



**Division of Social and Behavioral Sciences
Psychology Department**

<http://www.hccs.edu/programs/areas-of-study/social--behavioral-sciences/psychology/>

PSYC 2315 Psychology of Adjustment | Lecture | CRN 96414

Summer 2019 | First Five Weeks (6.3.2019-7.8.2019)

In-Person | Westside High School, E133 | MTWTh 8:30-10:50
3 Credit Hours | 48 hours per semester

Instructor Contact Information

Instructor:	Charles L. Earley J.D., M.A.	Office Phone:	713.718.7180
Office:	Westside HS, E133	Office Hours:	As needed, before and after class
HCC Email:	Charles.earley@hccs.edu	Office Location:	Westside HS, E133

Please feel free to contact me concerning any problems that you are experiencing in this course. Your performance in my class is very important to me. I am available to hear your concerns and just to discuss course topics.

Instructor's Preferred Method of Contact

HCCS policy requires instructors and students to communicate only through the HCCS email system. If you have not activated your HCCS student email account, you can do so here (<http://www.hccs.edu/district/students/student-e-maileagle-id/>). Emails will be checked on Mondays, Wednesdays, and Fridays. My preferred method of contact is by email at Charles.earley@hccs.edu

What's Exciting About This Course

You will discover so much about yourself and learn to be a happier, healthier, more well-adjusted person! What can you do to become happier? Will creativity and optimism improve your sense of well-being? And what about stress? How can you assess your level of stress and better cope with it? What about relationships? How important are first impressions? You can learn to improve your relationships with romantic partners, family, friends and co-workers through improved communication. What has science learned about good marriages, lasting friendships and satisfying careers? Also, what do we know about sex gender? And what about when adjustment breaks down and people develop psychological disorders? What happens and how can these conditions be treated?

My Personal Welcome

Welcome to Psychology of Adjustment—I'm delighted that you have chosen this course. One of my passions is to know as much as I can about human behavior, and I can hardly wait to pass that on. I will present the information in the most exciting way I know, so that you can grasp the concepts and apply them now and hopefully throughout your life. As you read and wrestle with new ideas and facts that may challenge you, I am available to support you. The fastest way to reach me is by my HCC email. The best way to really discuss issues is in person and I'm available during posted office hours to tackle any questions you might have. My goal is for you to walk out of the course with a better understanding of yourself and of human behavior. So please visit me or contact me whenever you have a question.

Prerequisites and/or Co-Requisites

The minimum requirements for enrollment in PSYC 2315 are as follows: satisfied the requirements for college-level reading and writing skills (or take INRW 0420 or ESOL 0360 as a co-requisite). If you have enrolled in this course without having satisfied these prerequisites, you are at higher risk of failure or withdrawal than students who have done so, and you should carefully read and consider the repeater policy in the [HCCS Student Handbook](#).

Eagle Online Canvas Learning Management System

This course will use [Eagle Online Canvas](https://eagleonline.hccs.edu) (<https://eagleonline.hccs.edu>) to supplement in-class assignments, exams, and activities. Canvas will be utilized for exams, assignments, and announcements.

HCCS Open Lab locations may be used to access the Internet and Eagle Online Canvas. It is recommended that you **USE FIREFOX OR CHROME AS YOUR BROWSER**.

HCC Online Information and Policies

Although this is an in-person class, I encourage you to visit the HCC Online information pages. They contain a great deal of useful information about using Canvas. Here is the link to HCC Online: <http://www.hccs.edu/online/>.

Scoring Rubrics, Assignment Instructions, etc.

Look in Eagle Online Canvas for the scoring rubrics for assignments, assignment instructions, exam instructions, and other information to assist you in the course. <https://eagleonline.hccs.edu/login/ldap>

Instructional Materials

Textbook Information



The textbook listed below is **required** for this course. **Adjust** by Weiten, Hammer, & Dunn (Pearson). ISBN: 1133594980.

New copies of the text are packaged with an access code. You can purchase the package through the [HCC Bookstore](#).

Other Instructional Resources

Tutoring

HCC provides free, confidential, and convenient academic support, including writing critiques, to HCC students in an online environment and on campus. Tutoring is provided by HCC personnel in order to ensure that it is contextual and appropriate. Visit the [HCC Tutoring Services](#) website for services provided.

