

BRESCIA UNIVERSITY COLLEGE
LONDON CANADA

Human Adjustment
Psychology 2050 Section 530
Fall/Winter 2017-2018

CALENDAR DESCRIPTION:

Utilizing information from several branches of psychology, this course focuses on an appreciation of how psychology principles and insights can be applied to everyday adjustment to life tasks. Topics will include: coping with stress, building self-esteem, self-control, social relationships, gender, sexuality, work, and psychological disorders.

Course Antirequisites: *Psychology 2030A/B, 2035A/B*

COURSE INFORMATION:

Instructor: Dr. Rhonda Gilby

Office: Ursuline Hall, Room ____

Office hours: Wednesdays, 3:00 – 4:00 pm., and by appointment (please email to let me know you are coming)

Email: rgilby@uwo.ca

Time/Location of classes: Wednesday, 4:30 – 7:30 pm. Room 304

Power Point slides available on OWL (“Sakai”): <https://owl.uwo.ca/portal>

TEXTBOOK:

Weiten, W., Hammer, E., & Dunn, D. (2014). ADJUST. Belmont, CA: Wadsworth.

ADDITIONAL REQUIRED READINGS:

In addition to your textbook, students will be expected to read and be ready to discuss other relevant scientific papers and/or articles from the popular press. Links to these readings will be posted on OWL.

COURSE DESCRIPTION:

Accurate knowledge about the principles of psychology can be of value in everyday life. This course will focus on guiding the student toward an appreciation of how psychology principles and insights can be applied to everyday adjustment to life tasks, and to coping with life problems. A focus on thinking critically about claims regarding human behaviour will be emphasized. Material that cuts across several branches of psychology (including clinical, personality, social, developmental, cognitive, biological, industrial/ organizational and health psychology) will be discussed. Not only will students learn about psychological theories and research, they will also be encouraged to apply this information to their own lives. Sample areas of application will include coping with stress, building self-esteem, self-control, social relationships, gender and sexuality, and the world of work. Course material will also touch on concepts in the area of abnormal psychology and the use of psychotherapy as a treatment for

psychological disorders. Findings from the emerging field of positive psychology, which is the scientific study of optimal human functioning, will be discussed throughout the course.

Through this course, students will have exposure to, and experiences with, skills related to the Brescia competencies, as indicated below.

COURSE OBJECTIVES:

This course is designed to help the student:

- understand research methods necessary for drawing appropriate conclusions concerning human adjustment, and enhance critical thinking skills (e.g., **CRITICAL THINKING**)
- consider the relationship between personality and psychological adjustment (e.g., **SELF AWARENESS; VALUING**)
- identify the biological, emotional, personal and contextual factors in stress
- gain awareness of the processes involved in both healthy and unhealthy adjustment to the demands and challenges of living (e.g., **PROBLEM SOLVING**)
- review issues related to the understanding and development of positive social relationships, varying gender roles, healthy sexuality and work and career satisfaction (e.g., **SOCIAL AWARENESS; SELF AWARENESS; INQUIRY & ANALYSIS; VALUING**)
- develop insight into their own and others' behaviour and mental processes (**SELF AWARENESS; SOCIAL AWARENESS**)
- learn about effective strategies for self-management and self-improvement (**SELF AWARENESS; PROBLEM SOLVING**)
- distinguish among various psychological disorders, and the types of therapies used to treat psychological disorders (**SOCIAL AWARENESS**)
- gain an understanding of the aim and scope of the emerging field of positive psychology

EVALUATION

Student evaluation will be based on three exams, a "Personality and Strengths" assignment, a paper reviewing a journal article, and class participation/active learning exercises. ***Please note that grades cannot be adjusted on the basis of need. Your mark in the course will be the mark that you earn. Tests and exams cannot be re-written to obtain a higher mark, and additional assignments to improve grades will not be provided.***

Exams: (70% of the final grade) - Exams will consist of multiple choice questions, definitions and short answers. The first exam will be held during class on Nov. 1st, 2017 and will be worth 20% of the grade. The second exam will be held during class on Jan. 31st, 2018 and will be worth 25% of the final grade. The final exam will be scheduled by the registrar's office during the final exam period, and will be worth 25% of the final grade. Exams are **NOT cumulative**. Questions on each exam will be based upon **all** information presented in class (lectures, class discussions, audio-visual presentations, guest lecturers), and assigned readings.

