

Kennesaw State University
PSYCHOLOGY OF ADJUSTMENT
PSYC 130
FALL 2019 Semester

Instructor: Sandra Scheier, MS
Office Hours: By individual arrangement only
Class Location: online
Class Time: online
Contact E-mail: sscheier@kennesaw.edu
Phone: 734-818-5395 (no texting and please email first, no calls after 9pm)

Required Text

All students are responsible to have the textbook for this course:

MindTap Psychology for Psychology Applied to Modern Life: Adjustment in the 21st Century 6 Months ISBN-10: 1337112062 ISBN-13: 9781337112062

MindTap is where your eBook is and weekly graded chapter quizzes and self-assessments. There are also many other activities there to help you learn the materials, however, they are not graded or required. Please review the information under the Start Here tab on how to register and use MindTap. It's fairly easy once you get going.

KSU Catalogue PSYC 2258 Psychology of Adjustment Course Description

The dynamics of normal and maladaptive adjustment, including the study of appropriate and inappropriate reactions to frustration and stress; resolution of conflicts, fears and anxiety; building emotional stability and preventing mental illness.

Instructional Objectives/Outcomes

Students successfully completing the course should be able to:

1. Explain basic concepts important to the science of psychology
2. Explain and correctly apply critical thinking concepts and processes
3. Describe how insight into one's own thinking process and personality can promote better self-awareness

4. Apply and appraise different stress reduction techniques to live more effectively
5. Identify personal strengths that are associated with quality of life
6. Compare and contrast effective communication techniques
7. Explain issues important to sex and gender research
8. Explain the importance of diversity in the world around us.

Evaluation and Grading Procedures

Satisfactory performance on examinations and assignments is required to obtain a grade of “C” or better in this course. Student’s final grade is based on the following categories and grade weights:

Components of Students’ Grades

Your final grade is based on the **total points** you earned out of 1000 possible points:

Point Interval	% Scale	Grade
1000-900	100-90%	A
899-800	89-80%	B
799-700	79-70%	C
699-600	69-60%	D
599-000	59-00%	F

<u>Points/Percentage</u>	<u>Points %</u>	
16 MindTap Quizzes x 20 points	320	32%
16 MindTap Self-Assessments x 10 points	160	16%
12 Online Discussions x 20 points	240	24%
Stress Management Project	100	10%
Final Exam	180	18%

Total - 1000 100%

Exams and Quizzes

MindTap Quizzes –

You will have 16 quizzes in MindTap worth 20 points each. You have 2 opportunities to take each quiz. **QUIZZES ARE DUE THE WEEK THEY ARE ASSIGNED ON SUNDAY NIGHT AT 11:59 PM.**

Final Exam –

You will have a Final Exam in D2L comprised of multiple choice questions **worth 180 points**. It will be timed and can only be taken **once**. You will need to install the Respondus Lockdown Browser and webcam before taking the exams. The **EXAM WILL ONLY BE AVAILABLE ON WEDNESDAY OF EXAM WEEK AND IS DUE AT 11:59 PM THAT NIGHT**.

Respondus Lockdown Browser and Monitor: this will be needed to take the exam. When you go to take the exam it will walk you through the set-up.

Stress Management Project

***Please view **Stress Management Project Rubric** document for specific details and grading information.

You will create, manage, and apply a chosen coping or relaxation technique and keep a daily journal of your overall well-being. This will be done in the Stress & Coping Management Journal Area under discussions. For two weeks straight (14 days), every day you will engage in the same reliable technique you have not used before. **Worth 100 points**.

THIS MUST BE COMPLETED BY SUNDAY NIGHT AT 11:59PM OF WEEK 14.

Self-Assessments in MindTap

You will complete 16 self-assessments worth 10 points each included within each chapter in MindTap. As long as you complete them on time, you will receive 10 points. **160 points** total for all self-assessments.

SELF-ASSESSMENTS ARE DUE THE WEEK THEY ARE ASSIGNED ON SUNDAY NIGHT AT 11:59 PM

Weekly Online Discussions

***Please view **Discussion Requirements and Rubric** document for specific details and grading information.

As this is an online class, you will need to participate in weekly online discussions. Each are worth 20 points each with the exception the Week 1 Introduction Discussion which is required but not graded. **240 points** total for all discussions.

