PSY 1540
Psychology of Adjustment & Growth
Spring Semester 2015
Tuesdays & Thursdays
1:30-2:45 p.m.

Instructor: WSU Counseling & Psychological Services Center Staff
Professor of Record (POR): Jennette Wood, MSW, LCSW
Office: Counseling & Psychological Services Center; SC280
Office Hours: Immediately after class or by appointment only
Classroom: Student Services Center; SC141
Phone: (801) 626-6406
E-mail: Class website + E-mail; http://canvas.weber.edu (WSUonline). POR: jennettewood@weber.edu

Welcome to PSY 1540, Psychology of Adjustment and Growth!

This course is designed to introduce students to psychological concepts that are involved with understanding who they are and how they can adjust and grow throughout adulthood. We will discuss ways that psychological principles might be applied to everyday life; especially as they relate to: early childhood experiences that shape who we are, the experience of growth in adulthood, body image and wellness, managing stress, love and intimacy, relationships, gender identity, sexuality, work and recreation, loneliness and solitude, death and loss, meaning and values, and personal growth.

We encourage each of you to take advantage of the many opportunities available to you for personal exploration and growth through your involvement in this class. We are happy that you have enrolled in this course and look forward to becoming better acquainted with each of you throughout the semester.

Jennette Wood, LCSW, Professor of Record, Instructor
Aaron Jeffrey, PhD, Instructor
Aubrey Morrison-Gill, PsyD, Instructor
Craig Oreshnick, PhD, Instructor

Required Text:

Note: Only the WSU bookstore can provide the CourseMate feature at no additional cost; CourseMate is not required for this course, however, it is an excellent supplement to course material.

Course Objectives:
As a result of this course, students should:
1. be more mindful of community diversity, and roles within social systems;
2. be able to communicate more effectively, including how to better manage conflict;
3. understand life transitions and have strategies for preparing for change;
4. understand symptoms of and responses to stress and how they can be more resilient;
5. be mindful of who they are in terms of identity development, personal perceptions and cognitions, as well as interpersonal relationships, including personal and cultural scripts, attachments and boundaries;
6. be able to describe their personal morals and values; and
7. be able to identify their personal strengths and generalize successes to future planning.
CLASS POLICIES

Attendance Policy:
Students are expected to attend each class as scheduled, arriving on-time and having completed assigned chapter readings before coming to class. Classes are 75 minutes long and sessions will consist of lecture, video, discussion, and/or in-class activities. It is hoped that the smaller class size will encourage you to comfortably share your questions and comments as well as engage openly in discussions about the topics we cover throughout the semester. Leaving early is discouraged.

Class Participation Policy: Participation in class involves courtesy and respect for others as well as active personal contribution to the learning environment. Therefore, plan to arrive for class on-time and to stay for the full duration of the 75 minute class session as well as plan to actively engage in the learning process!

Students are expected to:
* Engage verbally in class discussions providing relevant information and/or personal insight into topics discussed;
* Be attentive, exercising active listening skills throughout the class presentation and process; and
* Personally commit to participate actively in small-group activities, discussions and presentations.

In Addition:
* For those of you who typically don’t speak in class, you are encouraged to take this opportunity to challenge yourself and move out of your comfort zone participating more actively within the class structure than you typically do;
* For those of you who typically talk more, you might take this opportunity to practice listening and sitting in silence while others share.

Class Communication Policy: General announcements will be made periodically in class and through WSUonline (Canvas); you are responsible for knowing about any information given via class announcements and/or though the class website; check the class website regularly, for up-dates.

Homework Policy: Homework assignments may be given and collected by individual instructors; most assignments will be posted in Canvas, some may be given and completed in class. If you have questions about an assignment, please ask for clarifications or further instruction prior to handing the assignment in as once it has been turned in there will be no opportunity to re-do or make adjustments. Homework is generally graded and will be returned within one week; homework which is submitted late will be given a maximum of HALF credit.

Quiz Policy: Weekly quizzes, based on classroom lecture content and class activities, will be completed on WSUonline (Canvas) and will be available from 5 pm on Thursday afternoon to midnight on the following Monday. Quizzes will not be offered at any other times; failure to take the quizzes during the scheduled time will result in a zero score for that quiz.

Exam Policy: Exams will be given in the testing centers and open on the scheduled dates only. Exams will not be offered at any other times and failure to take the exam during the scheduled time will result in a zero score for that exam; however, in the event of extenuating circumstances exceptions may be made with the understanding that there will be significant penalties applied.