Libraries

The HCC Library System consists of 9 libraries and 6 Electronic Resource Centers (ERCs) that are inviting places to study and collaborate on projects. Librarians are available both at the libraries and online to show you how to locate and use the resources you need. The libraries maintain a large selection of electronic resources as well as collections of books, magazines, newspapers, and audiovisual materials. The portal to all libraries' resources and services is the HCCS library web page at <http://library.hccs.edu>.

Supplementary Instruction

Supplemental Instruction is an academic enrichment and support program that uses peer-assisted study sessions to improve student retention and success in historically difficult courses. Peer support is provided by students who have already succeeded in completion of the specified course, and who earned a grade of A or B. Find details at <http://www.hccs.edu/resources-for/current-students/supplemental-instruction/>.

Course Overview

Study of the processes involved in adjustment of individuals to their personal and social environments.

Core Curriculum Objectives (CCOs)

PSYC 2301, PSYC 2314, PSYC 2316, and PSYC 2319 satisfy the social science requirement in the HCCS core curriculum. The HCCS Psychology Program Committee has specified that these courses address the core objectives as follows:

- **Critical Thinking:** Students will demonstrate the ability to engage in inquiry and analysis, evaluation and synthesis of information, and creative thinking by completing a written assignment such as a book report, research paper, or essay.
- **Communication Skills:** Students will demonstrate effective development, interpretation and expression of ideas through written, oral, and visual communication by completing a written assignment such as a book report, research paper, or essay.
- **Quantitative and Empirical Literacy:** Students will demonstrate the ability to draw conclusions based on the systematic analysis of topics using observation, experiment, and/or numerical skills by completing textbook reading assignments, completing assignments, and answering questions on quizzes and exams.
- **Social Responsibility:** Students will demonstrate cultural self-awareness, intercultural competency, civil knowledge, and the ability to engage effectively in regional, national, and global communities by completing textbook reading assignments, completing

assignments, and answering questions on quizzes and exams.

Program Student Learning Outcomes (PSLOs)

Can be found at:

<http://www.hccs.edu/programs/areas-of-study/social--behavioral-sciences/psychology/>

Course Student Learning Outcomes (CSLOs)

Upon completion of PSYC 2315, students will be able to

- Develop an appreciation of the dimensions of subjective well-being, their application to students' lives, and research examining related issues.
- Explain the empirical roots of happiness and well-being.
- Become familiar with stress and stress management, coping strategies, personal strengths, and the nature of psychological problems and treatments for them.
- Acquire techniques to increase satisfaction with families and personal relationships.
- Apply psychological concepts to the solutions of current issues and problems, such as, ethics, communication with fellow students, interpersonal relationships, and /or evaluation of presentations.

Learning Objectives

Learning Objectives for each CSLO can be found at [Learning Objectives for PSYC 2315](#)

Student Success

Expect to spend at least twice as many hours per week outside of class as you do in class studying the course content. Additional time will be required for written assignments. The assignments provided will help you use your study hours wisely. Successful completion of this course requires a combination of the following:

- Reading the textbook
- Attending class in person and/or online
- Completing assignments
- Participating in class activities

There is no short cut for success in this course; it requires reading (and probably re-reading) and studying the material using the course objectives as your guide.

Instructor and Student Responsibilities

As your Instructor, it is my responsibility to:

- Provide the grading scale and detailed grading formula explaining how student grades are to be derived
- Facilitate an effective learning environment through learner-centered instructional techniques
- Provide a description of any special projects or assignments
- Inform students of policies such as attendance, withdrawal, tardiness, and make ups
- Provide the course outline and class calendar which will include a description of any special projects or assignments

- Arrange to meet with individual students before and after class as required

As a student, it is your responsibility to:

- Attend class in person and/or online
- Participate actively by reviewing course material, interacting with classmates, and responding promptly in your communication with me
- Read and comprehend the textbook
- Complete the required assignments and exams
- Ask for help when there is a question or problem
- Keep copies of all paperwork, including this syllabus, handouts, and all assignments
- Be aware of and comply with academic honesty policies in the HCCS Student Handbook

Assignments, Exams, and Activities

Please carefully review all of the information in this section and don't hesitate to ask questions if anything is unclear to you. Be assured that I have thoughtfully designed all of the assignments, exams, and activities in this course to enable you to learn the material and to be successful. By providing due dates, I am helping you stay on track and accomplish your goal of getting the best grade you can in this course.

