



COURSE SYLLABUS

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SECTION 1: COURSE INFORMATION

Format: Eight weeks.

Course ID: PSYC 1233

Course Title: Personal and Social Adjustment

College: College of Unrestricted Education - Department of Behavioral & Social Sciences

Prerequisites: None

Credit Hours: 3

Instructor: See the online course in MyFIRE for instructor contact information and availability.

Course Description

An introduction to human adjustments and the resulting forms of behavior. Emphasis is placed on the fundamental principles underlying normal behavior. This course helps students apply mental health principles to everyday living.

Course Overview

Psychology of Adjustment helps learners to better understand who they are as human beings, as well as social, psychological and physiological persons. Psychology of Adjustment provides an introduction for classes such as Theories of Personality, Developmental Psychology, Abnormal Psychology and Social Psychology.

Course Workload

Time spent on course assignments will vary by student depending on familiarity with course content, reading rate of speed, writing rate of speed, and other individual factors. Based on averages for most students, it is estimated that the course workload estimate for this course is 58.24 (7.28 hours per week).

Course Materials

1. Weiten, W., Dunn, D. S., & Hammer, E. Y. (2017). Psychology Applied to Modern Life (12th ed.). Stamford, CT: Cengage Learning. (book only)

Required and optional textbooks are accessed and ordered through [SEU's bookstore](#).

Disclaimer: The resources utilized in this course provide information, thoughts and insights that should encourage critical thinking on the part of the student. Please note as well that as an Assembly of God institution, Southeastern University does not necessarily endorse specific personal, religious, philosophical, or political positions found in these resources.

Course Topics

The purpose of this course is to introduce, reinforce, and measure learning on the following topics:

1. Theories of Personality
2. Stress and Its Effects
3. Coping Processes
4. Psychology and Physical Health
5. The Self
6. Social Thinking and Social Influence
7. Interpersonal Communication
8. Friendship and Love
9. Marriage and Intimate Relationships
10. Gender and Behavior
11. Careers and Work
12. Psychological Disorders
13. Psychotherapy
14. Positive Psychology

Intended Learning Outcomes

As a result of reading, study, and assessments in this course, the student should be able to:

1. Evaluate the relationship between Christian faith and psychology and its approach to understanding and resolving unanswered questions.
2. Identify key concepts that provide a foundation for understanding adjustment.
3. Define personality and identify major theories/issues in the study of personality.
4. Identify what stress is and describe its major components.
5. Describe what coping is and select specific coping strategies.

6. Identify the types of love and other factors involved in love.
7. Examine the diversity of human lifestyles and how they influence people's lives.
8. Identify the characteristics and classification of abnormal behaviors and compare biological therapies and psychotherapies for treatment options.
9. Demonstrate intellectual and practical fluency in the stewardship of mental health & wellness.

Late Work

Work ahead: For planned events (mission trips, vacations, surgeries) you are invited to work ahead in order to submit work by the due date. No permission is needed.

Request an extension: If you know you will not be able to turn work in on time, contact your professor at least 24 hours before the assignment is due. Let the professor know about your circumstances and when you can turn the work in. If the professor decides to grant you an extension and you get the work in when you say you will, there will not be a penalty. You should only request an extension when something unforeseen comes up that you have no control over; a professor has no obligation to grant an extension and will be less inclined to do so if you are asking for one every week.

Late work: without prior arrangements, late work* submitted within one week of the original due date will be considered for partial credit. Work will ONLY be accepted for the first seven days after it is due. NO WORK will be accepted past the last day of the course.

*Discussion Posts: late participation in discussion forums is not accepted for late credit. The purpose of the discussion forum is to engage with your classmates on substantive ideas related to the course material, and your classmates will not revisit forums past the due dates. Similarly, professors will not revisit forums to grade past discussion due dates.

Professors of Foundational Core courses have been instructed to follow this policy to ensure fairness across all FC classes. Your professor will work with

you if true emergencies occur, but your busy schedule will not be considered

an emergency. If you have travel, a vacation, a wedding, or any other plannable event, it is up to you to communicate with your instructor to avoid grade penalties.

Extra Credit

None accepted.

SECTION 2: SOUTHEASTERN POLICIES

Academic Policies

View this link to see Southeastern's Policies regarding SEU's Mission and Vision Statements, Title IX Statement, Student Services, Class Participation, Official Email, MyFIRE Use, Technical Difficulties, Technical Support, Disability Statement, Academic Honesty, Course Evaluation, Official Withdrawal, Grading Scale, and Netiquette.

SECTION 3: COURSE SCHEDULE

The **Course Schedule** provides a listing of your work in this course. The assessments are listed by Module and include the due dates and point values.

Note: Assignments are due by 11:59 p.m. EST on the due date, unless otherwise noted.

AIM, LEARN, AND APPLY DESCRIPTIONS

Aim



When you see the Aim icon, you will be introduced to topics and ideas that will be covered throughout this module. The AIM will also provide you with a glimpse into your learning objectives and an introduction to this module.

Learn



When you see the Learn icon, all of your reading assignments will be listed and may include additional resources that your instructor is providing to help you complete the activities and assessments for the module.

