

PSY 2315 PSYCHOLOGY OF ADJUSTMENT

3 CREDIT HOURS

Spring 2018

CLASS LOCATION: CHSS Room 90

CLASS MEETING TIME: M, W, F, 11:00 to 11:50 AM

CLASS INSTRUCTOR: Michael Boyle, Ph.D.

OFFICE: CHSS ROOM 311

CONTACT INFORMATION: phone (936)-294-3874, e-mail mcb003@shsu.edu

OFFICE HOURS: M, W, F, 10:00 am to 11:00 am, or by appointment.

COURSE DESCRIPTION: The course is a survey of the modern-day stressors and the scientific consideration dealing with these stressors. The general areas explored include such topics as technology, interpersonal relationships, sexuality, culture differences, intimate relationships, etc.

COURSE OBJECTIVES:

- Demonstrate through test scores and class discussions an understanding of the general concepts and theories regarding adjustment issues facing people today.
- Have a working understanding of the theories and application through test scores and class discussions.

REQUIRED TEXT: *PSYCHOLOGY APPLIED TO MODERN LIFE, Twelfth Edition, Authors –Weiten, Lloyd, Dunn, Hammer, Publisher: Wadsworth Cengage Learning*

ATTENDANCE POLICY: Attendance requirements will follow those of SHSU, and if other absences are required the matter is to be discussed with Dr. Boyle, either in advance, or as soon after the absence as possible.

CELL PHONE AND OTHER ELECTRONIC DEVICE USAGE: The policy for usage of these devices is strictly forbidden. This includes cell phone calls, text messaging, I-Pods, and laptop computers for any other use than to take notes in class. Turns phones off before class, or put them on silence or vibrate. No electronic devices will be allowed during tests.

EXAMS: 4 exams will be given and each will be an objective, multiple-choice format on a Scantron sheet provided by the student. The questions will be taken from the text as well as from class lectures. If a test is missed a grade of 0 will be given. If a test is missed for a legitimate emergency (illness, etc.) and the instructor is immediately notified arrangements can be made for a makeup exam. If schedule conflicts arise inform the instructor prior to the exam date.

GRADING PLAN: A number grade of 0 to 100 will be given for each test. The final grade will be the average of the 4 test scores. The grade for each test as well as the final grade (the average of the 4 test scores) will be determined by a 10% cut off:

90 to 100 = A

80 to 89 = B

70 to 79 = C

60 to 69 = D

59 and below = F.

The grade earned on each test as well as the final grade will be posted on Blackboard within two days of the completion of the examination.

EXTRA CREDIT: Extra credit opportunities will be offered by participating in research projects found in PeRP on the SHSU Psychology webpage. The student will earn 3 points per project and will be allowed to complete up to three for a possible total of 9 points. The extra credit points will be added to total points and the average calculated as described above.

COURSE OUTLINE: This is a tentative outline. Changes may be made during the course. Always consult with the instructor if you have any questions.

1/17 / Introduction, review of the syllabus, and text chapter 1, lecture and discussion:  
Adjustment to Modern Life

1/22 / Text chapter 2, lecture and discussion: Theories of Personality

1/29 / Text chapter 3, lecture and discussion: Stress and Its Effects

2/5 / Text chapter 4, lecture and discussion: Coping Process

2/12 / **Text** chapter 5, lecture and discussion: Psychology and Physical Health / 9/23

**2/16 TEST 1 Chapters 1-4**

2/19 / Text chapter 6, lecture and discussion: The Self

2/26 / Text chapter 7, lecture and discussion: Social Thinking and Social Influence

3/5 / Text chapter 8, lecture and discussion: Interpersonal Communication

3/12 / Spring Break

3/19/ Text chapter 9, lecture and discussion: Friendship and Love

**3//23 TEST 2 Chapters 5-8**

3/26 / Text chapter 10, lecture and discussion: Marriage and the Family

4/2 / Text chapter 11, lecture and discussion: Gender and Behavior

4/9 / Text chapter 12, lecture and discussion: Development and Expression of Sexuality

4/ 16/ Text chapter 13, lecture and discussion: Careers and Work

**4/20/ TEST 3/ Chapters 9-12**

4/23/ Text chapter 14, lecture and discussion: Psychological Disorders

4/30 / Text chapter 15, lecture and discussion: Psychotherapy / Chapter 16 Positive Psychology

**Week of 5/8/ Test 4/ Chapters 13-16 May 5/9 12:00 pm**

ACADEMIC DISHONESTY: All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating, on an examination, or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials. If a student is suspected of academic dishonesty he or she may be warned or talked to, but if the evidence of dishonesty is clear the student will be turned over to the university authorities for appropriate disciplinary actions.

CLASSROOM RULES OF CONDUCT: Each student will act in accordance with *Section 5.2.22 of The Code of student Conduct and Discipline* found in the following link:

<https://www.shsu.edu/students/guide/dean/codeofconduct.html>. Students are expected to assist in maintaining a classroom environment that is conducive to learning. If a student, or students ignore the rights of other and engage in unruly or distractive behavior they will be dismissed from the class and possibly receive a failing grade. It is also the policy of the instructor to not allow the use of cell phones or iPods during class periods, or tests.

AMERICANS WITH DISABILITIES ACT: It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academics program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance are expected to visit with the Office of Services for Students with Disabilities located in the

Counseling Center. They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations for students with disabilities. If a student has a disability that may affect adversely his/her work in the class, then the student is encouraged to register with the SHSU counseling Center and to talk to the instructor about how to best with the situation. All disclosures of disabilities will be kept strictly confidential. NOTE: no accommodations can be made until the student registers with the Counseling Center.

RELIGIOUS HOLIDAYS: Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuses a student from attending classes or other required activities, including examinations, for the observance of a religious hold day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

“Religious holy day” means a holy day observed by a religion whose places of worship are exempt from property taxation under *Section 11.20.Tax Code*

VISITORS IN THE CLASSROOM: Unannounced visitors to class must present a current, official SHSU identification card to be permitted in the classroom. They must not present a disruption to the class by their attendance. If the visitor is not a registered student, it is at the instructor’s discretion whether or not the visitor will be allowed to remain in the classroom.

For more information on policies, please visit: <http://www.shsu.edu/syllabus/>

INSTRUCTOR EVALUATION: Each student will be asked to complete a course/instructor evaluation form toward the end of the semester. The new IDEA evaluation will be used.