Written Assignment(s)

The topic for this class involves safe spaces and college students. Read the following article: <https://www.psychologytoday.com/blog/happiness-and-the-pursuit-leadership/201511/howmaking-colleges-safe-spaces-makes-us-all-less>

Do you agree or disagree with the assertions made in the article? You MUST support your position with other materials. You will fail the paper if there are no other sources of information, and/or if there are no citations and references. Wikipedia is NOT a reference.

The paper must follow the following guidelines:

- All papers must be double-spaced and submitted as a Word document.
- APA format must be used. If you are not familiar with the APA format for writing papers, please review the style guide in the library.
- Each paper must have the following sections: Introduction (a review of the article or topic), Discussion, and Conclusions. The Introduction should be approximately 150 words, Discussion should be approximately 900 words, and the Conclusions should be approximately 100-150 words. The total paper should be approximately 1200-1250 words in length, not counting citations and the title page.
- Paraphrase your information. Do not quote text. This is not a research paper and the length is too short to include excessive quotes.
- The paper will be graded for critical thinking, grammar, correct style, spelling, and accuracy. The Introduction is 15%, Discussion is 50%, Conclusions is 25%, and the remaining 10% of the grade is for style and spelling. Since this is a paper written on a computer, use the spell check on your word processor.
- The paper should have a title page with the following information:
 - Title of the Paper
 - Student Name/ID Number
 - PSYC 2314: Time and Date of Class
 - Semester and Year
- Plagiarism is considered academic dishonesty and will result in a "zero" on that writing

assignment and an F the class, at the instructor's discretion. Cite other peoples' work and paraphrase.

- Proofread your paper. If there are too many grammatical and spelling errors, the paper becomes difficult to read, and therefore, will end up with a lower grade.

The paper is to be submitted in online and is worth 150 points.

Exams

There will be four multiple choice exams worth 150 points each, for a total of 600 points,

Other Assignments and Activities

There will be online assignments on Canvas. These include watching videos or reading papers and providing a written discussion. Canvas assignments are worth a total of 100 points. Each assignment is worth 10 points and is posted to the calendar on the syllabus and on Canvas.

Comprehensive Final Exam

There will be a comprehensive final exam in this course. The comprehensive final exam will consist of 100 multiple choice questions and be administered on Canvas..

Students who are absent from the final exam must discuss their absence with the instructor in advance or within 24 hours afterward. Failure to do so will result in a 0 on the final exam..

Grading Formula

Your grade is based on a point system, with 1000 points that can be earned during the semester. An A = 900 points or more, a B = 800-899 points, a C = 700-799 points, a D = 600-699 points, and an F is less than 600 points.

Written Assignment(s)	150
Exams	600
Other Assignments and Activities	100
Comprehensive Final Exam	150
Total	1000
Maximum Extra Credit	50

Grade	Total Points
A	900+
B	800-899
C	700-799
D	600-699
F	<600

Incomplete Policy

In order to receive a grade of Incomplete ("I"), a student must have completed at least 85% of the work in the course. In all cases, the instructor reserves the right to decline a student's request to receive a grade of Incomplete.

HCC Grading Scale can be found on this site under Academic Information:
<http://www.hccs.edu/resources-for/current-students/student-handbook/>

