PSYCHOLOGY OF ADJUSTMENT: PSYC 2315

Spring 2013 – MW 11 a.m. - 12:20 p.m. (G-166)

PROFESSOR: Dr. Jean Raniseski (Dr. R)

CONTACT INFORMATION:
Office in G-180; Office Phone Number: 281-756-3733;
E-mail Address: jmraniseski@alvincollege.edu (**Please note the extra letter “m”)

*Note: Preferred methods of communicating are through my e-mail address or Blackboard mail option. I will do my best to respond within 48 hours Monday-Thursday and within 72 hours Friday-Sunday.

OFFICE HOURS:
- MW 10:30-11 a.m., 12:30-1 p.m. and 2:30-4 p.m.
- TTh 10:30-11; 12:30-3:30 p.m.
- Fri by appointment 5:30-6:30 p.m.

CATALOG COURSE DESCRIPTION: (3 credits) (3 lecture hrs per week) (6 study hrs per week).
This course is a study of the processes involved in the adaptation of individuals to their personal and social environments. Emphasis will be placed on the principles of behavior which underlie positive and healthy adjustment to everyday life.

COURSE OBJECTIVES: After completing this course, students should be able to correctly answer objective-style questions regarding the following topics:
1) the purpose and focus of the field of adjustment psychology (positive psychology)
2) theoretical approaches to “normal” human development
3) healthy behaviors in everyday living
4) the importance of resilience and well-developed coping mechanisms
5) proper techniques to improve interpersonal communication skills
6) the essential role that human contact plays in psychological adjustment

METHODS FOR ACCOMPLISHING THESE OBJECTIVES:
The following teaching methods will be used throughout the semester:
1) Lectures, DVDs, PowerPoint presentations, computer simulations, and online materials will be used when appropriate.
2) Small and large group discussions or use of a discussion board oriented toward the material will supplement lecture or online learning resources.
3) In-class activities and handouts, or online supplements will help illustrate important concepts.

LEARNER RESOURCES
All of the following resources are available to help you reach your learning objectives:
1. Your professor, Dr. Raniseski (Dr. R)
2. Your textbook and the accompanying online learning aides (available through Blackboard Learn)
3. Your fellow classmates
4. ACC computer labs, including the Cyber Lab (Room A-173): Monday – Thursday 8:00 a.m. – 8:00 p.m.; Friday 8:00 a.m. – 5:00 p.m.; and Sunday 4:00 p.m. – 8:00 p.m. Call 281-756-3544 for more information about available computer labs.

5. **ACC Library**: Located in A-204, [http://www.alvincollege.edu/library/default.htm](http://www.alvincollege.edu/library/default.htm)

6. **ACC Learning Lab and Writing Center** in A-235 are available for free tutoring, exams, and Computer access, and study carrels. Learning Lab hours: Monday – Thursday 8:00 a.m. – 9:00 p.m.; and Friday 8:00 a.m. – 4:00 p.m. Testing hours are Monday – Thursday 10:00 a.m. – 7:30 p.m. (tests must be completed by 8:30 p.m.); and Friday 10:00 a.m. – 12:00 noon (tests must be completed by 1:00 p.m.). Both the Learning Lab and the Writing Center are closed on Fridays during the summer. Additional information may be found at: [http://www.alvincollege.edu/resources/learninglab.htm#aec](http://www.alvincollege.edu/resources/learninglab.htm#aec)

7. **Behavioral Intervention Team (BIT) – Letting someone know**: The Behavioral Intervention Team (BIT) at Alvin Community College is committed to improving community safety through a proactive, collaborative, coordinated, objective and thoughtful approach to the prevention, identification, assessment, intervention and management of situations that pose, or may reasonably pose, a threat to the safety and well-being to the campus community. College faculty, staff, students and community members may communicate concerns to the BIT by email, BIT@alvincollege.edu, or through an electronic reporting option located on the BIT page of the college website, [http://www.alvincollege.edu](http://www.alvincollege.edu).

