Spring 2016 Semester Syllabus
The Psychology of Adjustment
The Ohio State University

Attention!

This is a representative syllabus. The syllabus for the course when you enroll may be different. Use the syllabus provided by your instructor for the most up-to-date information. Please refer to your instructor for more information for the specific requirements of a given semester.

Required text:
None!
Well not actually…
You will need two books for the class. One will be a self-help book. The other will be a “classic” work of Psychology. For example, last semester I read Erik Erikson’s *Insight and Responsibility*. This quarter I enjoyed B.F. Skinner’s *Beyond Freedom and Dignity*.

The self-help book will allow us to flex or critical thinking muscles and allow us to demonstrate our ability to apply course concepts. I am very big on that! The second book allows us to step back in time and take a look at the bigger picture and better understand how the relative “micro” hypothesis testing in Psychology is inspired by the big picture presented to us in the classic works.

Both books will require my approval. There will be a deadline for approval, yet to be determined and that date will be determined during the first week of class.

As to the course content, that is handled in the lecture notes.

Welcome to the Psychology of Adjustment! We will examine the psychological factors that influence human growth, development, and behavior in the context of adjustment to internal and external challenges. In the class, you will learn about behavior modification, group dynamics, theoretical and practical approaches to/of self-help, and ways to improve personal communications and relationships.
COURSE GOALS AND OBJECTIVES:
Upon completion of this course, students will demonstrate the ability to:
1. Compare and contrast theoretical approaches to understanding and achieving self-awareness.
2. Analyze events in everyday life utilizing the principles of and research in psychology.
3. Identify and describe processes associated with group dynamics and influence.
4. Apply conditioning and motivation techniques to behavior modification.
5. Describe means of applying psychological principles to personal communications and relationships.
6. Apply specific psychological information to your technology or career choice.

GRADING SYSTEM:

Midterm 1 50
Midterm 2 50
Final Exam 60

Paper 1 20
Paper 2 20

Discussion Boards 6 @ 10pts each 60

Total Points 260

Exams are a combination of multiple choice, true/false, matching, short answer and essay questions. The objective portion will require a scantron. We supply the scantron, be sure to bring a pencil on exam day!

Course grades will be based on the following OSU grade scheme distribution:

100% - 93% = A 92% - 90% = A-
89% - 87% = B+ 86% - 83% = B 82% - 80% = B-
79% - 77% = C+ 76% - 73% = C 72% - 70% = C-
69% - 67% = D+ 66% - 63% = D Below 63% = E

There will be no make-up exams.

I do not compute grades. I simply enter points into Carmen and OSU registrar’s software does the rest. To the extent that that system rounds up, cool. To the extent that it doesn’t, I am sorry.

The midterms and final exam will be a combination of multiple choice, true/false, and short answer questions. The tests will be weighted to the latter. The midterms are designed to test student success outcomes within the first four levels of Bloom’s revised taxonomy (remember, understand, apply, analyze).

There will be one extra credit assignment worth 5 points.
Schedule (Which of course is subject to revision)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Lecture</th>
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<tbody>
<tr>
<td>1/12-1/14</td>
<td>Introductory Stuff Psychology and the Challenges of Life</td>
<td>1</td>
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<td>1/19-1/21</td>
<td>Personality Activity: Expectancy of Success Online: Testing your Big 5 and your Myer’s Briggs</td>
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<td>1/26-1/28</td>
<td>Stress: What it is and how to manage it Activity: Locus of Control Activity: Optimist or Pessimist?</td>
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<td>2/2-2/4</td>
<td>Psychological Factors and Health Activity: Homles and Rahe Life Change Scale Activity: Guided relaxation demonstration</td>
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<td>2/9-2/11</td>
<td>Developing Healthier Behaviors Activity: Physical Health and Heart Disease IQ</td>
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<td>2/16-2/18</td>
<td>The Self in a Social World</td>
<td>6</td>
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<td>2/23-2/25</td>
<td>Online: The IAT Social Influence: Being Influenced by and Influencing Others Midterm 1 (1-5)</td>
<td>7</td>
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<td>3/1-3/3</td>
<td>Social Influence… (cont) Activity: Rathus Assertiveness</td>
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<td>3/8-3/10</td>
<td>Psychological Disorders Therapies Activity: Irrational Beliefs Questionnaire</td>
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<td>3/14-3/18</td>
<td>Spring Break</td>
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<td>3/22-3/24</td>
<td>Therapies (cont) Interpersonal Attraction: Of Friendship and Love</td>
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<td>3/29-3/31</td>
<td>Relationships and Communication: Getting from Here to There Midterm 2 (6-9)</td>
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<td>4/5-4/7</td>
<td>Relationships and Communication… (cont)</td>
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<td>4/12-4/14</td>
<td>Gender and Sexuality</td>
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<td>4/19-4/21</td>
<td>Gender and Sexuality</td>
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<td>Adolescent and Adult Development: Going through changes</td>
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<td>The Challenges of the Workplace</td>
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<td>5/2</td>
<td>Final Exam (Lectures: 12-14)</td>
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<td>10-11:45</td>
<td>4pm-5:45pm</td>
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Instructor responsibilities:

1. I will be available both inside and outside of class to discuss course material and provide assistance with assignments. I will hold regular office hours and make individual appointments whenever it would be helpful. You can contact me via email or phone, and I will respond in a timely fashion.

2. Considering the fast pace of the course, I will strive to provide you with useful and timely feedback on all tests/assignments. Please be patient though, the tests do take some time to grade!

3. I will do my best to present course material in a clear, interesting manner, and to provide you with hands-on experience and examples of difficult concepts. I am always willing to re-explain course material and answer questions.

4. Academic dishonesty is unfair to everyone. I feel it is my responsibility as the instructor of this course to adhere to a “zero tolerance” policy toward academic dishonesty and I will do my utmost to ensure that academic dishonesty does not occur. In the event that academic dishonesty should occur, it will be dealt with according to University policy.

5. Consistent with University policy and humanity in general:
   Any student who feels s/he may need an accommodation based on the impact of a disability should contact me privately to discuss your specific needs. Please contact the Office for Disability Services at 614-292-3307 in room 150 Pomerene Hall to coordinate reasonable accommodations for students with documented disabilities.

Student responsibilities:

1. You are expected to read assignments by the beginning of class on the date listed in the calendar. You should be prepared to discuss these readings and ask questions about them. The quizzes (if employed) are a form of an accountability manipulation both for attendance in class and completion of the assigned readings.

2. You are responsible for all material covered, whether you were in class or not (be sure to get notes from someone else if you miss class). Because of the pace of this class and the required assignments, I strongly suggest attending class.

3. To create an atmosphere that is free from hostility and ridicule. We will be exploring topics that can be emotionally and politically charged. By keeping an open mind and showing each other respect, we stand to learn a great deal about ourselves and others as players in the legal system.

4. Please turn cell phones off and put them away. I will do the same, that way we won’t miss anything while we are busy texting (etc) in class.

5. Please do not sleep in class. You will miss out on material and it distracts other students as well as sap energy from the classroom. And I will wake you up!
It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term “academic misconduct” includes all forms of student academic misconduct wherever committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with examinations. Instructors shall report all instances of alleged academic misconduct to the committee (Faculty Rule 3335-5-487). For additional information, see the Code of Student Conduct [http://studentlife.osu.edu/csc/](http://studentlife.osu.edu/csc/).