



## PSY 2315, O1W, PSYCHOLOGY OF ADJUSTMENT

COURSE SYLLABUS: Spring 2026

ONLINE

### INSTRUCTOR INFORMATION

Instructor: Alexis Allen

Office Location: Virtual

Office Hours: By Appointment

University Email Address: Alexis.Allen@etamu.edu

Preferred Form of Communication: **EMAIL** Please put (PSY2315) in the title!

Communication Response Time: 24 hours (excluding weekends)

### COURSE INFORMATION

#### Textbook(s) Required:

*Psychology of Adjustment: The Search for Meaningful Balance* [AMAZON](#)

| ISBN: 9781483319285

#### Software Required:

Reliable Internet Access

Writing Software (MS Word/Google Docs/OnlyOffice etc.)

### Course Description

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

### Student Learning Outcomes

1. Students will be able to demonstrate knowledge of the interconnectedness of social dynamics and their influence on adjustment
2. Students will demonstrate knowledge of the various social and psychological factors that contribute to the challenges of life.

**The syllabus/schedule are subject to change.**

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**

### **TECHNICAL SKILLS NEEDED:**

Using the learning management system (D2L)  
Using MS Word and PowerPoint or Google Docs and Slides  
Using general internet search engines  
Using the ETAMU library electronically

### **RESEARCH PARTICIPATION:**

A goal of this class is to help you become familiar with psychological research. One way to obtain this goal is to have you participate in research studies. Participating in research studies contributes to students and faculty at A&M - Commerce, your understanding of how research is conducted, and human knowledge in general. **All students in this class will be required to participate in the psychology department's participant pool or complete alternative assignments. Students must complete a total of 6 experiment credits. However, if you complete your first 4 experiment credits without any "no-shows" you will receive 2 free punctual participant credits. In other words, if you show up to your experiments on time you will only need to complete 4 experiment credits.** When you first sign into the experiment management system (EMS) you will be asked to take a prescreen. The prescreen takes about 20 minutes to complete. If you complete the prescreen in the first two weeks of the semester you will receive ½ free experiment credit. This can be combined with later experiments that are worth ½ credit.

If you fail to complete this portion of the class your grade will be lowered by one full grade. In effect, if you have an 'A' in the class but fail to complete your research participation (either through participating in research studies, alternative assignments, or a mixture of both) your final grade in the class will be a 'B.' More information about participating in research, such as how to log in to the EMS, is given at the end of this syllabus.

### **Instructional Methods**

Your course is delivered to you fully online, using the LMS (MyLeoOnline/D2L) instructional system that is available to you through Texas A&M University-Commerce. There are no on-campus meetings of this class. "LMS" refers to learning management system, and the names "MyLeoOnline", "D2L", and "Brightspace" are all names that refer to the one online learning management system that TAMUC is currently using for all web-based courses. In this syllabus, sometimes you will see the LMS referred to as MyLeoOnline, and sometimes it will be referred to as D2L or Brightspace or your LMS website.

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Video and textual lecture summaries and other supplemental course materials will be posted in D2L. Students will use these materials with the assigned reading to prepare for course assessments. Assessments will include exams and participation in online discussions. This online course contains the same content you'd expect in a traditional 15-week face-to-face version. You should plan on spending approximately 6-10 hours per week reading, viewing course content, completing course assignments, and participating in discussions.

## **Student Responsibilities or Tips for Success in the Course**

To succeed in this course I recommend that you:

- a) Read and take good notes of all materials
- b) Email me if you have questions. Don't be afraid to ask!
- c) Do your research participation early to get it out of the way. If you put it off you'll probably be stuck doing studies you'd rather not do out of desperation.
- d) Keep a calendar/be aware of important dates
- e) Be aware of all the relevant policies in this syllabus

## **GRADING**

Assessment	Percentage	Point Value
Syllabus Quiz	5%	25
Discussions (x3)	15% (5% each)	75 (25 per)
Exams (x3)	60% (20% each)	300 (100 per)
Final Exam	20%	100
Total	100%	500

**I will round decimal percentages. 89.5% will become 90%. But 89.4% will be 89%.**

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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Total points corresponding to the final letter grades (adjusted for rounding)

A = 448- 500 Points

B = 398- 447 Points

C = 348- 397 Points

D = 298- 347 Points

F = 297 & > Points

## Assessments

### **SYLLABUS QUIZ:**

During the first week of class, you'll complete a brief 5-question quiz based entirely on the syllabus. All questions are multiple choice or true/false. The purpose of this quiz is to ensure everyone has reviewed the syllabus and to offer an easy grade boost at the start of the semester. The quiz is located in D2L under Activities → Quizzes → Syllabus Quiz and will allow unlimited attempts while it is available. It is only available for the first week.

