

PSYCHOLOGY OF ADJUSTMENT – PSYC 2101

Spring 2008

Tuesday/Thursday 2:00-3:15

Student Learning Center, Room 350

Instructor: Meghan Mitchell, M.S.

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Office Hours: By appointment

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Textbook: Weiten, W. & Lloyd, M.A. (2006). *Psychology Applied to Modern Life: 8th Edition*. Belmont, CA: Thompson Wadsworth.

Course Description and Objectives: This course will provide a broad overview of the psychology of adjustment, or the ways in which people adapt to factors in their lives. Such factors include daily activities (e.g., school, sports, work), interpersonal relationships, race, gender, physical illness, and mental health.

Course Structure: The course will include lectures based on the course textbook, videos, supplemental readings, class discussions, and one group project. Students are expected to come to class prepared to discuss assigned readings from the text. In order to facilitate discussion, the instructor will post discussion questions on WebCT prior to lectures so that students can think about the topics that will be discussed ahead of time.

WebCT: WebCT will be used to post course-related documents (e.g., syllabus, supplemental readings, discussion questions, group project materials) and grades. Students are also welcome to communicate with one another by posting questions and/or responses on the bulletin board. If you have a specific question for the instructor or T.A., **please email us directly using the email addresses provided on the syllabus.**

Attendance: Students are expected to attend all classes. Extra credit will be rewarded at the end of the semester to students who attend class on a regular basis (10 possible extra credit points for attendance). You are responsible for contacting another student for all lecture materials, handouts, and announcements made for any classes that are missed. **Attendance is required for all classes related to the group project** (see group project description below).

Exams: A total of four exams will be given throughout the semester. Each exam will consist of approximately 50 questions of any combination of multiple choice, short answer, and short essay and will be worth a total of 100 points. Questions will be based on information from the textbook, lectures, class discussion, and any supplemental resources assigned (e.g., assigned readings, guest speakers, videos, etc.). Exams are not cumulative.

Questions regarding exam grades/scoring will only be discussed for *one week* after the exam has been returned. After this time period, grade alterations will not be considered, but general review and discussion of questions are welcome.

*****Exams will only be given on the scheduled exam dates at the scheduled time unless you provide a legitimate, documented excuse (e.g., doctor's note).** If you have an emergency situation, you should call the Office of Student Affairs (ATTN: Ms. Linda Edge) at 706-542-8220 and provide documentation of the emergency by faxing it to 706-542-3406. OSA will verify the situation and notify me directly.

If you know in advance that you have a conflict with a scheduled exam, **you must contact me at least one week prior to the exam date.** If you know now that you have a conflict with an exam, please let me know ASAP so we can set up a makeup time. Students with a legitimate, documented excuse will be allowed to make up the exam within 7 days of the scheduled exam date. Anyone with an unacceptable excuse will receive a grade of zero for the exam.

Group Project: Towards the end of the semester (see course schedule), a group project will be assigned in which students will be assigned to groups of 6 students and given a psychological article to discuss as a group. Each group will then give a 15 minute presentation of the article. While a straightforward outline of a sample presentation will be provided, each group is encouraged to present in any way that they determine (e.g., facilitating a class discussion about the article, using Power Point). Group assignments and articles will be posted on WebCT well in advance of the group project. Class time will be set aside for groups to meet. **Attendance is required during all group related activities** (i.e., group meetings, group presentations). To be fair to all groups, the order of presentations will be determined at the beginning of each class period for group presentations, so all groups should be prepared to present on the first day of group presentations.

Grading: Grades will be determined by summing the test scores from your three highest exam grades and the group project grade and dividing by the total possible points (350). 10 possible extra credit points can be earned by attending class regularly. An additional 3 possible extra credit points can be earned by participating in 3 additional research hours (see research participation below). Below is a summary of the possible points that can be earned throughout the semester.

Best 3 Exams: 100 points each = 300 possible points
Group Project: 50 points
Extra Credit: 10 points (attendance) + 3 points (3 additional research hours)

A = 94-100%	C+ = 77-79%
A- = 90-93%	C = 74-76%
B+ = 87-89%	C- = 70-73%
B = 84-86%	D = 60-69%
B- = 80-83%	F = <60%

Academic Honesty: 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 of the 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.

PSYC2101

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.

Disability Services: If you have a learning disability, please see the Office of Disability Services (542-8719). Please let me know of the learning disability and show me your paperwork at the beginning of the semester so that we can make accommodations for your note taking or test taking before we get far into the course.

Research Participation: All students enrolled in PSYC2101 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. 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 at rp@uga.edu.

COURSE SCHEDULE

January 8:	Introduction to class
January 10:	Chapter 1 – Adjusting to Modern Life
January 15:	Chapter 2 – Theories of Personality
January 17:	Chapter 2
January 22:	Chapter 3 – Stress and its Effects
January 24:	Chapter 3 – PTSD video and discussion
January 29:	Discussion and review for Exam 1
January 31:	EXAM 1: Chapters 1, 2, & 3
February 5:	Chapter 4 – Coping Processes
February 7:	Chapter 4 – Discussion and class exercise
February 12:	Chapter 6 – Social Thinking and Social Influence
February 14:	Chapter 6 – “A Class Divided” video and discussion
February 19:	Discussion and review for exam 2
February 21:	EXAM 2: Chapters 4 & 6
February 26:	Chapter 8 – Friendship and Love
February 28:	Chapter 10 – Gender & Behavior
March 4:	Chapter 10 & brief meeting with group to discuss group project
March 6:	Chapter 10 – “Sex: Unknown” video and discussion
March 10-14:	NO CLASS – SPRING BREAK
March 18:	Discussion and review for exam 3
March 20:	EXAM 3: Chapters 8 & 10
March 25:	Group Project: Meet with group to discuss article and presentation
March 27:	Group Project: Meet with group to prepare presentation
April 1:	Group Project: Presentations
April 3:	Group Project: Presentations
April 8:	Group Project: Presentations
April 10:	Chapter 15 – Psychological Disorders: Anxiety, Somatoform, & Dissociative disorders
April 15:	Chapter 15 – Mood disorders & Schizophrenic disorders and discussion
April 17:	Chapter 15 – Eating disorders and discussion
April 22:	Chapter 16 – Psychotherapy
April 24:	Discussion and review for exam 4
May 1:	Final Exam Period: Exam 4: Chapters 15 & 16 3:30-6:30 PM

*** Every attempt will be made to adhere to this schedule. The Instructor reserves the right to alter the above as deemed necessary.*