

Spring 2007
Psychology 335: PSYCHOLOGY OF ADJUSTMENT

Class Times/Locations: T, TH 1:00-3:05; Ovalwood Hall Rm. 253

Professor: Dr. Blake Wagner

Office: Bromfield #226

Office Hours: T, TH 10:00-11:00

Telephone: (419) 755-4303

Course Objectives

This course is designed to help you apply psychological principles to your own life. By the end of this course, I hope that everyone will have:

- Developed a greater understanding of themselves and skills they can use to facilitate adjustment and increase their satisfaction with life.
- An increased understanding of human diversity and sensitivity to those who may be different from yourself.
- Familiarity with relevant theories and research findings related to personal adjustment.

Required Text: Weiten, W., & Lloyd, M.A. (2006). Psychology applied to modern life: Adjustment in the 21st century (8th ed.). Belmont, CA: Wadsworth.

Format:

In general, each week one or two new topics will be presented in the class lectures. I will attempt to follow the attached course outline but reserve the right to deviate from it depending on how the course progresses. You will be informed of any of these changes if they are to occur. Lecture material will tie into topics associated with your assigned readings, but will primarily be a supplement to these readings. Thus, class attendance is important. Although much of the class is structured primarily as a lecture, I expect students to ask questions, raise issues, and when appropriate discuss the relevancy of the issues raised in class and your text.

Academic Expectations & Course Requirements:

Effort has been taken to design a grading system that is fair and provides students with the opportunity to do well in this course. There will be three exams, one class assignment, and a research participation requirement. A brief description of these assignments, their point values, and their relation to your overall semester grade follows.

Examinations:

There will be three exams (noncumulative) for this course: All exams will be multiple-choice in format and will cover all assigned reading, lecture material, and DVDs. The first three exams will be held during regular class periods, and the time and location of the final exam will be

announced later in the term. Emergencies (i.e., verifiable death, verifiable illness) will be handled on a case-by-case basis and at my discretion. Personal commitments, vacations, travel etc. are not considered emergencies and exams missed without supporting documentation will receive a score of zero for that exam. This make-up policy is strictly adhered to in an effort to treat all students fairly.

Life-Skills Projects:

Two life skills projects have been designed to help you develop behaviors that will facilitate healthy adjustment and that can give you more control over your life. The first project will involve practicing a relaxation technique of your choice, and the second project will involve identifying and challenging distorted cognitions. For each project you will write a 1-2 page assessment of your progress and experience. Each report will be worth 35 points.

Late Paper Policy: Papers are due at the beginning of the class period. Papers received after that time will be penalized five points, and five additional points for every 24-hour period that transpires until it is received. (**Note:** Two points will be deducted if projects of more than one page are submitted without a staple or paper clip!)

Students with Disabilities:

Students who feel they may need an accommodation based upon the impact of a disability should contact Michelle McLane (419-755-4304) at the Office of Disability Services to discuss his or her specific needs. Students are encouraged to make their needs known as soon as possible so that we may provide available assistance in a timely manner.

Academic Honest and Integrity:

Cheating or plagiarizing on exams or assignments will not be tolerated and will result in at least a score of “0” on the assignment or exam. In addition, the student may be referred to the appropriate disciplinary body for additional sanctions.

Attendance:

Regular attendance in this course will benefit students in several ways. First, a good portion of the exam questions will come from the material presented in class lectures. Second, participation in small groups in class will improve students understanding of the material and are likely to be fun. Last, at random assigned times throughout the semester, attendance points will be given. Students who are in class during the give-away will receive 3 points. Students who are not in class won't receive any points.

Grading Breakdown by Course Requirements

Frequency and Quality of Class Contributions	20 points
Life Skills Projects	70 points
Exams (3 x 50)	150 points

Total Possible Points: 300 points

Grading Criteria

The following criteria will be used to estimate your final grade:

94% \geq	A
90-93%	A-
87-89%	B+
84-86%	B
80-83%	B-
77-79%	C+
74-76%	C
70-73%	C-
67-69%	D+
60-66%	D+
< 60%	E

Week	Lecture Topic	Scheduled Readings
3/27 T	Adjusting to Modern Life: The Paradox of Progress	Chapter 1
3/29 TH	Adjusting to Modern Life: Self-Help	Chapter 1
4/3 T	Theories of Personality: Trait Theory, Robert Merrill	Chapter 2, Readings
4/5 TH	Theories of Personality: Adlerian Theory, Jon Carlson on Perfectionism	Chapter 2
4/10 T	Flex	
4/12 TH	Interpersonal Communication: Workplace Communication	Chapter 7, Readings
4/17 T	Interpersonal Communication: Family Communication	Chapter 7
4/19 TH	EXAM 1	Chapters 1, 2, 7
4/24 T	Stress and its Effects	Chapter 3
4/26 TH	Stress and its Effects: Methods of Stress Reduction	Chapter 3
*****	Life Skill Paper 1 Due Beginning of Class 5/1/07	*****
5/1 T	Coping Processes: Cognitive Restructuring	Chapter 4
5/3 TH	Coping Processes: Forgiveness	Chapter 4
5/8 T	Career/Work	Chapter 12
5/10 TH	Career/Work: Influencing Others	Chapter 12, Readings
5/15 T	EXAM 2	Chapters 3, 4, 12
5/17 TH	Marriage and Intimate Relationships: Susan Heitler and the Angry Couple	Chapter 9
5/22 T	Intimate Relationships: Domestic Violence	Chapter 9, Readings
*****	Life Skill Paper 2 Due Beginning of Class 5/24/07	*****
5/24 TH	Psychology and Physical Health, "Small Town Ecstasy"	Chapter 14
5/29 T	Psychotherapy: Michael Yapko and Depression	Chapter 16
5/31 TH	Flex	
FINALS WEEK 6/4-6/7	EXAM 3 (TIME TBA)	CHAPTERS 9, 14, 16