

**PSY 170: PSYCHOLOGICAL ADJUSTMENT**  
3 CREDIT HOURS, CRN 61152  
Fall 2017 – Tuesday & Thursday



**INSTRUCTOR:** Frank Palacat  
**OFFICE:** Na`auao 123  
**OFFICE HOURS:** MTWR 8:30am – 9:45am  
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**WINDWARD COMMUNITY COLLEGE MISSION STATEMENT**

*Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai'i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide O'ahu's Ko'olau region and beyond with liberal arts, career and lifelong learning in a supportive and challenging environment — inspiring students to excellence.*

**CATALOG DESCRIPTION**

The course focus is on understanding, evaluating and improving adjustment. Includes the study of theories, concepts, and techniques concerning personal growth and behavior change.

**PREREQUISITES:**

None

**RECOMMENDATIONS:**

Read and write at the college level, basic computing and Internet skills, and have a basic understanding of percentages and probability.

**STUDENT LEARNING OUTCOMES**

Upon completion of this course, students will:

1. Know the basic concepts, principles, methodology, and general information comprising the field of psychology and be able to use this knowledge to better understand her or his own life and the lives of others.
2. Identify and evaluate important issues in her or his own past and present and obtain assurance and direction for the future
3. Apply the methodology of psychological adjustment to the analysis of his/her life.

**COURSE CONTENT**

*Concepts or Topics*

- Major Theories & Thoughts
- Life in the Present, Past, and Future
- Possibilities in Life
- Assets
- Potential
- Dealing with Stress

*Skills or Competencies*

- Identify personal issues in life
- Evaluate importance of life
- Use theories to investigate ones own life
- Discuss life issues

## COURSE TASKS

### A. EXAMS (60%, 600 points of total grade):

Complete 3 of the 4 exams covering assigned readings, class activities, discussions, lectures, videos, and handouts. Each Exam will consist of Multiple Choice, True False, Fill in the Blank, and Short Answers.

<u>EXAM DATES:</u>	<u>ACTIVITIES COVERING</u>
Exam 1	Questions 1-4
Exam 2	Questions 5-9
Exam 3	Questions 10-14
Exam 4	Cumulative Final Exam

**Do not miss exams.** Fairness in testing depends on students having equal preparation opportunities. Consequently, make-up tests will be allowed **ONLY** in the event of a genuine family or medical **EMERGENCY**.

Routine appointments are not emergencies, and should be scheduled outside of class hours. In case of emergencies, it is the responsibility of the student to contact the instructor.

### B. PARTICIPATION (20%, 200 points of total grade):

Each student will be expected to participate in specific activities each week. Activities are designed to complement information in the text and to assist you in preparing your own “Psychology and Me” Portfolio (see C. below). Some activities will only require participation in group activities in class, but most will require preparation outside of class and sharing the work product or information in class group discussion. It is important to **plan ahead** to make certain you complete the work required to be done outside of class so you are ready to share with the class at the time the topic is discussed. Because the activities are planned in-class group learning opportunities, there are no make-up opportunities for these activities. If you plan to earn a B grade or higher for the course, it is essential that you complete these required activities as scheduled.

Each student is viewed as a Learner/Peer Teacher. Your shared observations, knowledge, skills, questions, and responsive listening are valued and contribute to a positive learning environment. Consequently, it is important that every student attend class to contribute her or his share to the interactive learning that is an important part of every class. **To receive credit** for participation, each student will need to **participate**.

### C. “WHO AM I” PORTFOLIO (20%, 200 pts of total grade):

Handout with instructions to be provided in class. This is the single most important activity over the course of the semester. To be successful in this segment of the course, students need to start early and work each week to complete this project. **Because this is a semester long project, there is no excuse for a late paper. LATE PAPERS will not be accepted.**

## ASSESSMENT TASKS AND GRADING

Source	Possible Points		
Exams (3x200)=	600 points	900 - 1000 points	= A
Participation in Class Activities =	200 points	800-899 points	= B
“WHO AM I” Portfolio =	200 points	700- 799 point	= C
<b>Total =</b>	<b>1000 points</b>	600 - 699 points	= D
		<600 points	= F or N

## LEARNING RESOURCES

### Required Text:

Wayne Weiten, Dana S. Dunn, Elizabeth Yost Hammer (2011) *Psychology Applied to Modern Life, Eleventh Edition*

### Campus Resources:

TRIO: Tutoring and resource center for low-income, first-generation, and/or students with disabilities.

Peer Mentoring: tutoring and mentoring for any student in need of tutoring or educational support (see your campus counselor at Student Services).

TTC: The Testing Center for assistance in an alternative testing site.

Library Study Services: See the librarian for additional details.

EBSCOHost Journal Online DataBase can be accessed through the Library Website: <http://library.wcc.hawaii.edu>

## Additional Information

### DISABILITIES ACCOMMODATION STATEMENT

If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to fully participate in this class, you are encouraged to contact the Disability Specialist Counselor to discuss reasonable accommodations that will help you succeed in this class. Ann Lemke can be reached at 235-7448, [lemke@hawaii.edu](mailto:lemke@hawaii.edu), or you may stop by Hale `Akoakoa 213 for more information.

You are encouraged to speak with your instructor to discuss any concerns regarding your educational progress and insure you have an equal opportunity to succeed in this class. Anyone who has difficulty during the semester should see me right away to get help.

### PSY 170 Tentative Schedule Fall 2017

<u>Dates:</u>	<u>Chapter Readings</u>	<u>Class Activity</u>	<u>Learning Outcome Focus</u>
Aug 22		Introduction	1, 2, 3
24	CH. 1	Lecture/ Discussion	1, 2, 3
29	CH. 1	Lecture/ Discussion	1, 2, 3
31	CH. 2	Lecture/ Discussion	2
Sept 5	CH. 2	Lecture/ Discussion	2
7	CH. 3	Group Jigsaw	3
12	CH. 3	Group Jigsaw	3
14	CH. 4	Sending an Expert	2, 3
19	CH. 4	Sending an Expert	2, 3
21	CH. 5	Clicker Activity	2, 3
26	CH. 5	Clicker Activity	2,3
28		Unit Exam 1	1, 2, 3
Oct 3	CH. 6	Snowball	1, 2
5	CH. 6	Speed Terming	1, 2
10	CH. 7	Lecture/ Discussion	1, 2, 3
12	CH. 7	Lecture/ Discussion	1, 2, 3
17	CH. 8	Group Jigsaw	3
19	CH. 8	Group Jigsaw	3
24	CH. 9	Conference Workshop	1, 2
26	CH. 9	Conference Workshop	1, 2
31	CH. 10	Individual Jigsaw	2, 3
Nov 2	CH. 10	Individual Jigsaw	2, 3
7		Unit Exam 2	1, 2, 3
9	CH. 11	Expert Group	2, 3
14	CH. 11	Expert Group	2, 3
16	CH. 12	Lecture/ Discussion	2, 3
21	CH. 12	Lecture/ Discussion	2, 3
28	CH. 13	Term Sharing	1, 2, 3
30	CH. 13	Portfolio Sharing	1, 2, 3
Dec 5	CH. 14	Role Playing	1, 2, 3
7		Unit Exam 3	1, 2, 3
		Final Exam / Makeup exam	1, 2, 3