Course Calendar

Summer First Five Weeks		
Week	Dates	Topic/What's due
1	06/03 06/04 06/05 06/06	Syllabus/Introduction Unit 1 Chapter 1: Adjusting to Modern Life Chapter 2: Theories of Personality Canvas Personality Test Chapter 3: Stress and Its Effects
2	06/10 06/11 06/12 06/13	Chapter 4: Coping Processes Canvas Coping Mechanisms Assignment Unit 2 Chapter 5: Psychology and Physical Health Exam 1 Chapters 1-4 Chapter 6: The Self Chapter 7: Social Thinking and Social Influence
3	06/17 06/18 06/19 06/20	Chapter 8: Interpersonal Communication Unit 3 Chapter 9: Friendship and Love Exam 2 Canvas Social Influence Assignment Canvas Interpersonal Communication Assignment Chapter 10: Marriage and Intimate Relationships cont. Chapter 11: Gender and Behavior Canvas Friendship and Love Assignment
4	06/24 06/25 06/26 06/27	Chapter 12: Development and Expression of Sexuality Canvas Gender and Behavior Assignment Unit 4 Exam 3 Chapter 13: Careers and Work Written Assignment due Canvas Development and Expression of Sexuality Assignment Chapter 14: Psychological Disorders Canvas Psychological Disorders Assignment 1 Chapter 14: Psychological Disorders Chapter 15: Psychotherapy
5	07/01 07/02 07/03	Chapter 15: Psychotherapy Canvas Psychological Disorders Assignment 2 Canvas Psychotherapy Assignment Exam 4 Final Exam Review Final Exam

Census Date: June 6, 2019

Last Day to Withdraw: June 24, 2019

Syllabus and Calendar Modifications

The instructor reserves the right to modify the syllabus and/or course calendar at any time during the semester and will promptly notify students in writing, typically by e-mail, of any such changes.

Instructor's Practices and Procedures

Missed Assignments

There are **no make-up assignments or exams**. Students have ample time to complete assignments. If you wait until the last minute and there is a problem that prevents you from completing an assignment, you will not be allowed additional time. The grade for a missed exam will be dropped by using the average points of the other exams as a substitute grade only if there is a reason found acceptable by the instructor. If the instructor does not find the reason for missing the exam acceptable, a "zero" will be recorded for that exam. Acceptable reasons to drop an exam grade include, but are not limited to, hospitalization, detention in jail, or a death in the family. Documentation must be provided. Pay attention to due dates and times. If you miss the final exam, a makeup exam will be considered on a case by case basis.

Academic Integrity

Students are responsible for conducting themselves with honor and integrity in fulfilling course requirements. Penalties and/or disciplinary proceedings may be initiated by college district officials against a student accused of scholastic dishonesty. "Scholastic Dishonesty" includes, but is not limited to, cheating on a test, plagiarism and collusion. Any instance of scholastic dishonesty may be reported to the Maxiant system. Possible punishments for scholastic dishonesty include a grade of "0" or "F" on the particular assignment, failure in the course, and/or recommendation for probation or dismissal from the college district. A recommendation for suspension or expulsion will be referred to the college Dean of Students for disciplinary disposition. Students have the right to appeal the decision.

Academic dishonesty will result in an F in the class.

Here's the link to the HCC information about academic integrity (Scholastic Dishonesty and Violation of Academic Scholastic Dishonesty and Grievance):

<http://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-procedures/>

Attendance Policy

You are encouraged to attend each class since regular attendance correlates with good grades. Be on time and attend the entire class. If you must be absent, you are, of course, responsible for the material covered in class in your absence (see the Course Calendar). Be advised that instructors must drop students who fail to attend class by the official date of enrollment ("Census Day"). In addition, instructors may drop students who miss six hours of class time. . If you decide to withdraw from the course, it is your responsibility to complete the proper forms with the registrar's office.

Student Conduct

I expect students to conduct themselves professionally in their communications with me, their classmates, and college staff and administration. Behavior inappropriate to the collegiate setting (including but not limited to abusive/derogatory/threatening/harassing

language directed at the instructor or towards other students, staff or administrators) will not be tolerated, and may result in removal from the course if severe and/or repeated. The same conduct is expected with online interactions. Please view the HCCS Student Handbook for more information.

Instructor's Course-Specific Information

In most instances, grades will be provided to students within a week.

Psychology Program Information

Majoring in Psychology

Visit the [Psychology Program Pages](#) on the Learning Web for information about our faculty and courses. You will also find information about majoring in psychology.

Student Organizations

Psi Kappa

All students are invited to join Psi Kappa, an organization that can help students learn about psychology outside the classroom, serve the community, meet students in other PSYC classes, interact with PSYC faculty, and learn leadership skills. For more information, visit the [Psi Kappa page](#) on the HCC Learning Web, the [Psi Kappa blog](#), and the [Psi Kappa Facebook page](#).

