



PSY 2315 01-W
Psychology of Adjustment
COURSE SYLLABUS: Spring 2024

INSTRUCTOR INFORMATION

Instructor: Bonnie Jackson

Office Location: Virtual

Office Hours: By appointment

University Email Address: bjackson37@leomail.tamuc.edu

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

Communication Response Time: 24-48 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required:

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

Course Description

Student Learning Outcomes (Should be measurable; observable; use action verbs)

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.

The *syllabus/schedule* are subject to change.

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. = 900-1000 points

B. = 800-899 points

C. = 700-799 points

D. = 600-699 points

F = 500 or Below

Assignment Points:

Syllabus Quiz - 75 points

Discussions - 100 points

Quizzes - 175 points

Reflection Papers - 200 points

Midterm - 225 points

Final - 225 points

Assignments

Syllabus Quiz - There will be a mandatory syllabus quiz week 1 worth 75 points. This is required to participate in the remainder of the course.

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 7 chapter quizzes consisting of 10 multiple choice questions. Each quiz is worth 25 points. You will have 2 attempts at each quiz and the two grades will be averaged. 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. **Rubric will be provided.**

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 7th 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). **Rubric will be provided.**

Midterm - The midterm will consist of 45 multiple choice questions. You will be allowed two attempts, with an average of the two as your final grade. You may use the textbook and the PowerPoints.

Final Exam - The final exam will consist of 45 multiple choice questions. You will be allowed two attempts, with an average of the two as your final grade. You may use the textbook and the PowerPoints.

Extra Credit - To be determined.

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

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.

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.

The syllabus/schedule are subject to change.

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.

The syllabus/schedule are subject to change.

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>

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit,

regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

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/](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&MCommerce campuses. Report violations to the University Police Department at

Content COURSE OUTLINE / CALENDAR

Week	Reading	Assignment
Intro (01/10 - 01/14)	Syllabus	Syllabus Quiz
Week 1 (01/15 - 01/21)	Ch. 1: Psychology and the Challenges of Life	Discussion 1
Week 2 (01/22 - 01/28)	Ch. 2: Studying, Time, Tests, Money, - Meeting Challenges of Student Life	Chapter 2 Quiz
Week 3 (01/29 - 02/04)	Ch. 3: Personality Theories & Measurement	Chapter 3 Quiz
Week 4 (02/05 – 02/11)	Ch 4: Stress and Coping	Chapter 4 Quiz
Week 5 (02/12 - 02/18)	Ch. 5: Psychological Factors and Health	Chapter 5 Quiz
Week 6 (02/19 - 02/25)	Ch. 6: Developing More Healthful Behavior	Reflection Paper 1
Week 7 (02/26 - 03/03)	Ch. 7: The Self in a Social World & Chapter 8: Social Influence	Discussion 2
Week 8 (03/04 - 03/10)	Ch. 9: Adulthood Today: Themes and Variations	Midterm
Week 9 (03/11 - 03/17)	Spring Break	Spring Break
Week 10 (03/18 - 03/24)	Ch. 10: Gender and Sexual Orientation	Chapter 10 Quiz
Week 11 (03/25 - 03/31)	Ch. 11: Relationships and Conflict Resolution	Discussion 3
Week 12 (04/01-04/07)	Ch. 12: Sexual Response and Sexual Behavior	Chapter 12 Quiz

Week 13 (04/08 - 04/14)	Ch. 13: Psychological Disorders	Chapter 13 Quiz
Week 14 (04/15 - 04/21)	Ch. 14: Therapies: Ways Helping	Discussion 4
Week 15 (04/22 - 04/28)	Ch. 15: The Challenges of the Workplace	Reflection Paper 2 (Ch. 14)
Week 16 (04/29-05/05)	Review Materials	
Finals Week		Final Exam

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

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