



UNIVERSITY of HAWAII
WINDWARD COMMUNITY COLLEGE

Ke Kulanui Kaiāulu o ke Ko'olau

PSY 170: PSYCHOLOGICAL ADJUSTMENT

FALL 2024

3 Credits | CRN 64219

Windward Community College Mission Statement

'O keia ka wā kūpono e ho'onui ai ka 'ike me ka ho'omaopopo i kō Hawai'i mau ho'oilina waiwai. Aia nō ho'i ma ke Kulanui Kaiāulu o ke Ko'olau nā papahana hou o nā 'ike 'akeakamai a me nā hana no'eau. Me ke kuleana ko'iko'i e ho'ohiki ke Kulanui e kāko'o a e ho'okumu i ala e hiki kē kōkua i ka ho'onui 'ike a nā kānaka maoli. Na mākou nō e ho'olako, kāko'o a paipai i nā Ko'olau a kō O'ahu a'e me nā hana no'eau ākea, ka ho'ona'auao 'oihana a me ka ho'onui 'ike ma ke kaiāulu — hō'a'ano a e ho'oulu i nā haumāna i ka po'okela.

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

Instructor Information

Instructor: Frank Palacat

Office: Na'auao 123 Phone (808) 236-9209

Office Hours: Make an appointment at <https://www.star.hawaii.edu/appointment/>
MTWR 11:30am- 12:45pm (Online via Zoom)

Email: palacatf@hawaii.edu

ZOOM: <https://hawaii.zoom.us/my/palacatf>

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

Course Information

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

Activities Required at Scheduled Times Other than Class Times

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
1. Apply the methodology of psychological adjustment to the analysis of his/her life.

Required Materials

Required Text:

Wayne Weiten, Dana S. Dunn, Elizabeth Yost Hammer (2018) Psychology Applied to Modern Life Adjustment in the 21st Century; ISBN: 9781305968479

The required text may be purchased at the WCC Bookstore located in Hale `Ākoakoa Rm#160.

Course Format

This course is offered in a 16-week time frame. Please note that this is not a self-paced course, the class schedule is strictly followed.

Course Technology

Laulima Learning Management System

- [Laulima \(Sakai\) Accessibility](#)
- Laulima will be unavailable daily from 3:00 am-4:00 am HST for server backup and maintenance.
- Laulima automatically logs you out *if it does not detect activity for two hours*. A warning message will appear, notifying you of the lack of activity. Activity is defined as clicking a button in Laulima, such as "Save Draft" or "Next" (in a test), clicking on a course tab, or taking an action that sends information to the server.

Other Technology

Review the privacy/security policies before using the technologies we will be using in this class. Contact me if you would like to discuss the use of alternate options or technologies.

- [Google Sheets](#) is used to create assignment and reference worksheets ([accessibility statement](#), [privacy policy](#))
- [Google Docs](#) is used to create the Course Design Document and rubrics ([accessibility statement](#), [privacy policy](#))
- [Kahoot!](#) is used for review activities ([accessibility statement](#), [privacy policy](#))
- [Flip](#) is used for some of the discussion activities ([accessibility statement](#), [privacy policy](#))
- [Padlet](#) is used for some of the discussion activities ([Padlet Accessibility Statement](#), [Padlet privacy policy](#))
- [Quizlet](#) is used for interaction (accessibility statement not provided, [privacy policy](#))
- [YouTube](#) is used for delivering some of the course content ([accessibility statement](#), [privacy policy](#))
- [Zoom](#) is used for the Synchronous Sessions and virtual office ([accessibility statement](#), [privacy policy](#))

Participation Verification

Campuses are required by federal regulations to verify the participation of students in their classes. In accordance with [Executive Policy 7.209](#), all students in the University of Hawai'i system are required to establish "participation" to ensure that they are not dropped from their class(es). Students who fail to participate by the late registration period for a class will be administratively dropped from that class. Students may also be dropped from dependent prerequisite and/or corequisite classes if both courses do not establish participation.