DISCUSSIONS ARE DUE THE WEEK THEY ARE ASSIGNED ON SUNDAY NIGHT AT 11:59 PM

Late Work

Late work IS NOT EXCEPTED. Since you have 1 week to complete all work, no late work is excepted. With these time allowances it is advised not to wait until the last day to complete your work.

Extra Credit

There is **no extra credit** for this class since there are so many graded items that can help your overall grade.

Grading

All work will be graded within 2 weeks of its due date.

Grade Appeals / Policy

If, for any assignment, you feel that the grading policy was unfair in some way, then you must make your case to me in writing via email. I will not respond to verbal complaints about grades. These emails must be received within one (1) week of the posting of your grade; do not wait until the end of the semester.

Once computed and verified, all course grades are final and will not be changed. Every semester, a student approaches me with a request that I raise his or her grade (because she or he will be placed on probation, because he or she will lose their Hope scholarship, because she or he won't be able to graduate as planned... or be accepted into graduate school, & etc.). Please do not ask me to change your grade. I am not trying to be mean or uncaring. Changing a student's grade to one that was not earned is unethical on my part and unfair to other students enrolled in the class.

Student Resources

Strategies for success in the course; suggested study strategies, sources for assistance available to all students that may include:

The Writing Center:

<http://writingcenter.kennesaw.edu/>,

Division of Student Affairs:

<http://studentaffairs.kennesaw.edu/>

Student Disability Services:

sds.kennesaw.edu

ESL Study and Tutorial Center:

http://uc.kennesaw.edu/academicinitiatives/docs/Guide_to_the_ESL_Center.pdf

Career Services

<http://careers.kennesaw.edu/>

Counseling and Psychological Services

<http://counseling.kennesaw.edu/>

Center for Health Promotion and Wellness

<https://wellness.kennesaw.edu/index.php>

Student Health Services

<http://studenthealth.kennesaw.edu>

KSU D2L Brightspace

- Students must access KSU D2L Brightspace for all class information
- To get started: [Information Technology Services - Kennesaw State University](#)
For additional assistance contact the **Student Helpdesk** Email: studenthelpdesk@kennesaw.edu
or call 470.578.3555. Walk in help is available-in STS Helpdesk in Burruss 475.

Important Student Notation: If you have questions or problems, do not contact your professor!

Please call or visit the KSU-ITS Service Desk as listed above.

STUDENTS WITH DISABILITIES

Students must provide the Disability Documentation to their PSYC 2258 teacher immediately after drop/add.

Kennesaw State University complies with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act of 1990. To request special accommodations, students with a legally defined disability to perform in this academic environment, must take appropriate documentation to the office of Disabled Student Support Services (contact Nastassia Sanabria @ 470-578-6443. When you have completed registration and receive permission for special accommodations for this class with DSSS, provide your PSYC 2258 teacher with the appropriate documentation from DSSS. This is the only way to receive arrangements for special accommodations. Website: http://www.kennesaw.edu/stu_dev/dsss/dsss.html.

Campus Policies

Academic Honesty/Integrity Statement

<http://scai.kennesaw.edu/docs/KSU%20Codes%20of%20Conduct-2015.pdf>

According to Kennesaw State University's Code of Conduct:

Every KSU student is responsible for upholding the provisions of the Student Code of Conduct, as published in the Undergraduate and Graduate Catalogs. The Student Code of Conduct addresses the University's policy on academic honesty, including provisions regarding plagiarism and cheating; unauthorized access to University materials; misrepresentation/falsification of University records or academic work; malicious removal, retention, or destruction of library materials; malicious/intentional misuse of computer facilities and/or services; and misuse of student identification cards. Incidents of alleged academic misconduct will be handled through the established procedures of the University Judiciary Program, which includes either an "informal" resolution by a faculty member, resulting in a grade adjustment, or a formal hearing procedure, which may subject a student to the Code of Conduct's minimum one semester suspension requirement.

