

Psychology 2101: Psychology of Adjustment
Spring 2008
Tuesday & Thursday 3:30-4:45 pm
Student Learning Center, Room 350

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Textbook: Weiten, W. & Lloyd, M. A. (2006). Psychology Applied to Modern Life: Adjustment in the 21st Century, 8th Edition. Belmont, CA: Thompson Wadsworth.

Course Description & Objectives: This course will introduce you to psychological adjustment, or the process by which people adapt to the demands of everyday life circumstances. Such circumstances may include personal factors, such as age, gender, relationship status, and career. Other circumstances may include psychological factors, such as stress, anxiety, Intrapersonal communication, and attachment. The primary goal of the class is to provide students with an adequate theoretical foundation so they may better understand adjustment issues in themselves and others. We will not only discuss these challenges, but also the ways in which they are investigated and researched.

Course Format: The structure of this course will include lectures, readings from the textbook, and activities/discussions. Lectures will generally coincide with the chapter topics presented in the textbook, but will also include information from outside sources, encouraging relevant class discussions.

Attendance: Students should attend each class in order to obtain the full value of this course. Attendance will not be taken; however, opportunities to earn extra credit points will be given to those students who are present for class on selected dates. A total of 20 extra credit points are possible over the semester for attendance. Extra credit will be rewarded at the end of the semester when tallying total points earned in the course. You are responsible for contacting another student for all lecture materials, handouts, and announcements made for any classes that are missed.

Exams: Five intra-semester exams and a final exam will be given over the course of the semester. Each intra-semester exam will consist of 100 questions and will be worth a total of 100 points. The final exam will consist of 200 questions, which will cover information from the entire course and be worth a total of 200 points. Exam questions will be based on information from the textbook and class discussion. Students are required to take the final exam but are ONLY required to take three of the five intra-semester exams. A student may elect to take more than three of the intra-semester exams. Only the three highest grades earned on the intra-semester exams, final exam, attendance extra credit, and research extra credit (detailed below) will count towards the final grade. With the flexibility provided regarding the intra-semester exams, students will not be permitted to make up an exam if missed. Students should plan accordingly in case an emergency situation arises. The final exam will ONLY be given on the scheduled exam date at the scheduled time unless you provide a legitimate, documented excuse from the Office of Student Affairs (OSA). If you have an emergency situation, you should fax 542-3406 and also call OSA (Attn: Ms. Linda Edge) at 542-8220.

Research Participation: All students enrolled in PSYC 2101 are required by the Psychology Department to participate in 6.5 research credit hours. These hours can be obtained by participating in research studies or by writing summaries on current articles concerned with psychological topics or research approved by the instructor. Failure to fulfill these research participation requirements will result in a grade of INCOMPLETE for the semester. Further details on research participation are provided at www.uga.edu/psychology, or you may contact the RP coordinator with any questions, at rp@uga.edu. Students have the opportunity to earn up to 6 points of extra credit for participating in extra research studies. Students will be awarded 2 points of extra credit for every 1.0 hours of research over the required 6.5 (1 extra credit point for every .5 research study hours). The limitation for this opportunity is 9.5 research credit hours (6 points of research extra credit).

Grading: Grades will be determined by summing earned points on the (1) highest three intra-semester exams, (2) final exam, and (3) attendance extra credit and (4) research extra credit. The total possible points earned over the course of the semester is 500. Total points earned at the conclusion of the semester will be divided by 500 and the percentage earned will represent the final grade. Percentages of .5 or greater will be rounded up to the nearest percentage (e.g., 89.5% → 90%).

Intra-semester exams: 100 points each (300 total points possible)

Final Exam: 200 points

Extra Credit: 0 to 20 attendance points and research extra credit

93-100% = A

90-92% = A-

89-86% = B+

85-83% = B
82-80% = B-
79-76% = C+
75-73% = C
72-70% = C-
69-66% = D+
65-63% = D
62-60% = D-
Below 60% = F

WebCT: WebCT will be used to post course-related documents (e.g., syllabus, grades). Students may also find it helpful to communicate with one another by posting questions and/or responses on the bulletin board. The instructor will not regularly monitor the bulletin board or WebCT email. Please use e-mails provided above if you have questions or concerns

Disputing Grades: If you feel that you have lost points unfairly, please do not hesitate to contact the instructor or teaching assistant to discuss the issue individually.

Academic Dishonesty: All cases of academic dishonesty in this class will be handled in accordance with university policy. Any substantiated claim of academic dishonesty will result in an automatic failure for this class. Academic dishonesty includes plagiarism, giving or receiving unauthorized assistance, lying/tampering with academic work or records, recycling assignments/papers from previous classes, and theft. Please refer to the UGA Student Handbook or the policy manual, *A Culture of Honesty*, for further information regarding this policy. Information can also be found at <http://www.uga.edu/honesty/ahpd/ah.pdf>. Please familiarize yourself with these policies, as ignorance of the rules is not an acceptable defense.

Withdrawal: The deadline for withdrawing from class with a grade of "W" is March 4, 2008.

Course Schedule: SPRING 2008

January 8: First day of class - Introduction & syllabus review
January 10: Chapter 1 – *Adjusting to Modern Life, Theories of Personality*
January 15: Chapter 2 – *Theories of Personality*
January 17: Chapter 2
January 22: Chapter 3 – *Stress and Its Effects*
January 24: Chapter 3
January 29: ***INTRA-SEMESTER EXAM 1 (Chapters 1-3)***
January 31: Chapter 6 - *Social Thinking and Social Influence*
February 5: Chapter 6
February 7: Chapter 7 – *Interpersonal Communication*

February 12:	Chapter 7
February 14:	INTRA-SEMESTER EXAM 2 (Chapters 6, 7)
February 19:	Chapter 8 – <i>Friendship & Love</i>
February 21:	Chapter 8
February 26:	Chapter 9 – <i>Marriage & Intimate Relationships</i>
February 28:	Chapter 9
March 4:	INTRA-SEMESTER EXAM 3 (Chapters 8, 9)
March 6:	Chapter 10 - Gender and Behavior
March 11:	NO CLASS – SPRING BREAK
March 13:	NO CLASS – SPRING BREAK
March 18:	Chapter 10
March 20:	Chapter 11 - Development
March 25:	Chapter 11
March 27:	INTRA-SEMESTER EXAM 4 (Chapters 10, 11)
April 1:	Chapter 13 - <i>Development and Expression of Sexuality</i>
April 3:	Chapter 13
April 8:	Chapter 15 - <i>Psychological Disorders</i>
April 10:	Chapter 15
April 15:	INTRA-SEMESTER EXAM 5 (Chapter 13, 15)
April 17:	Chapter 16 - <i>Psychotherapy</i>
April 22:	Chapter 16
April 24:	LAST CLASS – Diagnosis and Treatment of Paraphilias
May 6:	FINAL EXAM (3:30-6:30 pm)

**While every attempt will be made to adhere to this schedule and syllabus, the instructor reserves the right to alter the schedule and/or syllabus as needed.*