Apply



When you see the Apply Icon, it will be time to demonstrate your learning for the module. The items here are those in which you'll be graded and may include discussions, activities, assignments, quizzes, exams, and projects.

**MODULE 1:
XX/XX/XX – XX/XX/XX**



- Discuss the concept of adjustment.
- Identify the determinants of happiness.
- Define personality.
- Describe the five-factor model of personality.
- Explain personality from the four major perspectives: psychodynamic, behavioral, humanistic, and biological.
- Identify the role that culture plays in personality development.



- Chapter 1: Adjustment to Modern
- Life Chapter 2: Theories of
- Personality Read/view resources provided in the course.



- Discussion for Week 1
 - Due: Saturday, Tuesday
 - Points: 50
- Assignment for Week 1
 - Due: Tuesday

- Points: 50

➤ Week 1 Quiz

- Due: Tuesday
- Points: 20

MODULE 2:

XX/XX/XX – XX/XX/XX



- Differentiate between acute, chronic, and anticipatory stress.
- Discuss the impact of life stressors.
- Identify the physiological responses to stress.
- Describe the variety of coping strategies that people use.
- Identify the benefits of and appropriate time to use each of the coping strategies: appraisal-focused, problem-focused, and emotion-focused coping.
- Evaluate the strength of the relationship between stress and illness.
- Identify reasons that people develop health-impairing habits.



- Chapter 3: Stress and
- Effects Chapter 4:
Coping Processes
- Chapter 5: Psychology and Physical
- Health Read/view resources provided
in the course.



- Discussion for Week 2
 - Due: Saturday, Tuesday
 - Points: 50
- Assignment for Week 2
 - Due: Tuesday

- Points: 50

➤ Week 2 Quiz

- Due: Tuesday
- Points: 20

MODULE 3:

XX/XX/XX – XX/XX/XX



- Identify key aspects of self-concept.
- Discuss important factors that help form self-concept.
- Explain how high and low self-esteem are related to adjustment.
- Identify three motives that guide self-understanding.
- Identify the five sources of information people use to form impressions of others.
- Describe two attribution-based expectancies that can distort observers' perceptions.
- Identify the key elements in the persuasion process and how each one operates.
- Explain the factors influencing conformity and compliance.



- Chapter 6: The Self
- Chapter 7: Social Thinking and Social Influences
- Read/view resources provided in the course.



- Discussion for Week 3
 - Due: Saturday, Tuesday
 - Points: 50

➤ Assignment for Week 3

- Due: Tuesday
- Points: 50

➤ Week 3 Quiz

- Due: Tuesday
- Points: 20

**MODULE 4:
XX/XX/XX – XX/XX/XX**



- Identify the various aspects of the communication process.
- Discuss the impact of communicating in person vs. online.
- Summarize the five general principles of nonverbal communication.
- Identify how cultural and gender differences impact communication.
- Identify barriers to effective communication.
- Explain six tips for coping effectively with interpersonal conflict.



- Chapter 8: Interpersonal Communication Read/view resources provided in the course.



- Discussion for Week 4
 - Due: Saturday, Tuesday
 - Points: 50
- Midterm Exam
 - Due: Tuesday
 - Points: 100

**MODULE 5:
XX/XX/XX – XX/XX/XX**



- Explain the key characteristics of friendship.
- Identify the roles of proximity, familiarity, and physical attractiveness in initial attraction.
- Discuss Sternberg's triangular theory of love.
- Explain why relationships fail and what couples can do to help relationships last.
- Identify six social trends that are affecting the institution of marriage.
- Explain each stage of the family life cycle.
- Summarize how role expectations, work, and financial issues may affect marital adjustment.
- Describe the factors that go into deciding to divorce and how spouses and children tend to adjust to divorce.



- Chapter 9: Friendship and Love
- Chapter 10: Marriage and Intimate Relationships
- Read/view resources provided in the course.



- Discussion for Week 5
 - Due: Saturday, Tuesday
 - Points: 50
- Assignment for Week 5
 - Due: Tuesday
 - Points: 50

➤ Week 5 Quiz

- Due: Tuesday
- Points: 20

MODULE 6:

XX/XX/XX – XX/XX/XX



- Identify gender similarities and differences in verbal, mathematical and spatial abilities, personality, social behavior, psychological disorders, and brain organization.
- Discuss the impact gender has on communication.
- Describe how parents, peers, schools, and the media influence gender-role socialization.
- Describe personal and family influences on job choice.
- Outline six important considerations in choosing an occupation.
- Summarize Holland’s model of career choice and Super’s stage model of career development.
- Explain work-family conflict, and discuss the benefits of multiple roles.



- Chapter 11: Gender and
- Behavior Chapter 13:
Careers and Work
- Read/view resources provided in the course.