### **EXAMS:**

There will be three exams throughout the semester. **Exams are not cumulative.** Exam 2, for example, will only cover material presented after Exam 1. All exams are administered online via D2L (Activities → Quizzes → [Exam Name]) and are open-book and open-note. They are available from Monday through Sunday of the assigned week and must be completed by 11:59 PM on Sunday. Once started, exams must be completed in one sitting; you cannot exit and return later. Each exam has a **75-minute time limit**, with additional time granted for students with approved accommodations. Exams cover content from the previous exam up to the current week, so students are strongly encouraged to complete all weekly materials before beginning the exam.

### **DISCUSSIONS:**

There will be three discussion assignments during the semester. For each one, you'll respond to a topic prompt and also reply to two of your classmates. The initial post is worth up to 15 points, and each reply is worth up to 5 points. While you're welcome to reply to more than two posts, only the first two will count toward your grade.

**All posts and replies must be meaningful.** Responses like "I agree" alone will not earn credit. Your classmates put thought and effort into their posts, and your replies should reflect that. You're welcome to agree but be sure to explain why in detail.

### **FINAL EXAM:**

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The final exam is **cumulative**, covering material from the entire semester. It consists of 100 questions, each worth 1 point, and will be administered online via D2L like the other exams. The final is open-book and open-note, with a **time limit of 2 hours**. It will be available only from Monday, December 8, through Friday, December 12, closing at 11:59 PM on the final day.

## **EXTRA CREDIT**

This course includes a research participation requirement of 4 hours (or 6 hours if you have any no-shows). For every additional 30 minutes of participation beyond the required 6 hours, you will earn 5 extra credit points—up to a maximum of 10 hours total (i.e., 40 points). This can boost your final grade by as much as 8%.

## **LATE/MISSED WORK POLICY**

Late work will not be accepted, and missed work will not be reopened. The only exception is a **university-approved absence** that verifies the reason for missing the deadline. It is your responsibility to stay informed of all important dates and deadlines throughout the semester.

## **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)

Zoom Video Conferencing Tool

[https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom\\_Account.aspx?source=universalmenu](https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu)

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## **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.

### **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**

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

#### **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.

### **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.

<https://inside.tamuc.edu/admissions/registrar/documents/studentGuidebook.pdf>.

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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 [Procedures 13.99.99.R0.01](#)

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

### **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](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

**Graduate Students Academic Integrity Policy and Form**

[Graduate Student Academic Dishonesty Form](#)

<https://inside.tamuc.edu/aboutus/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10.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:

#### **Office of Student Disability Resources and Services**

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

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

Fax (903) 468-8148

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

Website: [Student Disability Services](#)

<https://www.tamuc.edu/student-disability-services/>

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## **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.

## **A&M-Commerce Supports Students' Mental Health**

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)

## **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

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<http://telusproduction.com/app/5108.html>

### **AI use policy [Draft 2, May 25, 2023]**

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.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty

### **Department or Accrediting Agency Required Content**

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## COURSE OUTLINE / CALENDAR

Week	Reading	Activity
1 – Jan 12 to 18	Syllabus & Ch 1: Adjustment	<b>Syllabus Quiz</b>
2 – Jan 19 to 25	Ch 2: Purpose in Life	
3 – Jan 26 to Feb 1	Ch 3: Community Contexts	
4 – Feb 2 to 8	Ch 4: Experience & Learning	
5 – Feb 9 to 15	Ch 5: Mindfulness	<b>Exam 1</b>
6 – Feb 16 to 22	Ch 6: Stress, Health, Well-Being	<b>Discussion 1</b>
7 – Feb 23 to Mar 1	Ch 7: Social Relationships	
8 – Mar 2 to 8	Ch 8: Romance & Intimacy	
9 – Mar 9 to 15	Ch 9: School	<b>Discussion 2</b>
10 – Mar 16 to 22	Ch 10: Work & Vocation	<b>Exam 2</b>
11 – Mar 23 to 29	Ch 11: Money	
12 – Mar 30 to Apr 5	Ch 12: Aging	
13 – Apr 6 to 12	Ch 13: Dysfunction	<b>Discussion 3</b>
14 – Apr 13 to 19	<b>Thanksgiving Break</b>	
15 – Apr 20 to 26	Ch14: The Future	<b>Exam 3</b>
16 – Apr 27 to May 3	<b>Final Exam Available Dec 8 to Dec 12</b>	

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