

**University of Hawaii- Windward CC / Upward Bound Program  
Summer 2014 Course Syllabus**

COURSE NAME AND NUMBER: **PSY 170, Psychological Adjustment**

CREDIT HOURS: **3**

TIMES AND LOCATIONS: **MTWR, 10:45am - 12:20pm in Palanakila 212**

INSTRUCTOR: **Frank Palacat**

OFFICE: **UH – Windward Community College; Na'auao 120;**

COMMUNICATIONS: Phone: **236-9219**; e-mail address: [palacatf@hawaii.edu](mailto:palacatf@hawaii.edu)

OFFICE HOURS: **TBD**

**2013 – 2014 CATALOG COURSE 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.

**I. STUDENT LEARNING OUTCOMES:**

Upon completion of this course, students will:

- A. 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.
- B. Identify and evaluate important issues in her or his own past and present and obtain assurance and direction for the future
- C. Apply the methodology of psychological adjustment to the analysis of his/her life.

**II. COURSE REQUIREMENTS:**

To assess student-learning outcomes each student will complete:

**A. EXAMS (600 pts or 60% of total grade):**

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

**Exam:**

Exam 1

Exam 2

Exam 3

**Covering Material from:**

Questions 1 - 5

Chapters 6 - 10

Chapters 11 – 14

**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.

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

Handout with instructions will 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.**

**D. “Self Help” PRESENTATION (200 pts or 20% of total grade):**

Create or find a Self Help Activity that your Hui will present to the class. This activity can be a variety of formats that attempts to increase an individual’s well being.

**III. MODE OF INSTRUCTION\*:**

Lectures, discussions, assigned readings, participation, group projects, community field observations, role-playing, and peer teaching. Although the main concepts will be covered, not all-important information from your text will necessarily be discussed in class. The text and class activities are mutually complementary, meaning they overlap. Students are responsible for the information presented in both domains.

Each student is 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). Most activities will require preparation outside of class and sharing the work product in class group discussion. It is important to **plan ahead**; make certain you complete the work required outside of class so you are ready to share with the class when the topic is discussed. Because the activities are planned in-class group learning opportunities, there are no make up opportunities for these activities.

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.

**\*What to do if you have a learning difficulty or disability**

If you have a learning problem or disability (difficulties in one or more of the following: reading, writing, spelling, hearing, speaking, seeing, attention, concentration, or other) please let me know at the beginning of the semester. Do the same if English is your second language. Windward Community College will provide assistance for any student with documented disabilities.

**IV. ASSESSMENT:**

<u>Source</u>	<u>Possible Points</u>
Exams (3x200)=	600 points
Participation in Class Activities =	100 points
Self Help Presentation=	100 points
“WHO AM I” Portfolio =	200 points
<b>Total =</b>	<b>1000 points</b>
900 - 1000 points	= A
800-899 points	= B
700- 799 points	= C
600 - 699 points	= D
<600 points	= F or N

**IV. TEXTBOOK:**

Arkoff, Abe, The Illuminated Life, 1995

**Tentative Schedule**

Week	Reading	Due
1	Questions 1, 2 & 3	
2	Questions 4 & 5	Thursday - Exam 1
3	Questions 6, 7 & 8	
4	Questions 9 & 10	Thursday - Exam 2
5	Questions 11, 12, 13, & 14	
6	Tuesday - Exam 3, Wednesday - Portfolio Due and Discussions & Presentations, Thursday - Final Presentations	

**Portfolio Project for Psy 170**

Choose 10 of the 14 Questions that interest you. Answer the question by writing a minimum of one page, double space with 1-inch margins, using 12 point New Times Roman font. Provide an artifact (pictures, items, drawings, poems, etc.) that represents that experience. The choice of chapters and what topic to write about is your decision.

Scoring Rubric: Using the below scale give 6 points for each criteria completed. If you have not completed a criteria, 0 points will be given.

<b><u>Criteria:</u></b>	<b>6 Points for each completed</b>									
	<b>Ch</b>	<b>Ch</b>	<b>Ch</b>	<b>Ch</b>	<b>Ch</b>	<b>Ch</b>	<b>Ch</b>	<b>Ch</b>	<b>Ch</b>	<b>Ch</b>
Define or Describe the Question that will be answered. Gives an example of an experience or observation in their life and applies it to the point or term given.										
1 page typed double spaced, 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										
<b>Subtotal Each CH: (18 points possible)</b>										
<b>Total Points Added (16x10ch=180 points)</b>										
<b>Presentation (ie. Folder, Cover Page (20 points))</b>										
<b>Grand Total: (200 points possible)</b>										
<b>Comments:</b>										