Grading Policy

Assessment Tasks and Grading

A. PARTICIPATION (10%, 100 points of total grade):

Each student will be expected to participate each week. Activities are designed to complement information in the text. Optimal learning will require preparation through reading and processing, and then sharing the work product or information in class or online class forums. 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 with weekly deadlines, 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 to contribute to the interactive learning that is an important part of every course. To receive credit for participation, each student will need to participate, on time.

B. ONLINE WEEKLY ACTIVITIES (30%, 300 points of total grade):

Complete weekly chapter activity online. Check for due dates online.

C. PORTFOLIO POSTING AND RESPONDING (30%, 300 points of total grade):

TO OBTAIN FULL POINTS EACH POST NEEDS TO BE 300 WORDS AND EACH RESPONSE 100 WORDS LONG.

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 Activity. The Posting and Responses in this course will be used as your writing Activity for the course. Please take this into account when writing your posts. Be aware of grammar structure and writing styles.

The grading of each post and response is as follows (an example is provided in Lualima):

- 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. (Post these under each Chapter heading)
- Provide an artifact (pictures, drawings, poems, etc.) that links to your posting or question. (Provide this as an attachment to your posts)
- The writing must be 300 words with little or no grammatical errors.
- Respond to 2 other posts or questions (100 words) with insightful information or thoughts in complete sentences.

D. QUIZZES (30%, 300 points of total grade):

Complete chapter quizzes covering assigned readings, class activities, discussions, lectures, videos, handouts, Activities, etc. Each Quiz will consist of approximately 20 Multiple Choice and True-False questions.

You will have 2 opportunities to get obtain the highest score possible. Each quiz is timed.

Task	Possible Pts	Grade Criterion
Participation	= 100 pts	900 - 1000 points = A
Weekly Activities	= 300 pts	800-899 points = B
Portfolio	= 300 pts	700- 799 point = C
Quizzes	= 300 pts	600 - 699 points = D
Total	= 1000 pts	<600 points = F or N

Weekly Assignments

TENTATIVE SCHEDULE

August - October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 25	26	27	28	29	30	31
Read CH 1 & 2 Due: Introduction & Pre-Survey 8/31/24 @ 11:59pm						
Sept 1	2	3	4	5	6	7
Read CH 3 & 4 Due: Posts, Responses, Quizzes, and Activities for CH 1 & 2 9/7/24 @ 11:59pm						
8	9	10	11	12	13	14
Read CH 5 & 6 Due: Posts, Responses, Quizzes, and Activities for CH 3 & 4 9/14/24 @ 11:59pm						
15	16	17	18	19	20	21
Read CH 7 & 8 Due: Posts, Responses, Quizzes, and Activities for CH 5 & 6 9/21/24 @ 11:59pm						
22	23	24	25	26	27	28
Read CH 9 & 10 Due: Posts, Responses, Quizzes, and Activities for Ch 7 & 8 9/28/24 @ 11:59						
29	30	Oct 1	2	3	4	5
Read CH 11, 12 & 13 Due: Posts, Responses, Quizzes, and Activities for CH 9 & 10 10/5/24 @ 11:59						
6	7	8	9	10	11	12
Read CH 14, 15 & 16 Due: Posts, Responses, Quizzes, and Activities for CH 11, 12 & 13 10/12/24 @ 11:59						
13	14	15	16	17	18	19
Due: Posts, Responses, Quizzes, and Activities for 14, 15, & 16 10/19/24 @ 11:59						

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 the 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.

Windward CC Student Conduct Information

(<https://catalog.windward.hawaii.edu/student-conduct>)

UH System Student Conduct Policy EO 7.208

(<https://www.hawaii.edu/policy/?action=viewPolicy&policySection=Ep&policyChapter=7&policyNumber=208>)

How to Seek Academic or Technical Support

Academic Support

- Windward Community College Library
 - (<http://library.wcc.hawaii.edu/home>)
- Library eResources
 - (<https://library.wcc.hawaii.edu/az.php>)
- Ka Piko Writing Lab
 - (<https://windward.hawaii.edu/services-for-students/tutoring/ka-piko/writing-lab/>)
- Ka Piko Speech Lab
 - (<https://windward.hawaii.edu/services-for-students/tutoring/ka-piko/speech-lab/>)
- Ka Piko Math Lab
 - (<https://windward.hawaii.edu/services-for-students/tutoring/ka-piko/math-lab/>)
- Evening and Online Learning at Windward Community College
 - (<https://windward.hawaii.edu/programs-of-study/evening-online-education/>)
- STAR Balance
 - (<http://star.hawaii.edu/appointment/>)

