



PSY 170: PSYCHOLOGICAL ADJUSTMENT
3 Credit Hours (CRN 64132)



INSTRUCTOR: Frank Palacat
OFFICE: Na`auao 123
OFFICE HOURS: MW 10:00am – 11:00am; TR 11:30am – 12:30pm
TELEPHONE: (808) 236-9209
EMAIL: palacatf@hawaii.edu (*best contact*)
EFFECTIVE DATE: Fall 2018

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 the Ko'olau region of O'ahu 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

As a result of taking this course, students can expect to attain the following outcomes:

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 one's 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	Chapters 1-5
Exam 2	Chapters 6-10
Exam 3	Chapters 11-15
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 (15%, 150 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 (25%, 250 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

<u>Task</u>	<u>Possible Pts</u>	<u>Grade Criterion</u>
Participation	= 150 pts	900 - 1000 points = A
“Who am I” Portfolio	= 250 pts	800-899 points = B
Exams (3x200)	= 600 pts	700- 799 point = C
Total	= 1000 pts	600 - 699 points = D
		<600 points = F or N

LEARNING RESOURCES

Required Text:

Wayne Weiten, Dana S. Dunn, Elizabeth Yost Hammer (2014) *Adjust*; ISBN: 9781133594987
The required text may be purchased at the WCC Bookstore located in Hale `Ākoakoa Rm#160.

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).
- 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>

DISABILITIES ACCOMMODATIONS

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, or you may stop by Hale `Ākoakoa 213 for more information.

TITLE IX

Title IX prohibits discrimination on the basis of sex in education programs and activities that receive federal financial assistance. Specifically, Title IX prohibits sex discrimination; sexual harassment and gender-based harassment, including harassment based on actual or perceived sex, gender, sexual orientation, gender identity, or gender expression; sexual assault; sexual exploitation; domestic violence; dating violence; and stalking. For more information regarding your rights under Title IX, please visit: https://windward.hawaii.edu/Title_IX/.

Windward Community College is committed to the pursuit of equal education. If you or someone you know has experienced sex discrimination or gender-based violence, Windward CC has resources to support you. To speak with someone confidentially, contact Karla Silva-Park, Mental Health Counselor, at 808-235- 7468 or karlas@hawaii.edu or Kaahu Alo, Designated Confidential Advocate for Students, at 808-235- 7354 or kaahualo@hawaii.edu. To make a formal report, contact the Title IX Coordinator at 808-235-7393 or wcctix@hawaii.edu.

ACADEMIC INTEGRITY

Work submitted by a student must be the student's own work. The work of others should be explicitly marked, such as through use of quotes or summarizing with reference to the original author.

In this class, students who commit academic dishonesty, cheating or plagiarism will have the following consequence(s):

Students will receive a failing grade for plagiarized assignments.

All cases of academic dishonesty are referred to the Vice Chancellor for Student Affairs.

ALTERNATE CONTACT INFORMATION

If you are unable to contact the instructor, have questions that your instructor cannot answer, or for any other issues, please contact the Academic Affairs Office:

Location: Alakai 121

Phone: 808-235-7422

Email: wcaa@hawaii.edu

ADDITIONAL INFORMATION**PSY 100 Tentative Schedule**

<u>Date</u>	<u>Chapter Readings</u>	<u>Class Activity</u>	<u>Learning Outcome Focus</u>
Aug 21		Introduction	1, 2, 3
23	CH. 1	Lecture/ Discussion	1, 2, 3
28	CH. 1	Lecture/ Discussion	1, 2, 3
30	CH. 2	Lecture/ Discussion	2
Sept 4	CH. 2	Lecture/ Discussion	2
6	CH. 3	Group Jigsaw	3
11	CH. 3	Group Jigsaw	3
13	CH. 4	Sending an Expert	2, 3
18	CH. 4	Sending an Expert	2, 3
20	CH. 5	Clicker Activity	2, 3
25		Unit Exam 1	1, 2, 3
27	CH. 6	Snowball	1, 2
Oct 2	CH. 6	Speed Terming	1, 2
4	CH. 7	Lecture/ Discussion	1, 2, 3
9	CH. 7	Lecture/ Discussion	1, 2, 3
11	CH. 8	Group Jigsaw	3
16	CH. 8	Group Jigsaw	3
18	CH. 9	Conference Workshop	1, 2
23	CH. 9	Conference Workshop	1, 2
25	CH. 10	Individual Jigsaw	2, 3
30	CH. 10	Individual Jigsaw	2, 3
Nov 1		Unit Exam 2	1, 2, 3
8	CH. 11	Expert Group	2, 3
13	CH. 11	Expert Group	2, 3
15	CH. 12	Lecture/ Discussion	2, 3
20	CH. 12	Lecture/ Discussion	2, 3
27	CH. 13	Term Sharing	1, 2, 3
29	CH. 13	Portfolio Sharing	1, 2, 3
Dec 4	CH. 14/15	Role Playing	1, 2, 3
6		Unit Exam 3	1, 2, 3
11 (1 to 3 pm)		Final Exam / Makeup exam	1, 2, 3

Portfolio Project for PSY 170

Choose 10 of the 15 chapters that interest you. Write a minimum of one page, double space with 1-inch margins, using 12 point New Times Roman font. Find a point or term from the chapter that you are writing about, and apply that point or term to an experience or observation you have seen in your life. Provide an artifact (pictures, items, drawings, poems, etc.) that represents that experience. (i.e. Chapter on Friendship and Love, picture of myself with friends or love ones). The choice of chapters and what topic to write about is your decision.

TURN THIS SHEET IN WITH YOUR PORTFOLIO.

Scoring Rubric: Using the below scale give 5 points for each criterion completed. If you have not completed a criterion, 0 points will be given.

<u>Criteria:</u>	<u>5 Points for each completed</u>									
	CH. _	CH. _	CH. _	CH. _	CH. _	CH. _	CH. _	CH. _	CH. _	CH. _
Defined a point or term given in the chapter and provided an example of an experience or observation in their life and applies it to the point or term given.										
1 page typed double spaced (300 words), 1 inch margins, 12 point New Times Roman font										
The artifact relates to the point or term given and is more than a simple drawing. (ie. Picture)										
On-time, Professional Presentation										
Subtotal Each CH.: (20 points possible)										
Total Points Added = (20x10ch=200 points)										
Goals and Expectations (25 points)										
Reflection (25 points)										
Grand Total: (250) points possible)										

Comments:

Name: _____

Class: _____