



## PSY 2315-01W

### Psychology of Adjustment

COURSE SYLLABUS: Fall 2023

#### INSTRUCTOR INFORMATION

Instructor: Bonnie Jackson

Office Location: Virtual

Office Hours: by appointment

Office Phone: 972-371-8028

University Email Address: [bjackson37@leomail.tamuc.edu](mailto:bjackson37@leomail.tamuc.edu)

Form of Communication: **email is the best and preferred method of communication**

Communication Response Time: Within 24-48 hours during semester

#### COURSE INFORMATION

##### Materials

##### Textbook Required

- *Psychology and the Challenges of Life: Adjustment and Growth*, 14<sup>th</sup> Edition by Spencer A. Rathus, Jeffrey S. Nevid. ISBN: 978-1-119-52961-3

#### Course Description

The purpose of this course is to provide students with psychological principles which are fundamental to personal and social adjustment.

*The syllabus/schedule are subject to change.*

## **Student Learning Outcomes**

1. Students will be able to demonstrate knowledge of the interconnectedness of social dynamics
2. Students will demonstrate knowledge of the various social and psychological factors that contribute to the challenges of life
3. Students will be able to apply psychological principles of adjustment and growth to the capability to cope with the challenges of life

## **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 will be web based. PowerPoints and all assignments will be placed on D2L for student access.**

### **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. Failure to access your account could result in a failing grade, as students will need access to the PowerPoints in order to complete assignments. Students will be expected to submit assignments by the set due dates.

- 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

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Syllabus Quiz - 5 extra credit points  
Discussions - 100 points  
Quizzes - 200 points  
Reflection Papers - 200 points  
Midterm - 250 points  
Final - 250 points

## Assignments

**Discussions** - There will be four discussion posts worth 25 points each. You will write a response to a discussion question. The response will be at least one paragraph and will reflect your opinion on the posed question or demonstrate your knowledge of the concept being discussed.

**Quizzes** - There will be 8 chapter quizzes consisting of 10 multiple choice questions. Each quiz is worth 25 points and students will have their lowest quiz grade dropped at the end of the course. You may use the book and/or PowerPoints.

**Reflection Papers** - There will be two reflection papers due, each worth 100 points. The first reflection paper will cover one chapter. You may choose from chapters 1-6. The prompt will differ for each chapter and all prompts will be posted on D2L. Your paper should reflect knowledge and understanding of the main concept(s) from your chosen chapter.

The second reflection paper will be over Chapter 14. The prompt will be provided via D2L.

Each paper should be 2 pages in length. Additionally, they should be written in APA 7<sup>th</sup> edition format. If citing the textbook or other sources, include citations and a reference page. Information used from PowerPoints does not need to be cited in text; however, please include a reference page with the following reference:

Rathus, N. & Nevid, J. (2020). *Psychology and the challenges of life: Adjustment and growth* [PowerPoint slides]. Department of Psychology and Special Education, Texas A&M University Commerce, url. - - (When you have logged into your D2L and opened this course, that will be the url you will include).

**Midterm** - The midterm will consist of 50 multiple choice questions. There will be a time limit and you will only be allowed one attempt. You may use the textbook and the PowerPoints.

**Final Exam** - The final exam will consist of 50 multiple choice questions. There will be a time limit and you will only be allowed one attempt. You may use the textbook and the PowerPoints.

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**Extra Credit** - Extra credit will be given to those who complete the syllabus quiz available during the first week of the course.

**All assignments are due on Sundays 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](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-SystemRequirements>

## **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](mailto: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 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.

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## 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 24-48. 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 reflection papers will be provided before the next discussion is due. If you need to speak to me directly, you may email me and I will schedule an appointment with you via Zoom or in person, if I am available to do so.

## 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.** Discussions and Reflections Papers may be submitted early.

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](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](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/](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](http://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&MCommerce campuses. Report violations to the University Police Department at 903886-5868 or 9-1-1.

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## **COURSE OUTLINE / CALENDAR**

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<b>Week</b>	<b>Reading</b>	<b>Assignments</b>
<b>Week 1</b> (Aug. 28th- Sep. 3rd)	Syllabus, Ch. 1: Psychology and the Challenges of Life	<b>Syllabus Quiz Discussion 1</b>
<b>Week 2</b> (Sep. 4th-10th)	Ch. 2: Studying, Time, Tests, Money, - Meeting Challenges of Student Life	<b>Chapter 2 Quiz</b>
<b>Week 3</b> (Sep. 11th-17th)	Ch 3: Personality Theories & Measurement	<b>Chapter 3 Quiz</b>
<b>Week 4</b> (Sep. 18th-24th)	Ch 4: Stress and Coping	<b>Chapter 4 Quiz</b>
<b>Week 5</b> (Sep. 25th- Oct. 1st)	Ch 5: Psychological Factors and Health	<b>Chapter 5 Quiz</b>
<b>Week 6</b> (Oct. 2nd-8th)	Ch 6: Developing More Healthful Behavior	<b>Reflection Paper 1</b>
<b>Week 7</b> (Oct. 9th-15th)	Ch. 7: The Self in a Social World & Ch. 8: Social Influence	<b>Discussion 2</b>
<b>Week 8</b> (Oct. 16th-22nd)	Ch. 9: Adulthood Today: Themes and Variations	<b>Midterm</b>
<b>Week 9</b> (Oct. 23rd-29th)	Ch 10: Gender and Sexual Orientation	<b>Chapter 10 Quiz</b>
<b>Week 10</b> (Oct. 30th-Nov. 5th)	Ch. 11: Relationships and Conflict Resolution	<b>Discussion 3</b>
<b>Week 11</b> (Nov. 6th-12th)	Ch. 12: Sexual Response and Sexual Behavior	<b>Chapter 12 Quiz</b>
<b>Week 12</b> (Nov. 13th-19th)	Ch. 13: Psychological Disorders	<b>Chapter 13 Quiz</b>
<b>Week 13</b> (Nov. 20th-26th)	Thanksgiving Break- No reading	<b>No Assignment Due</b>

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<b>Week 14</b> (Nov. 27th-Dec. 3rd)	Ch. 14: Therapies: Ways of Helping	<b>Chapter 14 Quiz Discussion 4</b>
<b>Week 15</b> (Dec. 4th-10th)	Ch. 15: The Challenges of the Workplace	<b>Reflection Paper 2 (Ch.14)</b>
<b>Week 16</b> (Dec 11th- 15th)		<b>Final Exam</b>

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