



PSY 170: PSYCHOLOGY OF ADJUSTMENT
3 Credits (CRN 64198)
WCCC

INSTRUCTOR: Falisha Herbic, MACL
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OFFICE HOURS: by appointment, via ZOOM
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EFFECTIVE DATE: Summer_II 2021

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, 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. Identify and evaluate important issues in her or his own past and present.
2. Integrate the basic perspectives, concepts, principles, and general information comprising the field of psychology.
3. Utilize the various psychology adjustment models and concepts in understanding his or her life.

COURSE CONTENT

Concepts or Topics

- Major Adjustment Theories
- Past, Present, and Future Life
- Importance of Change
- Positive Growth and Transitions
- Self-Potential and Possibilities
- Values, Assets, and Goals
- Significant Others and Communication
- Coping with Change and Stress

Skills or Competencies

1. Describe and evaluate personal issues
2. Analyze beliefs, values, and attitudes
3. Compare and contrast important relationships
4. Identify and describe healthy adjustment behaviors
5. Integrate various “selves” into a whole balanced self
6. Define the meaning of life and death
7. Utilize effective communication strategies
8. Discuss coping strategies to effectively manage stress

COURSE TASKS

A. SYLLABUS QUIZ: (1 @ 10 pts = 10 pts (1%) of total grade):

At the beginning of the course, there will be a Syllabus quiz provided to you. The quiz will be strictly based on the syllabus.

You may NOT collaborate with classmates or others when taking the quiz. You will be scored up to ten (10) points for the quiz.

B. PARTICIPATION / ATTENDANCE: (% of regular credit for all quizzes, homework, and exams):

As this is a “Correspondence Course,” participation and attendance will be assessed through the quality and timeliness of your weekly work product.

Each student will be expected to participate in class activities EACH WEEK. The deadline schedule is designed to space material out for cognitive processing and optimal learning. Homework Questions and Exploration Activities are designed to complement information in the text, to increase understanding. Optimal learning will require preparation outside of class activities; basically, READ YOUR TEXT AND SLIDES!!! It is important to **plan ahead** to make certain you complete your reading early, so you are able to complete your weekly assignments in a well thought out, insightful, and timely manner. Because the activities are planned weekly learning opportunities, late and/or superficial (subpar/poor/inferior/junk) work will be penalized a severe % for participation. (ref: see Course Task “C-E”).

To receive credit for participation, each student will need to **answer Homework Assignment questions and Exploration Activities INSIGHTFULLY and IN FULL**, and **turn work in ON TIME**.

C. HOMEWORK QUESTIONS (3 per chapter = 42 @ 10 pts each = 420 pts (42%) of total grade):

For each chapter throughout the semester, a series of homework questions are provided to enhance understanding and apply learning. For each and every chapter, students are to choose any three (3) of the homework questions provided in that chapter, and answer in great detail. The answer for most questions should be written in incredible detail, a minimum of ½ - 1 page long (approximately 125 - 250+ words), and reflect on life experience as well as information presented in the textbook and presentation lecture slides.

Each chapter’s homework questions are listed on the last presentation lecture slide for that chapter, titled “Homework Assignments.” Presentation lecture slides will be provided to students in hard copy. Although homework questions are adapted from the end of chapter “Anchor and Apply” section in your textbook, students will only get course credit for the specific questions designated by the instructor on the “Homework Assignments” slide for each chapter, and only if answered from the point of view of the instructor’s revision of those questions (as presented on the slide). Basically, unless you want to just do more for your own personal growth, but not get credit for it, ignore the other questions and other versions of the chosen questions in the “Anchor and Apply” section of your text.

Assignments are due by 3:00pm each Friday, according to the date due for that chapter. Due dates are listed on the course schedule, included in this syllabus. Make sure your name is on each page. Late assignments are generally not accepted; and if accepted, will be significantly penalized. If you foresee you may be unable to turn assignments in on the due date, you may submit assignments on an earlier date, or have a classmate hand it in for you. Emailed assignments will not be accepted.

Homework Questions are worth 10 points each. To receive full course credit for Homework Questions, you are only required to correctly complete 3 of the homework questions offered for each chapter, 42 in total. The additional assigned questions are extra credit opportunities; these are the ONLY extra credit offered for this course. Extra credit maxes out at 40 points; no more than 40 points of extra credit may be earned.

To enhance learning, students are encouraged to complete any and all activities available; however, **course credit can only be given for a maximum of 420 total homework question points and a maximum of 40 total course extra credit points**. Students understand that any additional questions are completed merely for the learning opportunities they provide. You may discuss with your classmates, but your answers must be in your own words.

D. EXPLORATION ACTIVITIES: (2 per chapter = 28 @ 15 pts each = 420 pts (42%) of total grade):

In your textbook, the author provided three exploration activities at the end of each chapter. Your instructor has chosen two of these three from each chapter for you to complete. Exploration Activities chosen by your instructor are listed on the last presentation lecture slide titled “Homework Assignments” for each chapter. For each chapter, students must complete all Exploration Activities listed on the Homework Assignments slide, and only the Exploration Activities listed on the slide.

