



UNIVERSITY of HAWAII®
WINDWARD
COMMUNITY COLLEGE

PSY170, Psychology of Adjustment

3 credits (63444)

Asynchronous

INSTRUCTOR: Joe Rangel

OFFICE: Offsite

OFFICE HOURS: Asynchronous: Contact via email

EMAIL: jrangel@hawaii.edu

EFFECTIVE DATE: Fall, 2022

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

PSY 170: Psychology of Adjustment

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

Credits:

3

Lecture Hours:

3

Designation:

DS

Activities Required at Scheduled Times Other than Class Times

None

STUDENT LEARNING OUTCOMES

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

Student Learning Outcomes:

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

COURSE TASKS

Students will be expected to participate in weekly forum discussions regarding current course topics. Students will make one post answering an instructor prompt, by Wednesday, and one substantive response to another student by Friday. Both posts must be completed to earn points for the week. More information on the nature of the posts will be included in the laulima courseroom.

ASSESSMENT TASKS AND GRADING

Grades are determined by forum participation, performance on quizzes, and performance on two exams (midterm and final)

Forum participation:	5 points per week (40pts total)
Quizzes (2)	10 points each (20pts total)
Midterm	20 points
Final (non-cumulative)	20 points

LEARNING RESOURCES

PSYCHOLOGY APPLIED TO MODERN LIFE: ADJUSTMENTS IN THE 21ST CENTURY

AUTHOR:	WEITEN
ISBN:	9781285459950
STATUS:	REQUIRED
EDITION:	11
COPYRIGHT:	2015

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:

Jojo Miller, Confidential Advocate
 Phone: (808) 348-0663
 Email: advocate@hawaii.edu
 Office: Hale Kāko‘o 110

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

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: Alaka‘i 121
- Phone: (808) 235-7422