



(PSYCHOLOGY OF ADJUSTMENT) Syllabus
(PSYCHOLOGY 109 5422 10:30 MWF L220)

Instructor: Dr. Dennis Wanamaker
E-mail: dwanamak@bellevuecollege.edu
Phone: 425 564 2336
Office location: D 100-b
Office Hours: Monday: 1:30, 2:30, 3:30, 4:30. Friday: 1:30.

Course Information

Course Outcomes

See the following page for details:

How Outcomes will be met

See the following page for details:

Grading

Grading will include 7 criteria of 14 % value. 1. Attendance/Participation 2. Written reports 3. Contemporary reading questions 4. Journal of personal learning 5. Final exam 6. Lab write ups 7. Completion of canvas activities. Plus class evaluation 2%.

Books and Materials Required

No formal textbook will be required. In lieu of a text, readings will be posted on canvas and are required reading as well as other required information.

Curriculum Proposal Site

Curriculum Advisory Committee

Home	Make A Proposal	My Proposals	View Agenda	All Proposals	CAC Home		
My Drafts & Directions	New Course	New Degree/Cert	Change Degree/Cert	Course Revision/Deletion	General Proposal	Course Content Outline	Learning Outcomes

Learning Outcomes

Select An Existing Course:

Course Abbreviation (ex: ENGL): Course Number:

Last Updated: 9-22-09 4:30 PM

Last Updated By: Susan Roselle

Learning Outcome:

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- Students will apply theories about the nature of personal adjustment in order to better adapt, cope and manage problems, challenges and demands of life.
- Students will demonstrate an ability to identify and clarify personal values as a function of their knowledge of identity issues.
- Students will be able to identify methods leading to subjective well being in terms of personal happiness and satisfaction.
- Students will demonstrate an understanding of a scientific attitude in order to be wise consumers of information.
- Students will be able to cite sound psychological principles based on underlying research in the following areas: personality, identity, stress, coping, communication, relationships, career development, sexuality and health.
- Students will demonstrate the application of these principles and findings to one's own life.



Design



HTML

Classroom Learning Atmosphere

Instructor's Expectation

Students will be expected to attend all class meetings and arrive on time. Important announcements and assignments will be given at the beginning of class. To pass a minimum of 80% class attendance is required. Students will be expected to be adequately prepared for class and engage actively in discussion groups. Side discussions and cell phones are distracting. Plan to meet with the instructor outside of class early in the term. Each student will keep a journal of personal learning and reflection for credit.

Affirmation of Inclusion

Bellevue College is committed to maintaining an environment in which every member of the campus community feels welcome to participate in the life of the college, free from harassment and discrimination. We value our different backgrounds at Bellevue College, and students, faculty, staff members, and administrators are to treat one another with dignity and respect. <http://bellevuecollege.edu/about/goals/inclusion.asp>

The College has put in place governing structures, as well as policy and procedure, to ensure that institutional practice rigorously supports our commitment to **inclusion, equity, and pluralism**. Nevertheless, at Bellevue College, as elsewhere, incidents springing from bias, hate, and prejudice present potential risks for the college community. If an incident does occur, the Bias Incident Response and Support Team (BIRST) will coordinate the College's response. For more information about how to report an incident please visit <http://www.bellevuecollege.edu/diversity/programs/birst/>.

Division Statements

[Include any division statements and links.] Include your division statement on plagiarism in this location. A common, campus-wide minimum standard regarding student cheating, stealing, and plagiarizing provides enough autonomy for instructors and programs to set their own standards. It is the instructor's responsibility to clearly articulate to the students what is considered appropriate and inappropriate behavior in the classroom and what action will be taken in the case of inappropriate classroom behavior. It is recommended that this be done through the course syllabus.

Information about Bellevue College's copyright guidelines can be found at:
<http://bellevuecollege.edu/lmc/links/copyright.html>

A good resource for Plagiarism is the Writing Lab: <http://bellevuecollege.edu/writinglab/Plagiarism.html>

Student Code of Conduct and Academic Integrity

Cheating, stealing, and plagiarizing (using the ideas or words of another as one's own without crediting the source) and inappropriate/disruptive classroom behavior are violations of the Student Code of Conduct at Bellevue College. Examples of unacceptable behavior include, but are not limited to, talking out of turn, arriving late or leaving early without a valid reason, allowing cell phones/pagers to ring, and inappropriate behavior toward the instructor or classmates. The instructor can refer any violation of the Student Code of Conduct to the Dean of Student Success for investigation. Specific student rights, responsibilities, and appeal procedures are listed in the Student Code of Conduct at http://bellevuecollege.edu/policies/2/2050_Student_Code.asp

[If you plan to use a plagiarism checking service, you should indicate so in your syllabus. Please make sure your penalty for plagiarism does not contradict official college policy.]