Assignments are due by 3:00pm each Friday, according to the date due for that chapter. Due dates are listed on the course schedule, included in this syllabus. Make sure your name is on each page. Late assignments are generally not accepted; and if accepted, will be significantly penalized. If you foresee you may be unable to turn assignments in on the due date, you may submit assignments on an earlier date, or have a classmate hand it in for you. Emailed assignments will not be accepted.

Exploration Activities are worth 15 points each. To receive full course credit for Exploration Activities, you are only required to correctly complete the those designated by your instructor for each chapter, 28 in total.

To enhance learning, students are encouraged to complete any and all activities available. However, students understand that any additional activities are completed merely for the learning opportunities they provide. You may discuss with your classmates, but your answers must be in your own words.

E. EXAMS: (3 @ 50 pts each = 150 pts (15%) of total grade):

Complete three (3) tri-semester examinations covering assigned textbook readings, presentation lecture slides and notes, handouts, assignments, etc. Each Exam may be completed at the student’s discretion: at home or in the education center. You MAY use your books and notes. **You may NOT collaborate with others; the answers should be yours and yours alone.** Each exam will consist of randomly generated Multiple Choice and True-False questions.

EXAM	DUE DATE:	MATERIAL	%/POINTS possible
#1	Friday, July 16 th	Chapters 1-4	5%/ 50pts
#2	Friday, July 30 th	Chapters 5-9	5%/ 50pts
#3	Friday, Aug 13 th	Chapters 10-14	5%/ 50pts

Do not miss exams. Exams will be provided to the student at least one week before the exam is due. It is the student’s responsibility to turn the exam in to the education center by the 3:00pm Friday due date.

Fairness in testing depends on students having equal preparation opportunities. Consequently, late tests will be accepted **ONLY** in the event of a genuine **EMERGENCY** with appropriate documentation. In the event of an emergency, the instructor must be notified **IN ADVANCE** of the exam, unless absolutely impossible. If the instructor is not notified of the emergency prior to the start time of the exam, and/or appropriate documentation of proof of emergency is not provided, the student will receive a zero for that exam.

ASSESSMENT TASKS AND GRADING

Task	Possible Pts	Grade Criterion
Syllabus Quiz	= 10 pts	900 - 1000 points = A
Homework Questions	= 420 pts	800 - 899 points = B
Exploration Activities	= 420 pts	700 - 799 points = C
Exams (3x50)	= 150 pts	600 - 699 points = D
Total	= 1000 pts	<600 points = F or N

LEARNING RESOURCES**Required Resources:**

TEXTBOOK: Arkoff, A. (1995). *The Illuminated Life*. Needham Heights, MA: Allyn and Bacon. The required text will be loaned to you via the Education Center. If you do not return the text by semester’s end, the value of the textbook (as much as \$150) will be billed to you.

ADDITIONAL INFORMATION

MODES OF INSTRUCTION:

Lecture presentation slides and notes, assigned readings, worksheets, participation, personal reflection, community field observations. Although the main concepts in psychological adjustment will be covered, not all important information from your text will be discussed in class presentations, notes, and assignments. The text, course activities, and lecture resources are mutually complementary; meaning they overlap. Students are responsible for information presented in all domains.

REQUEST FOR Cr/N GRADES:

Requests for Credit/No Credit grades, as opposed to the traditional A-F grades, must be made by the official withdrawal date (approximately mid-semester; see calendar for date) directly through your counselor.

LATE WORK:

As stated in “Course Tasks, C - E,” late assignments are generally not be accepted, and are heavily penalized if accepted. If you foresee you may be unable to come to class, you may submit assignments on an earlier date or have a classmate hand it in for you. Emailed assignments will not be accepted. With that said, under special circumstances and with prior approval from your instructor, late work may occasionally be accepted with a strict 50% point penalty. Your instructor reserves the right to rescind this exception at any time.

RELEASE or TRANSFER:

I realize the possibility of immediate release or transfer to another facility is possible and not within your control. If you are being released or transferred to a place you are certain has internet access and you have the ability to gain weekly access to the internet for extended periods of time, it may be possible to continue the course online. This contingency will be considered ONLY under the following conditions:

- 1) You are CERTAIN you will be able to obtain the textbook and reliable and consistent internet access within one week of transfer/ discharge;
- 2) You have already completed at least 50% of the course at WCCC;
- 3) You have already completed the first two exams and scored a “C” or higher;
- 4) You had a “B” or higher for your mid-semester grade assessment;
- 5) You contact the instructor via email within one week of transfer/ discharge;
- 6) Any additional conditions as deemed appropriate by the instructor and/ or WCC counselor.

If any of these conditions cannot be met, it is my recommendation that your WCC counselor withdraw you from the course. It is our wish to set you up for success in your higher education goals. These conditions are in place to ensure successful completion of the course and to prevent us from inadvertently setting you up for failure.

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: wccaa@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 Accessibility Counselor to discuss reasonable accommodations that will help you succeed in this class. Roy Inouye can be reached at (808) 235-7448, royinouy@hawaii.edu, or you may stop by Hale Kāko‘o 106 for more information.