Bonus Points Policy: In order to encourage regular class attendance, those students who attain 90% attendance (missing only three or fewer full class sessions) will be awarded 15 Bonus Points.

Extra-Credit Points Policy: Extra-credit assignments may be offered; these activities, related to course content, will be announced in class and on WSUonline (Canvas). A maximum of three extra credit activities will be accepted for the semester.

Final Paper Policy: A one-to-two-page essay of 800-1000 words will be due the final week of the semester. Detailed instructions for the paper will be provided in class as well as on WSUonline (Canvas).
Academic Honesty Policy: Cheating is defined as taking credit or presenting work as your own that is not your own original work. You are encouraged to meet together and discuss course material, but all examinations must be completed individually and without any notes. Plagiarism is not acceptable and proper citation of sources is required on all assignments using APA style (5th Ed.). Additional information regarding students’ rights and responsibilities can be found in the Student’s Code: http://documents.weber.edu/ppm/6-22.htm

Miscellaneous:

A) As a matter of courtesy, respect and regard for the instructor as well as your fellow students, it is expected that cell phones, iPods, etc. are TURNED OFF during class and that lap tops are used only as a means for taking notes for this class.

B) If you find you are having difficulty with any aspect of the course, please discuss the problem with me immediately. Most difficulties can be resolved easily once the door for discussion has been opened. This approach will assist me in responding to your needs and in improving the course now, rather than finding out about your concerns through your final course evaluation when changes cannot be made. Please feel free to point out those things you like about the course as well.

C) If you should elect to drop the course, please go through formal university channels to do so, otherwise, you may find an unexpected “UW” on your transcript for this course.

IMPORTANT NOTE: In accordance with the Americans with Disabilities Act [ADA], any student requiring accommodations or services due to a disability must contact Services for Students with Disability (SSD) in room 181 of the Student Service Center (http://departments.weber.edu/ssd/handbook/hb_07.htm). SSD can also arrange to provide course materials in alternative formats, if necessary. I offer any qualified student with a disability the opportunity to meet with me privately to discuss receiving reasonable accommodation, which will be afforded based on the specific disability and as agreed in writing. This statement in no way asks that students identify themselves as having a disability; however, a request for reasonable accommodation can be granted if a student makes his or her disability known.

At this time, the syllabus is deemed to be complete and correct; however, clarifications, additions, or any other changes may be made at any time, at the discretion of the Professor of Record for the facilitation of this course.
COURSE ACTIVITIES

ATTENDANCE (Up to 5 points per class with Class Roll and Take-Aways combined)
For you to succeed in this class, you will need to attend and participate actively in class sessions on a regular basis. Tardiness and leaving class early is discouraged as it is disruptive to the educational process.

Class Roll: At the beginning of class, a roll will be circulated and then collected within the first 10 minutes of class. It is your responsibility to make sure you have signed the class roll each day at the beginning of class in order to verify attendance. (2.5 points per class)

Take-Aways: During the final few minutes of class you will be provided with a Take-Away form to be completed and turned in before you leave class for the day. Take-Aways provide for reflection on the days discussion and encourages class engagement. Those students who leave early will not be eligible to complete the Take-Away that day. (2.5 points per class)

HOMEWORK (5 points per assignment)
Periodically, homework assignments may be given by individual instructors for specific course chapters. Detailed instructions for each assignment will be provided in class at the time the assignment is made as well as on WSUOnline (Canvas) if applicable. Homework which is submitted late will be given a maximum of HALF credit.

QUIZZES (10 points per quiz)
Weekly quizzes, based on classroom lecture content and class activities for the current week, may contain 3-5 questions and consist of multiple-choice, true/false, fill-in-the-blank and/or essay questions. Quizzes will be offered on WSUOnline (Canvas) and made available during pre-designated windows of time, generally from Thursday 5 pm to midnight Monday. No late or make-up quizzes will be given.

FINAL PAPER (45 points)
A one-to-two-page essay paper of 800-1000 words will be due the final week of the semester. Detailed instructions for the paper will be provided in class as well as on WSUOnline (Canvas).

EXAMS (350 points combined)
Exams for this course include a Midterm and Final exam; both are based on textbook readings and will not be cumulative. They will consist of a combination of multiple-choice, true/false, and fill-in-the blank questions. Study guides will be provided on WSUOnline (Canvas) prior to each exam. Notes, texts, or study aides will not be permitted during the exams. All Exams will be administered in Weber State Testing Centers. Each exam will be made available during a pre-designated window of time which is listed on the current course schedule. Review this schedule early and arrange your schedule in order to accommodate the test dates! Late exams will only be given under extenuating circumstances; exceptions to the exam schedule will be made with the understanding that significant penalties (score deductions) will be applied.

