

PSYCHOLOGY 109 5723 9:30 M/W, D102

PSYCHOLOGY OF ADJUSTMENT

DISTRIBUTED/HYBRID FORMAT consists of a combination of traditional classroom learning activities and designated class time for online mastery of material for credit.

PROFESSOR: Dr. Dennis Wanamaker

FALL QUARTER 2008

OFFICE: D 100 B/ PHONE:425-564-2336

OFFICE HOURS: MONDAY 10:30, 1:30 and 2:30. WEDNESDAY 10:30.

TUESDAY, THURSDAY and FRIDAY (any time by email)

email: dwanamak@bcc.ctc.edu

TEXT: HUMAN ADJUSTMENT, JOHN SANTROCK, MCGRAW-HILL: 2006.

Students are encouraged to work in learning teams of 2 members and collaborate on assignments.

EVALUATION:

1. TESTING COMPONENT:
 - mid-term 10 %
 - comprehensive final 10 %
2. WRITTEN COMPONENT:
 - weekly unit assignments:
 - labs 20 % write a learning generalization
 - journal 10 % 1 page personal application entry
3. HYBRID COMPONENT:
 - online learning center 20 % 1 page topic of interest report (web link)
 - weekly unit assignments:
 - quizzes (complete 1)
 - assessments (complete 1)
4. PARTICIPATION COMPONENT:
 - attendance 10 %
 - seminar presentations 20 % share assignment information

TOTAL: 100

GRADING SCALE:%

93-100 A	87-89 B+	77-79 C+	60-69 D+
90-92 A-	83-86 B	73-76 C	50-59 D
	80-82 B-	70-72 C-	

LEARNING ACTIVITIES:

Lecture/key concepts

Seminars

Lab activities

Self assessment journal

Online learning center: www.mhhe.com/santrockha. (web links, testing, interactive exercises)

CD ROM: (self assessments and video clips)

FORMAT: (CLASS MEETINGS M/W) plus additional responsibilities outside of class.

First meeting of the week: Lecture/discussion and specific assignments.

Second meeting of the week: Seminar & lab activity.

WEEK/DATE	UNIT/CHAPTER
1. M 9/22	SYLLABUS
1. W 9/24	GROUP PROCESS ACTIVITY
2. M 9/29	PERSONALITY Ch.2
2. W 10/1	PERSONALITY Ch.2
3. M 10/6	IDENTITY Ch. 3
3. W 10/8	IDENTITY Ch. 3
4. M 10/13	STRESS Ch. 4
4. W 10/15	STRESS Ch. 4
5. M 10/20	COPING Ch. 5
5. W 10/22	GR. DYNAMICS Ch. 6
6. M 10/27	MID-TERM EXAM
6. W 10/29	NO CLASS/COLLEGE ISSUES DAY
7. M 11/3	COMM Ch. 7
7. W 11/5	COMM Ch. 7
8. M 11/10	RELATIONS Ch. 8
8. W 11/12	CAREERS Ch. 10
9. M 11/17	CAREERS Ch. 10
9. W 11/19	SEXUALITY Ch. 13
10. M 11/24	SEXUALITY Ch. 13
11. W 11/26	CLINICAL Ch. 14
11. M 12/1	CLINICAL Ch. 14
12. W 12/3	THERAPY Ch. 15

LEARNING OUTCOMES:

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

Psychology of Adjustment is a research based class emphasizing the scientific approach. Students will be able to make practical applications of psychological theory in personal ways in order to cope with challenges and become happier, better adjusted individuals.

General Education ratings: self assessment/life goals: level 3, ethics and lifelong learning: level 2.

CLASS POLICIES:

ATTENDANCE and PUNCTUALITY

It is important that each student attend on a regular basis. If you miss one class it is the equivalent of $\frac{1}{2}$ week and 2 classes is equivalent to an entire week. If a holiday falls on a class day do not take the week off and make sure to complete regular assignments and activities. An analogy can be made between class and employment. Expect to earn 10% credit for your regular attendance and participation. You are not expected to notify the instructor when you miss class but you are expected to access missed information from your learning partner or a classmate. Plan on coming to class on time. Important announcements and assignments will be covered at the beginning of class. It is common to be late once or twice but don't plan on interrupting the class on a regular basis.

PARTICIPATION

Students are encouraged to participate fully. The question you raise or the contribution you make will often be learned best. Side discussions are a distraction and will not be tolerated.

PROCEDURES AND GUIDELINES OF THE SOCIAL SCIENCE DIVISION

Revised Spring 2008

Cheating, Stealing and Plagiarizing*

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 Community 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 Services for possible probation or suspension from Bellevue Community College. Specific student rights, responsibilities and appeal procedures are listed in the Student Code of Conduct, available in the office of the Dean of Student Services.

Incomplete

If a student fails to complete all the required work for a course, an instructor may assign the grade of Incomplete ("I"). The student must complete the coursework by the end of the next quarter, or receive the assigned letter grade (usually an "F").

F Grade

Students who fail a course will receive a letter grade of "F."

Final Examination Schedule

The Social Science Division will adhere to the final examination schedule as stated in the BCC Schedule. Final examinations will be held at the end of each quarter at fixed times. Instructors will not give examinations in advance of the regular schedule. A student who is absent from any examination held at any time during the quarter may forfeit the right to make up the examination. If, for illness or some other circumstance beyond the student's control, the student is unable to be present at any scheduled examination and has contacted the instructor on a timely basis, the student may be permitted to take such examination at a time designated by the instructor.

Withdrawal From Class

College policy states that students must formally withdraw from a class by the end of the seventh week of the quarter (Registration Office, B125). If a student has not withdrawn by that date, an appropriate letter grade will be assigned for the course.

Hardship Withdrawal

Instructors may assign the grade of "HW" (hardship withdrawal) at their discretion in the event that a student cannot complete the coursework due to extreme and exceptional circumstances. Students may also contact the Enrollment Services office BEFORE grades are assigned in cases of hardship.

Students Who Require Disability Accommodations:

Students with disabilities who have accommodation needs are encouraged to meet with the [Disability Resource Centre](#) (DRC) office located in B132 (telephone 425.564.2498 or TTY 425.564.4110), to establish their eligibility for accommodation. The DRC office will provide each eligible student with an accommodation letter. Students who require accommodation in class should review the DRC accommodation letter with each instructor during the first week of the quarter.

Students with mobility challenges who may need assistance in case of an emergency situation or evacuation should register with [Disability Resource Centre](#), and review those needs with the instructor as well.

Distribution of Grades

Grades will not be posted in the Social Science Division or in faculty offices, and secretaries will not give out grades. Students should access their grades through the BCC Web site.

Return of Papers and Tests

Paper and/or Scantron score sheet returns will be arranged in the following ways ONLY: by mail, if student supplies the instructor with stamped, self-addressed envelope (with appropriate postage); or by the instructor designating a time and place whereby the student may retrieve his/her papers. Unclaimed papers

and/or Scantron score sheets must be kept by the instructor for a minimum of sixty (60) instructional days following the end of the quarter.

**If you are accused of cheating, stealing exams and/or plagiarism, there is a Bellevue Community College Student Discipline and Appeals Procedure (the right to due process) which you may pursue. Contact the office of Division Chair (D110), the Dean of Student Services (B231A) or the Associated Student Body (C212) for information regarding the appeals process.*