Technical Support

- [UH ITS Help Desk](#) - email help@hawaii.edu or call 956-8883 (or 1-800-558-2669) for Laulima and most technology support. Available 24 hours a day, 7 days a week, including holidays.
- Student Tech Support - email winhelp@hawaii.edu, call 808-235-7437, or stop by in person at Hale La'akea 228. Available Monday–Friday from 8:00 am–4:00 pm.

- Laulima – Click on the [Request Assistance](#) link at the bottom of any Laulima Page to fill out and submit a question and get your answer via email.
- [Information Security for Students \(https://www.hawaii.edu/infosec/\)](https://www.hawaii.edu/infosec/)

College Policies & Support Services

Disabilities Accommodations Statement

The Windward Community College's Disability Student Services Office (WCC-DSSO) is committed to providing equal access to qualified students with disabilities.

If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to participate fully in this class, you are encouraged to contact the Disability Specialist Counselor, Roy Inouye, to discuss reasonable accommodations that will help you succeed in this class. The Disabilities Counselor can be reached at 808-235-7448, wccdsso@hawaii.edu, or stop by the office (Hale Kako'o 105) for more information.

Basic Needs

Basic needs include food and housing, childcare, mental health, financial resources, and transportation. Student basic needs security is critical for ensuring strong academic performance, persistence and graduation, and overall student well-being. If you or someone you know is experiencing basic needs insecurity, please see the [UH System Basic Needs website](#).

Mental Health Counseling

Mental Health and Wellness at Windward Community College counseling services and activities on campus to support students' life goals as well as their academic goals. Information about services can be found at the [WCC Mental Health & Wellness website](#).

UH Alerts

The UH Alert emergency notification system alerts the university community in the event of a natural, health or civil emergency. The information you provide will only be used in the event of an emergency that impacts the health and safety of the UH community or the closure of whole campuses. It will not be shared with others or used for routine UH communications or announcements. To sign up, visit [UH Alerts website](#) for more information.

Financial Aid

If you are receiving financial aid and are contemplating not completing the course, BEFORE you withdraw, it is highly recommended that you contact the Financial Aid Office at 808-934-2712 or email them at wccfao@hawaii.edu to discuss the impact this decision may have on your financial aid eligibility.

Student Conduct Code

Windward Community College follows the University of Hawai'i Code of Student Conduct which defines expected conduct for students and specifies those acts subject to University sanctions.

Students should familiarize themselves with the Code of Student Conduct since, upon enrollment at Windward Community College, the student has placed herself/himself under the policies and regulations of the University and its duly constituted bodies. The disciplinary authority is exercised through the Office of the Vice Chancellor for Student Affairs. Copies of the Student Conduct Code are available at the Office of the Vice Chancellor for Student Affairs or [online](#).

Title IX - Sex Discrimination And Gender-Based Violence Resources

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:

Leslie Cabingabang, UH System Confidential Advocate
 Phone/Text: (808) 348-0432 or (808) 341-4952
 Email: advocate@hawaii.edu
 Office: Hale Kāko'o 107 (Wednesdays)

Mykie E. Menor Ozoa-Aglugub, J.D., Title IX Coordinator
 Phone: (808) 235-7468
 Email: mozoa@hawaii.edu
 Office: Hale Kāko'o 109

Desrae Kahale, Mental Health Counselor & Confidential Resource
 Phone: (808) 235-7393
 Email: dkahale3@hawaii.edu
 Office: Hale Kāko'o 101

Karen Cho, Deputy Title IX Coordinator
 Phone: (808) 235-7404
 Email: kcho@hawaii.edu
 Office: Hale 'Alaka'i 120

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 <https://www.hawaii.edu/titleix/>