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Important Links

Bellevue College E-mail and access to MyBC

All students registered for classes at Bellevue College are entitled to a network and e-mail account. Your student network account can be used to access your student e-mail, log in to computers in labs and classrooms, connect to the BC wireless network and log in to MyBC. To create your account, go to: <https://bellevuecollege.edu/sam>.

BC offers a wide variety of computer and learning labs to enhance learning and student success. Find current campus locations for all student labs by visiting the [Computing Services website](#).

Disability Resource Center (DRC)

The Disability Resource Center serves students with a wide array of learning challenges and disabilities. If you are a student who has a disability or learning challenge for which you have documentation or have seen someone for treatment and if you feel you may need accommodations in order to be successful in college, please contact us as soon as possible.

If you are a person who requires assistance in case of an emergency situation, such as a fire, earthquake, etc. please meet with your individual instructors to develop a safety plan within the first week of the quarter.

If you are a student with a documented autism spectrum disorder, there is an additional access program available to you. Contact asn@bellevuecollege.edu or 425.564.2764. The Autism Spectrum Navigators program is located in the Library Media Center in D125. www.bellevuecollege.edu/autismspectrumnavigators/

The DRC office is located in B132 or you can call our reception desk at 425.564.2498. Deaf students can reach us by video phone at 425-440-2025 or by TTY at 425-564-4110. Please visit our website for application information into our program and other helpful links at www.bellevuecollege.edu/drc

Public Safety

Public Safety and Emergencies

Public Safety is located in the K building and can be reached at **425-564-2400** (easy to remember because it's the only office on campus open 24 hours a day—2400). Among other things, Public Safety serves as our Parking Permits, Lost and Found, and Emergency Notification center. Please ensure you are signed up to receive alerts through our campus alerting system by registering at <http://www.bellevuecollege.edu/alerts/?ref=footer>

If you work late and are uneasy about going to your car, Public Safety will escort you to your vehicle. To coordinate this, please phone ahead and let Public Safety know when and where you will need an escort.

Please familiarize yourself with the emergency postings by the door of every classroom and know where to go in the event of an evacuation. Your instructor will be asked if anyone might still be in the building, so check in before you do anything else. Emergency responders will search for anyone unaccounted for.

If a major emergency occurs, please follow these two rules:

- 1) Take directions from those in charge of the response** - we all need to be working together.
- 2) Do not get in your car and leave campus (unless directed to)** - doing so will clog streets and prevent emergency vehicles from entering the scene. Instead, follow directions from those in charge.

Please do not hesitate to call Public Safety if you have safety questions or concerns at any time.

PSYCHOLOGY 109: PSYCHOLOGY OF ADJUSTMENT

Item # 5422: 10:30 L 220 MWF: FALL QUARTER 2014

Professor: Dr. Dennis Wanamaker Office: D100 b

Office hours Monday: 1:30, 2:30, 3:30, 4:30. Friday: 1:30

email address: dwanamak@bellevuecollege.edu

COURSE OUTLINE:

WEEK DATE TOPIC

1. 9/22 INTRODUCTION/IDENTITY
2. 9/29 IDENTITY
3. 10/6 POSITIVE SELF ESTEEM
4. 10/13 CLINICAL PSYCHOLOGY
5. 10/20 CLINICAL ONLINE ACTIVITIES*
6. 10/27 EDUCATIONAL DEVELOPMENT
7. 11/3 CAREER DEVELOPMENT
8. 11/10 PERSONALITY THEORY
9. 11/17 PERSONALITY THEORY
- 10 11/24 COMMUNICATION
- 11 12/1 GOAL SETTING

COURSE FORMAT:

Class information on Canvas: assignments, readings, inventories, etc.

Class meets MWF

Learning activities include: lecture, readings, inventories, small group discussion, class observations, lab activities, journal writing and other written reports and assignments.

MONDAYS: topic introduction, introductory activities, new assignments and previous papers due.

WEDNESDAY: lecture and discussion of contemporary reading

FRIDAY: lab activity and/or report seminar & summary journal reflection and writing.

EVALUATION: 14% each

1. attendance/participation (includes meeting with the instructor*)
2. written reports
3. contemporary readings/discussion questions
4. completion of canvas activities
5. lab write ups
6. journal writing
7. final exam
8. plus class evaluation (2)

total: 100 points

GRADE SCALE: 10% break down: 90's A, 80's B, 70's C, 60's D