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**REQUIRED COURSE MATERIALS**


   *Note: This textbook may be purchased at the ACC bookstore, which is open Monday–Thursday 7:30 a.m. to 7:00 p.m. and Friday 7:30 a.m. to 2:00 p.m. Bookstore hours may vary during holidays, so please call the bookstore at 281-756-3681 for more information. The textbook may also be purchased online and mailed directly to your home from: [http://www.alvincollege.edu](http://www.alvincollege.edu).*

2. Collegiate Dictionary
3. **Computer access** and working knowledge of Microsoft Word and the Internet
4. Active **Blackboard Learn** account (provided by ACC)

   *Note: Any technical problems or issues with Blackboard Learn should be directed to the Distance Education Department at de@alvincollege.edu. Be sure to include your first and last name, student ID number and a description of the problem when you request assistance. Students will not be penalized if there is an interruption in Blackboard Learn service and the instructor is notified of such an issue by the Distance Education Department.*

5. Active **WebACCESS** account (provided by ACC)

   *Note: Any technical problems or password issues should be directed to the IT Department Help Desk at 281-756-3544.*

6. Stapler
7. **Positive attitude**
8. **Desire to learn and be successful**
COURSE REQUIREMENTS

Exams: You will be taking 3 exams this semester. Each exam will be worth 100 points and will consist of 50 multiple choice and true/false questions worth 2 points apiece. You will also have the opportunity to answer extra credit questions worth 5 points total. EXAMS WILL BE CUMMULATIVE.

**Missed Exams Policy:** You will only be allowed to take a make-up exam for legitimate (documented) excuses. Failure to prepare for an exam because of a test in another course; not knowing there was an exam that day; or not being ready for any other reason; is NOT a legitimate excuse for missing an exam. Having additional time to study is unfair to your classmates who followed the rules and took the exam on the day it was scheduled.

If you are permitted to take a make-up exam, you must take it on the same day as Exam III (during finals).

Written Assignments: You will be completing 1 written assignment this semester, worth 100 points. You will select a topic from any chapter we will NOT be covering (chapters 2, 7, 9, 15 & 17) and write a 5-7 page research paper. Further guidelines will be provided.

**Late Assignment Policy:** Late assignments will be accepted, but you will lose 10 points for each business day (Monday – Friday) that passes before you turn it in. You will lose 5 points if it is turned in after class has ended on the due date.

Participation
Participation and effort are essential for classroom – and work – success. It is an important skill and an invaluable tool for succeeding in college and in life. Please do your best to speak up and ask questions and/or share your thoughts. Make active participation a personal goal because I want to hear from you. You may earn up to 50 points for your active participation – I will assess your participation twice during the semester. The first assessment will be worth 25 points and the final assessment at the end of the semester will be worth 25 points. The first assessment will take place on March 6th and the second assessment will take place on May 6th.

*Note: Employers won’t employ you long if you don’t interact with them and/or their customers, so this is a great chance to practice that skill.

Attendance
Attendance is considered essential for success in both college and work environments; therefore, attendance will be included as part of your grade.

You will earn 5 points for every class session you attend, giving you a total of 155 points for the 31 class sessions held this semester (BONUS 10 points for perfect attendance).

Note: You don’t get paid when you don’t go to work, so you won’t get paid (earn points) if you don’t attend class with all of your academic supplies.

Entering late or leaving early: Coming in late or leaving early is distracting to your classmates and to me. It is disrespectful and can be perceived as a lack of interest and/or dedication to the learning process. If you arrive 20+ minutes late or leave 20+
minutes early, you will be marked absent for that day and forfeit your 5 attendance points just as you would be docked for leaving work early.

**ACC’s Official Attendance Policy:** “Failure to attend class sections for which the student is officially registered will result in a failing (F) grade. Regular attendance in classes is expected. If an absence is unavoidable, the student is responsible for completing all work missed during the absence. Any work missed and not subsequently completed will affect the grade of the student regardless of the reason for the absence” (2012-2013 Catalog).

**Extra Credit**
You will earn 5 points of extra credit for attending a Student Success Workshop scheduled through the ESC. You may attend up to 2 workshops for extra credit.

All Student Success Workshops will be held in A221, and are FREE! Call 281-756-3531, e-mail workshops@alvincollege.edu, or go to www.alvincollege.edu and click on Success and Career Workshops under the Campus Activities section to reserve your seat. It is recommended that you sign up at least 24 hours in advance.

Other extra credit opportunities may be announced in class throughout the semester.

