



PSY 170 PSYCHOLOGICAL ADJUSTMENT

3 Credit Hours (CRN 62250)

Online



INSTRUCTOR: Frank Palacat
OFFICE: Na`auao 123
OFFICE HOURS: Make an appointment at <https://www.star.hawaii.edu/appointment/>
 MW 11:30am- 12:45pm (Online via Zoom)
 TR 10:00am – 11:15am (Online via Zoom)
TELEPHONE: (808) 236-9209
EMAIL: palacatf@hawaii.edu (best contact)
EFFECTIVE DATE: Spring 2024

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

<u>Concepts or Topics</u>	<u>Skills or Competencies</u>
<ul style="list-style-type: none"> • Major Theories & Thoughts • Life in the Present, Past, and Future • Possibilities in Life • Assets • Potential • Dealing with Stress 	<ul style="list-style-type: none"> • Identify personal issues in life • Evaluate importance of life • Use theories to investigate one’s own life • Discuss life issues

COURSE TASKS

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):

- a. Find a point or term from the chapter that you are writing about, and
- b. Apply that point or term to an experience or observation you have seen in your life. (Post these under each Chapter heading)
- c. Provide an artifact (pictures, drawings, poems, etc.) that links to your posting or question. (Provide this as an attachment to your posts)
- d. The writing must be 300 words with little or no grammatical errors.
- e. 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.

ASSESSMENT TASKS AND GRADING

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

LEARNING RESOURCES

Required Text:

Windward Community College is an equal opportunity, affirmative action institution.

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.

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.

Jodi Asato, Disabilities Counselor under Disabilities Accommodations, Hale Kako‘o 105, 808-235-7472, jodiaka@hawaii.edu

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 the Mental Health & Wellness Office at 808-235- 7393 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/Confidential Advocate, Mykie Ozo-Aglugub, Hale Kako‘o 109, 808-235-7468, mozoa@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 Activities.

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: wccaa@hawaii.edu

PSY 170 Tentative Schedule

January - March 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 7	8	9	10	11	12	13
Read CH 1 & 2 Due: Introduction & Pre-Survey 1/13/24 @ 11:59pm						
14	15	16	17	18	19	20
Read CH 3 & 4 Due: Posts, Responses, Quizzes, and Activities for CH 1 & 2 1/20/24 @ 11:59pm						
21	22	23	24	25	26	27
Read CH 5 & 6 Due: Posts, Responses, Quizzes, and Activities for CH 3 & 4 1/27/24 @ 11:59pm						
28	29	30	31	Feb 1	2	3
Read CH 7 & 8 Due: Posts, Responses, Quizzes, and Activities for CH 5 & 6 2/3/24 @ 11:59pm						
4	5	6	7	8	9	10
Read CH 9 & 10 Due: Posts, Responses, Quizzes, and Activities for Ch 7 & 8 2/10/24 @ 11:59						
11	12	13	14	15	16	17
Read CH 11, 12 & 13 Due: Posts, Responses, Quizzes, and Activities for CH 9 & 10 2/17/24 @ 11:59						
18	19	20	21	22	23	24
Read CH 14, 15 & 16 Due: Posts, Responses, Quizzes, and Activities for CH 11, 12 & 13 2/24/24 @ 11:59						
25	26	27	28	29	Mar 1	2
Due: Posts, Responses, Quizzes, and Activities for 14, 15, & 16 3/2/24 @ 11:59						