Plagiarism and Cheating

According to the Student Code of Conduct:

No student shall receive, attempt to receive, knowingly give, or attempt to give unauthorized assistance in the preparation of any work required to be submitted for credit (including examinations, laboratory reports, essays, themes, term papers, etc.). Unless specifically authorized, the presence and/or use of electronic devices during an examination or other class assignments is considered cheating. Engaging in any behavior which a professor prohibits as academic misconduct in the syllabus or in class discussion is cheating. When direct quotations are used, they should be indicated, and when the ideas, theories, data, figures, graphs, programs, electronic-based information or illustrations of someone other than the student are incorporated into a paper or used in a project, they should be duly acknowledged. No student may submit the same, or substantially the same, paper or other assignment for credit in more than one class without the prior permission of the current professor(s).

Specifically within the Psychology Department:

Although the Psychology Department supports multidisciplinary and focused scholarly interests, we do not ordinarily allow students to turn in (or modify) a paper from a previous course or use the same paper for multiple courses. Students should meet with their course instructor(s) to clarify individual policies regarding this matter as well as to ensure violations do not occur. Also, refer to the current edition of the *Publication Manual of the American Psychological Association* for specific guidelines on APA format regarding citations and references.

Department of Psychology's Plagiarism Policy

<https://chss.kennesaw.edu/psychscience/resources/academichonesty.php>

Student-Friendly "How Not to Plagiarize" Web site:

<http://www.indiana.edu/~istd/test.html>

Ethical Principles of Psychologists and Code of Conduct (APA, 2002)

<http://www.apa.org/ethics/>

Confidentiality and Privacy Statement (FERPA)

<http://enrollmentservices.kennesaw.edu/training/ferpa.php>

University – Student Rights Statement

<http://catalog.kennesaw.edu/content.php?catoid=32&navoid=2490>

Ethics Statement

<http://scai.kennesaw.edu/codes.php>

Sexual Harassment Statement

<http://scai.kennesaw.edu/codes.php>

Sexual Misconduct Policy

https://policy.kennesaw.edu/sites/web.kennesaw.edu/policy/files/sexualmisconductpolicy_07012016.pdf

Course Accessibility Statement (ADA statement)

<http://catalog.kennesaw.edu/content.php?catoid=27&navoid=2263#ADA>

Disruption of Campus Life Policy

<http://scai.kennesaw.edu/codes.php>

Additional Important KSU University Information

DIVERSITY STATEMENT

Consistent with the mission of the university, persons of differing backgrounds and experiences including but not limited to age, disability and health status, ethnicity and race,

family structure, geographic region, language, religious/spiritual and secular beliefs, resident status, sex, sexual orientation and gender identity/expression, and socioeconomic status, are always welcomed in this class. It is a course goal to foster an environment in which diversity is recognized and embraced and every person is treated with dignity, respect, and justice. It is hoped that your academic experience in this course and at KSU will provide the opportunity to gain knowledge and experiences necessary to thrive in a diverse, global environment.

KSU ATHLETES

Active members of any KSU Sports team must request that their coach notify this instructor, in writing, of your team commitments and provide a schedule of these events. This is particularly important if you will be missing class throughout the semester due to a sanctioned college related practice, game or tournament. This information must be received by your PSYC 1101 teacher immediately after add/drop.

VETERANS

Kennesaw State University recognizes the veteran and military men and women striving to receive their education here. Our faculty and staff here at KSU are continuously educating themselves on the obstacles pertaining to veteran students returning from active duty and transitioning to campus life. The goal is to make the transition and adjustment from their past military lifestyle to a university lifestyle comfortable and for each student to achieve academic success. The Veterans Resource Center, which is located in Room #227 of Willingham Hall is a division of Student Success Services at Kennesaw States University, and provides resources for military veterans. They also support active and reserve military members, in addition to spouses and dependents. The Veterans Resource Center maintains information for campus veteran related resources, links to local military support services, and contacts for local VA facilities. For more information, go to their website:

