



PSY 2315.01W: Psychology of Adjustment Course Syllabus: Fall 2026

INSTRUCTOR INFORMATION

Instructor: Sarah Dailey, M.S.

Instructor, Department of Psychology and Special Education

Office Location: virtual

Office Hours: M, T, Th- 10:00 AM- 12:00 PM on Zoom

University Email Address: sarah.dailey@etamu.edu

Preferred Form of Communication: Email: Please put **PSY 2315** in the subject line of ALL emails that are sent to me. Also, be sure to include your **first and last name** at the end of every email.

Communication Response Time: Within 48 hours M-F.

Note. Emails without proper subject line format or not sent from LEOMAIL will NOT be responded to.

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

THE FOLLOWING TEXTBOOK IS REQUIRED:

Author(s): John Moritsugu; Elizabeth M. Vera; Jane Harmon Jacobs; Melissa Kennedy

Publisher: SAGE Publications, Inc

Copyright: 2017

Format: ePub

VBID: 9781506358796

URL: <https://bookshelf.vitalsource.com/reader/books/9781506358796>

Additional materials will be distributed in class or made available on the course website.

*Keep in mind the following: If you are considering purchasing an eTextbook (electronic version of the textbook) only, you need to remember that our online D2L course quizzes are 'open book' quizzes, and you may not be able to access your eTextbook while taking a quiz.

VERY IMPORTANT: You are expected to have the textbook on the first day of class and you will be using it immediately. You **MUST** have it no later than the end of the first week.

The syllabus/schedule are subject to change.

Course Description

Psychology of Adjustment: The Search for Meaningful Balance combines a student-centered approach with current theory and research to help readers understand and adapt to life's ongoing changes, challenges, and opportunities. Drawing on existential and third-wave behavioral psychology, the authors emphasize meaning, mindfulness, psychological awareness, and practical skills. With an engaging style, diverse examples, strong learning supports, and up-to-date coverage, this text offers a contemporary approach to psychological adjustment.

Student Learning Outcomes

1. The student will be able to describe Sartre's theory of existentialism and apply it to life.
2. The student will be able to describe the importance of (a) autonomy, (b) agency, and (c) actualization and apply each to life.
3. The student will be able to describe the effect of (a) relationships, (b) experiences, and (c) understandings to achieve meaningful actualization of purpose.
4. The student will be able to employ techniques in the textbook and in research to achieve personal goals, including learning objectives 1-3.

COURSE REQUIREMENTS

Instructional Methods

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

This is not a self-paced course. There is a specific, scheduled format you will follow for the course. All assignments and quizzes are to be completed according to the posted schedule.

You will need to sign in online daily to check your campus email.

You will need to sign into your course LMS website every day to work on your course.

Writing and Citations

All writing in this course is in APA 7.0 and follows the written instructions for citations and AI at Purdue OWL:

[*APA Formatting and Style Guide \(7th Edition\) - Purdue OWL® - Purdue University*](#)

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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

Total points corresponding to the final letter grades

A = 451- 500 Points

B = 401- 450 Points

C = 351- 400 Points

D = 301- 350 Points

F = 300 & > Points

Weights of the assessments in the calculation of the final letter grade.

Assignments	20%
Discussions	30%
Term Project	40%
Final Exam	10%
TOTAL	100%

TECHNOLOGY REQUIREMENTS

LMS

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

Zoom Video Conferencing Tool

The syllabus/schedule are subject to change.

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

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@etamu.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all coursework in a timely and satisfactory manner. Each student needs a backup plan to handle 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, or an ETAMU campus open computer lab.

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>

STUDENT RESPONSIBILITIES FOR THE COURSE

CWID and Password

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@etamu.edu.

Technology-Related Issues

Personal computer and internet connection problems do not excuse the requirement to complete all coursework in a timely and satisfactory manner. Each student needs a backup plan to handle 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, or an ETAMU campus open computer lab.

TECHNOLOGY REQUIREMENTS AND SUPPORT

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Minimal Technical Skills Needed

Students will need a reliable computer and internet access for this course. Students must be able to use myLeo email, myLeo Online D2L, and Microsoft Office effectively.

Learning Management System (LMS) – D2L

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

- View the [Learning Management System Requirements Webpage](#).
- Learn more on the [LMS Browser Support Webpage](#).

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 on the [Brightspace Support Webpage](#).

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement

If you have any questions or are having difficulties with the course material, please contact your instructor. Correspondence will always be through university email (your “myLeo” mail) and announcements in myLeo online (D2L). You will not RECEIVE email through D2L, so be sure to check your ETAMU email for communication. Students are encouraged to check their university email daily.

Include the Following in Emails with the instructor:

- Course name and subject in the subject line
- Salutation (Good afternoon,)
- Proper email etiquette (no “text” emails – use proper grammar and punctuation)
- Student name and CWID after the body of the email (possibly add to student signature on email)

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COURSE AND UNIVERSITY PROCEDURES/POLICIES

Syllabus Change Policy

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

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 online in the [Student Guidebook](#).

Students should also consult the [Rules of Netiquette Webpage](#) for more information regarding how to interact with students in an online forum.

ETAMU Attendance

For more information about the attendance policy, please view the [Attendance Webpage](#) and the [Class Attendance Policy](#)

Academic Integrity

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

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

[Undergraduate Student Academic Dishonesty Form](#)

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

[Graduate Student Academic Dishonesty Form](#)

Use of Artificial Intelligence

All writing in this course is in APA 7.0 and follows the written instructions for citations and AI at Purdue OWL:

How to Cite AI-Generated Content - Artificial Intelligence (AI) - Research Guides at Purdue University Libraries

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East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that have 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 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. Unless otherwise stated in the assignment instructions, the use of AI software/apps to generate discussion or assignment content will result in a grade of ZERO (0) and/or possible charges of academic misconduct.**

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 reasonable accommodations for their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

East Texas A&M University

Velma K. Waters Library Rm 162

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

Fax (903) 468-8148

Email: studentdisabilityservices@etamu.edu

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

Nondiscrimination Notice

East Texas A&M University will comply with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age,

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genetic information, or veteran status in the classroom and in online courses. 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 East Texas A&M University 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 ETAMU 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.

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

East Texas A&M Supports Students' Mental Health – Counseling Services

The Counseling Center at East Texas A&M University, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connections 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

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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As an Institutional Member of the National Association of Schools of Music, East Texas State A&M University supports the Association's commitment to student health and wellness. The following web address provides links to information for resources related to physical and mental well-being, as well as assists in offering preventative measures that students can take to avoid serious and/or chronic conditions: [Musician Health and Safety - East Texas A&M University](#)

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