SEX DISCRIMINATION AND GENDER-BASED VIOLENCE RESOURCES (TITLE IX)

Windward Community College is committed to providing a learning, working, and living environment that promotes personal integrity, civility, and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking.

If you or someone you know is experiencing any of these, WCC has staff and resources to support and assist you. To report an incident of sex discrimination or gender-based violence, as well as receive information and support, please contact one of the following:

Kaahu Alo, Student Life Counselor & Designated Confidential* Advocate for Students

Phone: (808) 235-7354

Email: kaahualo@hawaii.edu

Office: Hale 'Ākoakoa 232

**confidentiality is limited*

Desrae Kahale, Mental Health Counselor & Confidential Resource

Phone: (808) 235-7393

Email: dkahale3@hawaii.edu

Office: Hale Kāko'o 101

Karla K. Silva-Park, Title IX Coordinator

Phone: (808) 235-7468

Email: karlas@hawaii.edu

Office: Hale 'Ākoakoa 220

As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator. Although the Title IX Coordinator and I cannot guarantee confidentiality, you will still have options about how your case will be handled. My goal is to make sure you are aware of the range of options available to you and have access to the resources and support you need.

For more information regarding sex discrimination and gender-based violence, the University's Title IX resources and the University's Policy, Interim EP 1.204, go to manoa.hawaii.edu/titleix/

ACADEMIC INTEGRITY

Academic dishonesty cannot be condoned by the University. Such dishonesty includes cheating and plagiarism (examples of which are given below) which violate the Student Conduct Code and may result in receiving zero points for an assignment, failing an exam, failing the class, and ***expulsion from the University of Hawaii***.

Cheating: Cheating includes but is not limited to copying another student's work, giving unauthorized help during an examination, obtaining unauthorized information about an examination before it is administered, using inappropriate sources of information during an examination, altering the record of any grades, altering answers after an examination has been submitted, falsifying any official UH record, and misrepresenting the facts in order to obtain exemptions from course requirements.

Plagiarism: Plagiarism includes but is not limited to submitting any document to satisfy an academic requirement that has been copied in whole or part from another individual's work without identifying that individual; neglecting to identify as a quotation a documented idea that has not been assimilated into the student's language and style, or paraphrasing a passage so closely that the reader is misled as to the source; submitting the same written or oral material in more than one course without obtaining authorization from the instructors involved...

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

SUMMER II 2021 PSY170 WCCC Schedule of Coursework			
WEEK#	Suggested DATE(S) to work on	ALL COURSEWORK* FOR	DUE by 3pm on THIS DAY
1	July 6	Syllabus	July 9
	July 6 - 7	Question 1	
	July 7 - 8	Question 2	
2	July 9 - 11	Question 3	July 16
	July 12 - 13	Question 4	
	July 14	EXAM #1 CHs 1 - 4	
3	July 16 - 17	Question 5	July 23
	July 18 - 19	Question 6	
	July 20 - 21	Question 7	
4	July 23 - 25	Question 8	July 30
	July 26 - 27	Question 9	
	July 28	EXAM #2 CHs 5 - 9	
5	July 30 – Aug 1	Question 10	Aug 6
	Aug 2 – 3	Question 11	
	Aug 4 – 5	Question 12	
6	Aug 6 – 8	Question 13	Aug 13
	Aug 9 – 10	Question 14	
	Aug 11	EXAM #3 CHs 10 - 14	

- * THIS IS A SUMMER COURSE -- 16 WEEKS OF INSTRUCTION HAVE BEEN SHRUNK TO 6; THEREFORE, THIS IS AN INTENSIVE COURSE AND REQUIRES EXTREME DEDICATION TO YOUR STUDIES TO PASS.
- ** Weekly Coursework typically begins on the Friday of each week, and ends with submission of work the following Friday (the due date); with the exception of week one which was delayed/rushed due to holiday.
- *** Coursework for that week/chapters is typically due to be already completed by mid-week, in time to be routed to the education center by Friday @ 3pm latest (the due date/time).
- **** Chapter Coursework includes
- (1) Chapter **READING** completed in your **TEXTBOOK**;
 - (2) Looking over and studying **LECTURE SLIDE PRESENTATIONS**, while
 - (3) Reading and studying **CHAPTER LECTURE NOTES** (below slides);
 - (4) Completing **HOMEWORK QUESTIONS**;
 - (5) Completing **EXPLORATION ACTIVITIES**;
 - (6) Completing **SYLLABUS QUIZ** (week 1 only)
- ***** Other coursework includes **EXAMS** (see due dates).
- ***** In case of Lockdowns, COVID-19 outbreak, or any other unforeseeable facility-wide difficulty accessing the education center, coursework submission and quiz completion will be mediated as necessary (do not worry ☺).
- ***** In case of student penalty-disciplinary action, missed work cannot be made up and late work will incur penalty.
- ***** Suggested dates to work on chapters is a recommendation. Students are encouraged to begin work early, and work consistently, to complete work for submission or on before the due date.