**GRADING POLICY**

**Available Points**
You will have the opportunity to earn a total of 985 points this semester. The point total is calculated using the following formula: 3 exams (300 points) + 1 assignment (100 points) + 29 days of attendance (145 points) + 2 participation assessments (50 points) = 595 points.

**Final Course Grade**

Letter grades will be assigned according to the following College Level Scale:

- **536 – 595 = A** Superior College Level Work
- **476 – 535 = B** Above Average College Level Work
- **417 – 475 = C** Average College Level Work
- **357 – 416 = D** Below Average College Level Work
- **000 – 356 = F** Unacceptable College Level Work

**Note:** There is a well-known myth among students that professors “give grades.” Well, I’m here to be a myth buster. **I do NOT give grades;** I record the grades YOU earn. If you want a particular course grade, then make sure you earn the corresponding number of points. **You and you alone are responsible for your grade.**

Withdrawal (Dropped class) = W

**Note:** It is recommended that the student talk to the instructor before withdrawing. If a decision is made to withdraw, the student must start the process at the Enrollment Services Center, A-100. Failure to withdraw by the deadline may result in a grade of F.
*Note: The Six Drop Rule - each student is allowed to drop only 6 classes during their undergraduate career, so use them wisely.

Incomplete – provided at the discretion of the professor for extenuating circumstances and when only one assignment or exam is missing = I

*Note: If an incomplete grade is assigned and the course work is not completed by the pre-arranged time limit, this grade will convert to a grade of F.

**DR. R's RECIPE FOR SUCCESS**

Attend every class; be on time and ready to learn; participate in class discussions; read all assigned readings; complete and submit required assignments; learn to take advantage of the resources available to you at ACC; and always be respectful of fellow classmates and me.

**CLASSROOM AND CAMPUS POLICIES**

**ACC’s Classroom Conduct Policy**

It is the right of each student to participate in his or her learning, and it is the responsibility of each student to not interfere with the learning of other students. Policies governing the classroom are provided in this syllabus and students who violate one or more of these policies will be subject to disciplinary action, including but not limited to the following:

1. being asked to leave the class.
2. referral to the Dean of Students for possible course withdrawal.
3. an official reprimand and/or disciplinary probation.

**Respect**

According to Webster’s New Dictionary and Thesaurus (2002), “respect” means “to feel or show honor or esteem; to show consideration for.” Everyone in this class deserves respect, whether student or professor.

- Talking while others are asking a question, sharing information with the class, or simply trying to learn is disrespectful and annoying to everyone, including me.

- Texting, surfing the Internet, playing games, using electronic devices of any kind, etc., during class is also disrespectful and annoying to everyone, including me. Not to mention the fact that you will be missing essential information that may appear on the exam.

- For those of you straight from high school – this is NOT high school. Disrespect is NOT tolerated in college; it is NOT tolerated in the workplace; and is NOT tolerated by your classmates.

- I will NOT hesitate to ask you to leave the classroom if you cannot behave like a college-level student. Please do not embarrass yourself by forcing me to do this.

**Technology**

This item shouldn’t need to be mentioned, but here goes anyway - cell phones, PDAs, MP3s, microwaves, televisions, remote controlled cars, blenders, etc. must be out of sight during class, NOT
on your desk or in your hands. While what you're learning from me and your fellow classmates is Twitter-worthy, please resist the temptation.

I understand that you may experience painful withdrawal symptoms when separated from your gadget, but your fellow classmates and I promise we won’t let you die. Cross our hearts and swear on a stack of PDAs.

On a more serious note, tapping away on the gadget might not distract you (which is denial at its finest), but it does distract your classmates. Human nature will make your neighbors watch what you’re doing and tempt them to strain to read your screen, so please show everyone the respect they deserve and leave your devices in the OFF position.

*Note: I might not be able to see all violations of this policy while I’m teaching; but if I do, you can count on me taking your device until class has ended.

**Academic Integrity**
Academic integrity is an integral part of academia. Alvin Community College has a strict disciplinary policy on cheating and plagiarism of any kind. Any violation of the College’s policy will result in a grade of F on the assignment or exam. Repeated violations will result in an F for the course.