- Discussion for Week 6
 - Due: Saturday, Tuesday
 - Points: 50
- Assignment for Week 6

- Due: Tuesday
- Points: 50

➤ Week 6 Quiz

- Due: Tuesday
- Points: 20

**MODULE 7:
XX/XX/XX – XX/XX/XX**



- Describe the symptoms of generalized anxiety disorder, panic disorder, phobias, obsessive-compulsive disorder, and post-traumatic stress disorder.
- Identify the contributions of the learning and biological perspectives to understanding the development of anxiety disorders.
- Define mood disorders, and contrast major depressive disorder and bipolar disorder.
- Explain the development of mood disorders, paying special attention to the biological and social-cognitive perspectives.
- Describe the symptoms of schizophrenia, and contrast chronic and acute schizophrenia.
- Identify the different psychological therapies and biomedical therapies, as well as compare and contrast the two.
- Discuss the application and benefits of integrating one's Christian faith into therapy.



- Chapter 14: Psychological
- Disorders Chapter 15:
Psychotherapy
- Read/view resources provided in the course.



- Discussion for Week 7
 - Due: Saturday, Tuesday

- Points: 50

➤ Final Paper: Becoming Better Adjusted

○ Due: Tuesday

○ Points: 200

➤ Week 7 Quiz

○ Due: Tuesday

○ Points: 20

**MODULE 8:
XX/XX/XX – XX/XX/XX**



- Define positive psychology.
- Explain the concept of positive individual traits, such as hope, resilience, post-traumatic growth, and grit.
- Describe the characteristics of positive workplaces and positive schools.
- Identify the virtues associated with positive institutions.



- Chapter 16: Positive Psychology
- Read/view resources provided in the course.



- Discussion for Week 8
 - Due: Saturday, Tuesday
 - Points: 50
- Final Exam
 - Due: Tuesday
 - Points: 100

SECTION 4: ASSESSMENTS

Discussion Forums

Description

Each week, students will participate in a class discussion. The discussion topics will relate to the weekly readings and will encourage the student apply what they have learned during the week as they engage with both the instructor and their fellow students. Each week students will be required to respond to the given discussion questions with a substantial post (more than 200 words) that demonstrates depth of understanding and is supported by a minimum of one cited and referenced source. This initial post should be posted each week by Saturday at 11:59pm EST.

In addition to the initial post students must respond substantially to a minimum of two of their peer's initial posts (100 word minimum for each reply). These posts must add breadth and depth to the discussion, continue to build on the initial post, and add additional insights and questions. These posts should be made each week by Tuesday at 11:59pm EST.

Total Possible Points

400

Grade Weight

34%

Assignments

Description

In weeks 1-3 & 5-6 students will complete written assignments that will be outlined in the classroom. These assignments will allow the students to apply concepts that they have read about during the corresponding week.

Total Possible Points

250

Grade Weight

21%

SECTION 4: ASSESSMENTS

Quizzes

Description

In weeks 1-3 & 5-7 student will complete a short quiz reviewing key concepts from each week's textbook readings.

Total Possible Points

120

Grade Weight

10%

Exams

Description

Midterm Exam: In Week 4, you will take a Midterm Exam. This exam will be objective in nature (multiple choices) and will cover materials studied in Weeks 1-4.

Final Exam: In Week 8, you will take a Final Exam. This exam will be objective in nature (multiple choices) and will cover materials studied in Weeks 5-8.

Total Possible Points

200

Grade Weight

18%

Final Paper

Description

Becoming Better Adjusted

Choose one area of your life (a specific behavior or belief system) where you do not feel like you are well adjusted. Based on this area submit a report and behavior modification plan covering the following points:

Part 1: Self-Analysis

- What is the area of your life where you feel you could be better adjusted?
- Explain how lack of adjustment in this area has created stress in and has negatively impacted your life.
- Provide a background of how this behavior and/or belief system came to be.
- What are the triggers or antecedents that trigger or impact this behavior and/or belief system?
- How is your spiritual life impacted by this behavior and/or belief system?

Part 2: Research (In this section, you must pull information from a minimum of three scholarly sources.)

- What are the benefits of living a well-adjusted life?
- What are the long-term consequences of being maladjusted in the behavior and/or belief system that you identified in Part 1?
- What strategies have others employed to become more adjusted in the behavior and/or belief system that you identified in Part 1?
- What biblical insights can you apply to better understanding the need for growth in relation to this behavior and/or belief system?

Part 3: Behavior Modification Plan

- Create a behavior modification plan for the behavior and/or belief system that you identified in Part 1.
 - o What is your desired outcome?
 - o What specific steps will you take to make the needed changes? What is the time frame for these steps?
 - o How will you set up a system of accountability to help you make these changes?
 - o What benefits do you believe you will receive in your day-to-day life if you are successful with your behavior modification plan? Will there be any benefits in your spiritual life?

This paper should contain headings that clearly identify Parts 1, 2, and 3. Then use subheadings as you see fit within each of these areas to further organize your paper.

This paper should be 5–7 pages, double-spaced and written in proper APA or Chicago/Turabian format. In addition to the minimum page count (i.e., 5 pages and 1 line minimum), you should also include a cover page and a reference page in APA or Chicago/Turabian format. Additionally, use a minimum of three additional sources in addition to your textbook to support your points.

Total Possible Points

200

Grade Weight

17%