<https://mvs.kennesaw.edu/index.php>

Email Guidelines

- REMEMBER it is advisable for students to email from KSU student addresses to Prof. Scheier's KSU email address. Students KSU email is the most reliable method of communication.
- Prof Scheier will respond to email M-F within 24-48 hours BUT does not regularly respond to email evenings, weekends or holidays. In addition, Prof Scheier is not allowed to email grades.
- **Note: if you are 18 or older, it is unlawful for Prof Scheier to discuss, in person or email, your academic progress or any personal information with anyone including spouses or parents for any reason at any time.**

Academic Integrity

Every KSU student is responsible for upholding the provisions of the Student Code of Conduct, as published in the undergraduate and graduate Catalogs. Section II of this

Code addresses the University's policy on academic honesty, including provisions regarding plagiarism and cheating, unauthorized access to University materials, misrepresentation/falsification of University records or academic work, malicious removal, retention, or destruction of library materials, malicious/intentional misuse of computer facilities and/or services, and misuse of student identification cards. Incidents of alleged academic misconduct will be handled through either the established procedures of the University Judiciary Program, which includes an "informal" resolution by a faculty member, resulting in a grade adjustment, or a formal hearing procedure, which may subject a student to the Code of Conduct's minimum one semester suspension requirement

Attendance

Students are solely responsible for managing their enrollment status in a course; nonattendance/activity does not constitute a withdrawal.

Class Schedule

<u>Due Dates</u>	<u>Readings & Assignments</u>	<u>Topics</u>
Week 1 Sunday 11:59pm	Introductory Online Discussion	Class introduction, review policies, question/answer session
Week 2 Sunday 11:59pm	Chapter 1 Chapter Online Discussion Complete all MindTap Activities including Quiz and Self-Assessment	Adjusting to Modern Life
Week 3 Sunday 11:59pm	Chapter 2 Chapter Online Discussion Complete all MindTap Activities including Quiz and Self-Assessment	Theories of Personality
Week 4 Sunday 11:59pm	Chapters 3 & 4 Chapter Online Discussion Complete all MindTap Activities including Quizzes and Self-Assessments	Stress and Its Effects Coping Processes
Week 5 Sunday 11:59pm	Chapter 5 Chapter Online Discussion Complete all MindTap Activities including Quiz and Self-Assessment	Psychology and Physical Health

Week 6 Sunday 11:59pm	Chapter 6 Chapter Online Discussion Complete all MindTap Activities including Quiz	The Self
Week 7 Sunday 11:59pm	Chapter 7 Chapter Online Discussion Complete all MindTap Activities including Quiz and Self-Assessment	Social Thinking and Social Influence
Week 8 Sunday 11:59pm	Chapter 8 Chapter Online Discussion Complete all MindTap Activities including Quiz and Self-Assessment	Interpersonal Communication
Week 9 Sunday 11:59pm	Chapter 9 Chapter Online Discussion Complete all MindTap Activities including Quiz and Self-Assessment	Friendship and Love
Week 10 Sunday 11:59pm	Chapter 10 Chapter Online Discussion Complete all MindTap Activities including Quiz and Self-Assessment	Marriage and the Family
Week 11 Sunday 11:59pm	Chapter 11 Chapter Online Discussion Complete all MindTap Activities including Quiz and Self-Assessment	Gender and Behavior
Week 12 Sunday 11:59pm	Chapter 12 Chapter Online Discussion Complete all MindTap Activities including Quiz and Self-Assessment	Development and Expression of Sexuality
Week 13 Sunday 11:59pm	Chapter 13 Stress and Coping Project Complete all MindTap Activities including Quiz and Self-Assessment	Careers and Work
Week 14 Sunday 11:59pm	Chapters 14 & 15 Stress and Coping Project Complete all MindTap Activities including Quizzes and Self-Assessments	Psychological Disorders Psychotherapy

Week 15 Sunday 11:59pm	Chapter 16 Chapter Online Discussion Complete all MindTap Activities including Quiz and Self-Assessment	Positive Psychology
Exam Week	FINAL EXAM – Wed. 12/11	

IMPORTANT DATES:

August 23 (Fri) Drop/Add Ends: All Sessions 11:45pm

October 9 (Wed) Last Day to Withdraw Without Academic Penalty