**Cheating:** can include such things as: looking at someone’s exam; allowing someone to look at your exam; telling students who haven’t taken the exam what the questions/answers are; asking others what is on an exam before taking it yourself; using electronic devices during exams; etc.

**Plagiarism:** can include such things as: turning in a paper written by someone else; copying text word-for-word from an article, website, or book without giving credit to the author(s); taking someone else’s idea and claiming it as your own; etc. Suspected policy violations will result in an F on the exam or the assignment involved and a disciplinary referral to the Dean of Students. Repeated violations will result in an F in the course.

College provides the opportunity for you to explore YOUR ideas, beliefs, and values and to display YOUR knowledge and achievements. This is your chance to grow and improve yourself, so don’t throw that away by refusing to do your own work and/or looking for the easy way out.

Your goal might simply be to get the “piece of paper” (diploma or certificate) and graduate, but you’ll have regrets later in life if you don’t take advantage of the opportunities you have right now. That “piece of paper” will remain a piece of paper - not worthy of a frame - rather than a symbol of your accomplishments and growth. So if you have to get a “piece of paper” to pursue your career goals, why not make it something you’ll be proud of.

**Americans with Disabilities Policy**
Alvin Community College provides equal opportunities for academically qualified students with disabilities and ensures access to a wide variety of resources. Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 require that the College make certain special arrangements for students with disabilities by promotion of a physical environment that is barrier free, as well as conducive to a positive and productive experience.
The student is expected to take a lead role in becoming responsible and self-reliant by becoming his or her own advocate in securing services and accommodations which are keys to academic and interpersonal success. This does not mean that less will be required of the student with a disability than of others, but only that reasonable accommodations will be made. Receiving an accommodation is not a guarantee for success in the classroom but, rather, a way for all students to have equal access. There is no separate set of guidelines for students with disabilities.

The College – and I – will make reasonable accommodations for any qualified student with a diagnosed disability who has been admitted to the College and requested them.
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<thead>
<tr>
<th>Date</th>
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<th>Topic</th>
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<tbody>
<tr>
<td>01/14</td>
<td>M</td>
<td>Course Introduction / Syllabus Review</td>
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<tr>
<td>01/16</td>
<td>W</td>
<td>Chapter 1: Welcome to Positive Psychology</td>
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<td>01/21</td>
<td>M</td>
<td>Martin Luther King, Jr. Day – No class today</td>
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<td>01/23</td>
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<td>01/28</td>
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<td>Chapter 4: Developing Strengths and Living Well in a Cultural Context</td>
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<td>Chapter 5: Living Well at Every Stage of Life</td>
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<td>02/18</td>
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<td><strong>EXAM 1: CHAPTERS 1, 3, 4 &amp; 5</strong></td>
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<td>02/20</td>
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<td>Chapter 6: The Principles of Pleasure: Understanding Positive Affect, Positive Emotions, Happiness, and Well-Being</td>
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<td>Chapter 8: Seeing Our Future Through Self-Efficacy, Optimism, Hope</td>
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<td>03/06</td>
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<td>Chapter 10: Mindfulness, Flow, and Spirituality: In Search of Optimal Experiences (Participation #1)</td>
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<td>03/11</td>
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<td>03/13</td>
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<td>Spring Break – No class today</td>
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<td>03/18</td>
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<td>03/20</td>
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<td>Chapter 11: Empathy and Egotism: Portals to Altruism, Gratitude, and Forgiveness</td>
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<td>03/25</td>
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<tr>
<td>03/27</td>
<td>W</td>
<td><strong>EXAM 2: CHAPTERS 6, 8, 10 &amp; 11 (and 1, 3, 4 &amp; 5)</strong></td>
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<td>04/01</td>
<td>M</td>
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<td>04/03</td>
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<td>Chapter 12: Attachment, Love, and Flourishing Relationships</td>
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<td>Chapter 14: Interceding to Prevent the Bad and Enhance the Good</td>
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<td>05/01</td>
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<td>Chapter 18: Going Positive</td>
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<td>05/06</td>
<td>M</td>
<td><strong>EXAM 3: CHAPTERS 12, 13, 14, 16 &amp;18 (and 1, 3, 4, 5, 6, 8, 10 &amp; 11)</strong> (Participation #2)</td>
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