BONUS POINTS (15 points)
In order to encourage regular class attendance, those students who attain 90% attendance (missing only three or fewer full class sessions) will be awarded 15 Bonus Points.

EXTRA-CREDIT POINTS (5 points per activity)
Extra-credit assignments may be offered; these activities, related to course content, will be announced in class and on WSUOnline (Canvas). A maximum of three extra credit activities will be accepted for the semester.
GRADING GUIDELINES

Attendance:
  Class Roll: 70   (28 class sessions x 2.5 points)
  Take-Aways: 65   (26 x 2.5 points)

Quizzes: 130   (13 weeks x 10 points each)

Homework: 25   (5 x 5 points each)

Exams:
  Midterm Exam: 200   (80 questions x 2.5 points each)
  Final Exam: 150   (60 questions x 2.5 points each)

Final Paper: 45

Total Points: 685*

*Additional Points Available:

Attendance Bonus Points: 15
Extra-Credit Points: 15   (5 points each x 3)

Maximum Total Points: 715

Final grades will be assigned based on the percent of total points earned, as follows:

A  (100-93%)  B-  (82-80%)  D+ (69-67%)
A-  (92-90%)  C+  (79-77%)  D  (66-63%)
B+  (89-87%)  C  (76-73%)  D-  (62-60%)
B  (86-83%)  C-  (72-70%)  E  (59-0%)
Chapter Learning Objectives

Chapter One - Invitation to Learning and Personal Growth, addresses Course Objective #7: Identifying personal strengths and generalizing successes to future planning.

Chapter Two - Reviewing Your Childhood and Adolescence, addresses Course Objective #5: Mindfulness of identity development, personal perceptions and cognitions, as well as interpersonal relationships, which includes personal and cultural scripts, attachments and boundaries.

Chapter Three - Adulthood and Autonomy, addresses Course Objective #5: Mindfulness of identity development, personal perceptions and cognitions, as well as interpersonal relationships, which includes personal and cultural scripts, attachments and boundaries.

Chapter Four - Your Body and Wellness, addresses Course Objective #4: Understanding symptoms of and responses to stress and how to be more resilient.

Chapter Five - Managing Stress, addresses Course Objectives #3 and #4: Understanding life transitions and developing strategies for preparing for change; and Understanding symptoms of and responses to stress and how to be more resilient.

Chapter Six - Love, addresses Course Objectives #5 and #6: Identity development, personal perceptions and cognitions as well as interpersonal relationships, including personal and cultural scripts, attachments and boundaries; and Describing personal morals and values.

Chapter Seven - Relationships, addresses Course Objectives #5 and #6: Identity development, personal perceptions and cognitions, as well as interpersonal relationships, including personal and cultural scripts, attachments and boundaries; and Describe personal morals and values.

Chapter Eight - Becoming the Man or Woman You Want to Be, addresses Course Objectives #5, #6 and #7: Mindfulness of identity development, personal perceptions and cognitions, as well as interpersonal relationships, which includes personal and cultural scripts, attachments and boundaries; and Describing personal morals and values and Identifying personal strengths and generalizing successes to future planning.

Chapter Nine - Sexuality, addresses Course Objectives #5 and #6: Identity development, personal perceptions and cognitions, as well as interpersonal relationships, including personal and cultural scripts, attachments and boundaries; and Describing personal morals and values.

Chapter Ten - Work and Recreation, addresses Course Objectives #1, #2 and #3: To be mindful of community diversity and roles within social systems; and To communicate more effectively, including how to better manage conflict; as well as Understanding life transitions and develop strategies for preparing for change.

Chapter Eleven - Loneliness and Solitude, addresses Course Objectives #1, #2 and #3: To be more mindful of community diversity, and roles within social systems; and To be able to communicate more effectively, including how to better manage conflict; as well as Understanding life transitions and develop strategies for preparing for change.

Chapter Twelve - Death and Loss, addresses Course Objectives #3, #4, and #6: Understand life transitions and develop strategies for preparing for change; and Understanding symptoms of and responses to stress and how to be more resilient; as well as Describe personal morals and values.

Chapter Thirteen - Meaning and Values, addresses Course Objectives #1, #2 and #6: To be more mindful of community diversity, and roles within social systems; and To communicate more effectively, including how to better manage conflict; as well as Describe personal morals and values.

Chapter Fourteen - Pathways to Personal Growth, addresses Course Objective #7: Identify personal strengths and generalize successes to future planning.
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