office Phone: 214-856-0682 (Google Voice)

University Email Address: eprice2@leomail.tamuc.edu

Preferred Form of Communication: **email**

Communication Response Time: Within 24 hours Monday-Friday—except Holidays

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

- *Psychology Applied to Modern Life: Adjustment in the 21st Century*, 12th Ed
2018 Wayne Weiten, Dana S. Dunn, Elizabeth Yost Hammer ISBN 10:
1305968476 ISBN 13: 9781305968479
- Scholarly Readings (provided on D2L or University Library)

Course Description

This course is a presentation of psychological principles which are fundamental to personal and social adjustment.

Student Learning Outcomes

Students will demonstrate knowledge of:

1. Evidence-based coping skills.

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2. Several theories of adjustment.
3. Pathologies and disorders related to adaptive deficits.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Students will need access to a computer (this class is completely virtual), the internet, a word processor, and a pdf viewer.

Instructional Methods

This course is completely online with weekly assignments (e.g., quizzes, article summaries, and discussions).

Student Responsibilities or Tips for Success in the Course

To succeed in this course, students will need to login a few times a week and keep up with weekly readings and assignments.

- Do not plagiarize. Cite every claim you make in your discussions in order to avoid instances of plagiarism.
- Email me and let me know if you have any questions or concerns.
 - This includes: struggling with course concepts, seeking clarification, concerns about grades, etc.

GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Assessments

Quizzes (50 points) will be due every week starting with **Week 1**. Each quiz is worth 5 points and students will have their two lowest grades dropped at the end of the course. The plagiarism quiz cannot be one of the two quizzes dropped. All quizzes are open book and open note.

Discussions (140 points) will be due every other week starting with **Week 2**. Each discussion is worth 20 points and will be graded based upon rubric criteria (e.g., length requirement, answering the prompt, relevant citations, etc.). This rubric criteria will be uploaded to D2L under resources, describing discussion expectations. Students are

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expected to engage with other students' discussion posts in a meaningful way that contributes to a learning environment. In other words, one or two sentence responses will not be considered a legitimate response. Additionally, students are expected to submit their own original ideas.

Article Summaries (200 points). There will be four total Article Summary assignments, each worth 50 points. These assignments will require students to analyze peer-reviewed journal articles and describe what the researchers are doing *in their own words*. Students will be provided with a template uploaded to D2L with which to complete these assignments.

Extra Credit (up to 10 points). Extra credit will be given to those who participate in research studies via SONA. If you're unable to complete a study or simply do not wish to, contact the instructor for other extra credit options (e.g., one page paper, extra Article Summary, etc.).

All assignments are due on Friday at 11:59pm.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each

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student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

Students should expect the instructor to respond to emails within a 24 hours, excluding weekends and holidays. Feedback and grades on assignments will be provided before the next similar assignment is due in order to help students improve. For example, feedback on discussions will be provided before the next discussion is due.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Late work will be accepted on a case-by-case basis and almost always lead to point deductions. It is essential that if students are having problems completing assignments on time, they should communicate with the instructor. **Late work submitted without communicating with the instructor may not be accepted and result in a zero on the assignment.**

It is expected that students maintain integrity during their educational careers however, mistakes happen. In instances of plagiarism, the instructor will give the student a chance to either redo the assignment or complete a different assignment, instead if this is the first offense. Students are also advised to meet with the instructor to learn how to avoid plagiarism in the future. Offenses occurring thereafter will result in an Academic Dishonesty referral and a zero on the assignment without the chance to redo it.

If you are unsure about anything regarding this course, contact the instructor.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

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University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.

http://www.tamuc.edu/student_guidebook/Student_Guidebook.pdf

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

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Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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COURSE OUTLINE / CALENDAR

| Week | Topic | Assignments |
|---------------------------------|---|--------------------------------------|
| Week 1 (Jan 12-Jan16) | Introduction to Plagiarism | Quiz over Plagiarism |
| Week 2 (Jan 18-Jan 23) | Chapter 1: Adjusting to Modern Life | Quiz 1 Discussion 1 |
| Week 3 (Jan 24-Jan 30) | Chapter 2: Theories of Personality & Introduction to Research | Quiz 2 |
| Week 4 (Jan 31-Feb 6) | Chapter 3: Stress and its Effects | Article Summary 1 |
| Week 5 (Feb 7-Feb 13) | Chapter 4: Coping Processes | Quiz 3 Discussion 2 |
| Week 6 (Feb 14-Feb 20) | Chapter 5: Psychology and Physical Health | Quiz 4 |
| Week 7 (Feb 21-Feb 27) | Chapter 6: The Self | Quiz 5 Discussion 3 |
| Week 8 (Feb 28-Mar 6) | Chapter 7: Social Thinking and Social Influence | Quiz 6 Article Summary 2 |
| Week 9 (Mar 7-Mar 13) | Chapter 8: Interpersonal Communication | Quiz 7 Discussion 4 |
| Week 10 (Mar 21- Mar 27) | Chapter 9: Friendship and Love | Quiz 8 |
| Week 11 (Mar 28- Apr 3) | Chapter 10: Marriage and Family | Quiz 9 Discussion 5 |
| Week 12 (Apr 4- Apr10) | Chapter 11: Gender and Behavior | Quiz 10 Article Summary 3 |
| Week 13 (Apr 11-Apr 17) | Chapter 12: Development and Expression of Sexuality | Quiz 11 Discussion 6 |
| Week 14 (Apr 18-Apr 24) | Chapter 14: Psychological Disorders | Quiz 12 Article Summary 4 |
| Week 15 (Apr 25-May 1) | Chapter 15: Positive Psychology | Quiz 13 Discussion 7 |
| Week 16 (May 2-May 4) | Finals Week | |

All assignments are due on Friday at 11:59pm.

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