Instructor:  Ms. Julie Brotzen, M.A.

Classroom & Time:  ED 263 MW 1:00-2:15

Contact:  jbrotzen@sfasu.edu

Office and Office Hours:  238 ED (MW 10:00 – 1:00) (Friday 9:00 – 11:00)

Department:  Psychology

Office Phone:  (936) 468-4402


Course Description:  Psychology of Adjustment is an introduction to the psychological study of human adjustment and personal growth. This course will apply basic psychological principles to adjustment, including development, self-concept, coping with stress, social influence, interpersonal relationships (including love and intimacy), and psychopathology.

Program Learning Outcomes (PLO):

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<th>PLO</th>
<th>Proficiency Level</th>
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<td>The student will demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.</td>
<td>Basic</td>
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<td>The student will understand and apply basic research methods in psychology, including research design, data analysis, and interpretation.</td>
<td>Basic</td>
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<td>The student will comprehend and use critical and creative thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to behavior and/or mental processes.</td>
<td>Basic</td>
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<td>The student will understand and apply psychological principles to personal, social, and organizational issues.</td>
<td>Basic</td>
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<td>The student will value empirical evidence, tolerate ambiguity, act ethically, and reflect other values that are the underpinnings of psychology as a science.</td>
<td>Basic</td>
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General Education Core Curriculum Objectives: This is not a general education core curriculum course, and no specific objectives for the general education curriculum are addressed in this course.

Student Learning Outcomes:

Identify, compare, and contrast the application of historic and modern theories in psychology.

Apply psychological knowledge in a variety of settings.

Utilize critical thinking skills to determine valid methods of scientific investigation to examine psychological concerns focused at the individual, group, cultural, and global levels of analysis.

Demonstrate critical thinking and quantitative reasoning skills to evaluate research to determine methodological strengths and weaknesses that may affect internal and external validity.

Academic Integrity (A-9.1)

Academic integrity is a responsibility of all university faculty and students. Faculty members promote academic integrity in multiple ways including instruction on the components of academic honesty, as well as abiding by university policy on penalties for cheating and plagiarism.

Definition of Academic Dishonesty

Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one's own work when, in fact, it is at least partly the work of another; (2) submitting a work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one's paper without giving the author due credit.

Please read the complete policy at http://www.sfasu.edu/policies/academic_integrity.asp
Acceptable Student Behavior

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the Early Alert Program. This program provides students with recommendations for resources or other assistance that is available to help SFA students succeed.

Withheld Grades Semester Grades Policy (A-54)

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Students with Disabilities

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 / 468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

Attendance Policy: Students are required to attend class. Failure to do so places students at risk for falling behind, and prevents them from obtaining relevant information discussed in class. I do not post notes, nor do I provide notes to students who miss class (regardless of the reason) as that might provide them an unfair advantage. I will periodically take roll in class. At the end of the semester those who have been in attendance on those dates will receive one bonus point for each day they were in attendance when I called roll.
Course Calendar/Exam Schedule:

All four exams are to be taken online, at the SFASU Library computer lab, on one of the computers in the lab. Students may not take exams on their personal computers. I check IP addresses, and those students who fail to follow these guidelines will receive a ten (10) point grade deduction for each infringement. Additionally, all four exams are closed book, no notes. Discussing answers with classmates is also considered cheating. Once it becomes obvious students have been cheating on an exam(s), those students will receive a zero (0) on the exam(s) on which they cheated. There will be no make up exams. The only exception to this rule will be athletes or other students who are traveling to compete or perform on an exam day, and who have university excused absences.

Exam # 1 (Wednesday, February 12th) Chapters: 1-Adjustment: A Life Process, 2-Purpose in Life, & 3-Community Contexts

Exam # 2 (Wednesday, March 18th) Chapters: 6-Stress, Health, and Well-Being, 7-Social Relationships, 8-Romance and Intimacy

Exam # 3: (Wednesday, April 8th) Chapters: 9-School, 10-Work and Vocation, 11-Money

Exam # 4: (Wednesday, April 29th) Chapters: 12-Aging, 13-Dysfunction and Maladjustment, 14-The search for Balance and the Future

Exam dates occasionally change. I will announce these changes in class and post a message on D2L. Regular class attendance is helpful in keeping abreast of any potential changes in the exam schedule.

R Point Requirements:

Students in 100-level psychology courses are encouraged to earn 12 research points (R-Points) by participating in psychological studies or completing a comparable alternative assignment. The purpose of this requirement is to allow students the opportunity to participate in and learn about real research to help them better understand theories and principles described in class. Students should sign up for research participation R-Points through the Department of Psychology’s SONA Software (http://sfasu.sona-systems.com). Participants earn 1 R-point every 30 minutes of participation. Students who have an objection to participating in psychological research or who will not turn 18 before the end of the semester may opt to complete the alternative assignment to fulfill their R-point requirement.
Some important notes about research participation:

1. It is essential that you sign up only for studies for which you are eligible (if it says ‘psychology majors only’ but you are a physics major, you are NOT eligible). There are a variety of studies from which to choose. Pick ones that you are interested in and that fit your schedule.

2. It is not acceptable to miss class due to participation in a study.

3. If you sign up for a study, you are expected to attend that study. If you’d like to cancel, please do so online at least 24 hours in advance.

Extra Credit Option: Some students may opt for earn up to ten points which will be added to an exam grade NOT the total grade. To do so, the student may write a literature review over several articles related to a topic discussed in class, and approved by me. Students must obtain topic approval prior to our spring break (4/7/2020-4/15/2020), and the paper is due no later than the last day of class (Wednesday, April 29th). The paper must be between five and seven pages in length. Students must use standard twelve-point font, single spaced lines, and normal-width margins. All articles used must be properly referenced. I will only accept hard copies of the literature reviews.

Grading Policy: Finals grades will be calculated based on the total number of points the student obtained from the four exams and the required R-points (412 Points). Attendance points will be bonus points, and awarded to students for each day attendance was taken and they were in attendance.

A = 89.5-100  B = 79.5-89.4  C = 69.5- 79.4  D = 59.5-69.4  F = 59.4 and below

This grade breakdown is final. Please do not request a change in grade.

Make Up Policy: There will be no makeup exams. The only exception to this rule is for students who have a formal (in writing) university excused absence.

If a student misses an exam due to illness or personal emergency, that student’s final grade will be calculated based on three exams and the other required points only if the student provides documentation to support the reason for the absence. If a student misses more than one exam, the final grade will be an F.