Psi Beta

HCC has an active chapter of Psi Beta: National Honor Society in Psychology for Community and Junior Colleges. To learn more about this organization visit the [Psi Beta](#) website. For information about the HCC chapter, visit the [Psi Beta page](#) on the HCC Learning Web.

HCC Foundation: Psychology Achievers Scholarship

To be eligible for the \$125 per semester Psychology Achievers Scholarship, a student must (1) meet all HCC Foundation criteria for scholarship eligibility, and (2) make an A in either PSYC 2301 or PSYC 2314.

HCC Policies

Here's the link to the HCC Student Handbook <http://www.hccs.edu/resources-for/current-students/student-handbook/>. In it you will find information about the following:

Academic Information	Incomplete Grades
Academic Support	International Student Services
Attendance, Repeating Courses, and Withdrawal	Health Awareness
Career Planning and Job Search	Libraries/Bookstore
Childcare	Police Services & Campus Safety
disAbility Support Services	Student Life at HCC
Electronic Devices	Student Rights and Responsibilities
Equal Educational Opportunity	Student Services
Financial Aid TV (FATV)	Testing
General Student Complaints	Transfer Planning
Grade of FX	Veteran Services

EGLS³

The EGLS³ ([Evaluation for Greater Learning Student Survey System](#)) will be available for most courses near the end of the term until finals start. This brief survey will give invaluable information to your faculty about their teaching. Results are anonymous and will be available to faculty and division chairs after the end of the term. EGLS³ surveys are only available for the Fall and Spring semesters. -EGLS3 surveys are not offered during the Summer semester due to logistical constraints.

<http://www.hccs.edu/resources-for/current-students/egls3-evaluate-your-professors/>

Campus Carry Link

Here's the link to the HCC information about Campus Carry:

<http://www.hccs.edu/departments/police/campus-carry/>

HCC Email Policy

When communicating via email, HCC requires students to communicate only through the HCC email system to protect your privacy. If you have not activated your HCC student email account, you can go [to HCC Eagle ID](#) and activate it now. You may also use Canvas Inbox to communicate.

Housing and Food Assistance for Students

Any student who faces challenges securing their foods or housing and believes this may affect their performance in the course is urged to contact the Dean of Students at their college for support. Furthermore, please notify the professor if you are comfortable in doing so.

This will enable HCC to provide any resources that HCC may possess.

Office of Institutional Equity

Use the link below to access the HCC Office of Institutional Equity, Inclusion, and Engagement (<http://www.hccs.edu/departments/institutional-equity/>)

disAbility Services

HCC strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability (including mental health, chronic or temporary medical conditions), please meet with a campus Abilities Counselor as soon as possible in order to establish reasonable accommodations. Reasonable accommodations are established through an interactive process between you, your instructor(s) and Ability Services. It is the policy and practice of HCC to create inclusive and accessible learning environments consistent with federal and state law. For more information, please go to <http://www.hccs.edu/support-services/disability-services/>

Title IX

Houston Community College is committed to cultivating an environment free from inappropriate conduct of a sexual or gender-based nature including sex discrimination, sexual assault, sexual harassment, and sexual violence. Sex discrimination includes all forms of sexual and gender-based misconduct and violates an individual's fundamental rights and personal dignity. Title IX prohibits discrimination on the basis of sex-including pregnancy and parental status in educational programs and activities. If you require an accommodation due to pregnancy please contact an Abilities Services Counselor. The Director of EEO/Compliance

is designated as the Title IX Coordinator and Section 504 Coordinator. All inquiries concerning HCC policies, compliance with applicable laws, statutes, and regulations (such as Title VI, Title IX, and Section 504), and complaints may be directed to:

David Cross
Director EEO/Compliance
Office of Institutional Equity & Diversity
3100 Main
(713) 718-8271
Houston, TX 77266-7517 or Institutional.Equity@hccs.edu
<http://www.hccs.edu/departments/institutional-equity/title-ix-know-your-rights/>

Department Chair Contact Information

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