Personality and strengths assignment: (10% of the final grade) - As part of our course content, we will be looking at personality styles and adjustment. Students are required to complete 2 different types of personality assessments, available online (The Big Five Personality Test (<http://www.outofservice.com/bigfive/>) and the VIA Character Strengths survey (<http://www.viacharacter.org/www/The-Survey>) and answer questions concerning their results. (**SELF-AWARENESS; VALUING; COMMUNICATION**) Greater detail will be provided on the OWL course site. The assignment is due on October 11th, 2017.

Review of journal article and in-class discussion (10% of the final grade) - During the second half of the course, there will be three journal articles, relevant to course material, which students will be expected to read. Students can choose **one** of the three articles provided, and answer a set of detailed questions, provided by the professor, related to the article. Those who complete the questions related to an article are expected to attend class on the day the paper is due, prepared to discuss their answers in class, in addition to handing them in. (**COMMUNICATION; INQUIRY & ANALYSIS; CRITICAL THINKING**) Attendance for the in-class discussion is necessary in order to receive full marks.

Class participation and active learning exercises: (10% of the final grade) -This mark will be based upon class attendance, completion of brief in-class assignments, and participation in class discussions. Students will be required to work individually and in groups to carry out these brief exercises designed to extend their knowledge of the material through direct application of course content. Active learning activities may take place in any class, are not announced in advance, and students must be present in class to complete them. (**SELF AWARENESS; PROBLEM SOLVING; COMMUNICATION**)

LECTURE AND EXAMINATION SCHEDULE

| Date | Topic | Readings |
|----------|--|------------------------------------|
| Sept. 13 | Adjusting to modern life | Ch. 1 |
| Sept. 20 | Adjusting to modern life Positive psychology | Ch. 1 Readings available on OWL |
| Sept. 27 | Positive psychology | Readings available on OWL |
| Oct. 4 | Theories of personality | Ch. 2 |
| Oct. 11 | Fall Reading Week NO CLASS | |
| Oct. 18 | Theories of personality Stress and its effects <i>Personality & Strengths assignment due</i> | Ch. 2 Ch. 3 |
| Oct. 25 | Stress and its effects | Ch. 3 |
| Nov. 1 | Mid-term Exam #1 (20% of grade) | |
| Nov. 8 | Coping | Ch. 4 |
| Nov. 15 | Coping Psychology and physical health | Ch. 4 Ch. 5 (pp. 91-105) |
| Nov. 22 | Psychology and physical health | Ch. 5 (pp. 91-105) |
| Nov. 29 | The self | Ch. 6 |
| Dec. 6 | NO CLASS | |

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|------------|---|--------------------------------|
| Jan. 10 | Goal setting The self Social thinking & social influence | Ch. 6 Ch. 7 |
| Jan. 17 | Social thinking & social influence <i>Article review #1- Replicating Milgram</i> Interpersonal communication | Ch. 7 Ch. 8 |
| Jan. 24 | Interpersonal communication | Ch. 8 |
| Jan. 31 | Mid-term Exam #2 (25% of grade) | |
| Feb. 7 | Friendship & Love | Ch. 9 |
| Feb. 14 | Friendship & Love Marriage & Intimate Relationships <i>Article review #2 – The suffocation model of marriage</i> | Ch. 9 Ch. 10 |
| Feb. 21 | Reading Week NO CLASS | |
| Feb. 28 | Marriage & Intimate Relationships | Ch. 10 |
| Mar. 7 | Gender & Behaviour | Ch. 11 |
| Mar. 14 | Gender & Behaviour Development & Expression of Sexuality | Ch. 11 Ch. 12 (pp. 250-263) |
| Mar. 21 | Development & Expression of Sexuality <i>Article review #3 – Positive aspects of being a lesbian or gay man</i> Careers & Work | Ch. 12 (pp. 250-263) Ch. 13 |
| Mar. 28 | Careers & Work | Ch. 13 |
| Apr. 4 | Psychological Disorders | Ch. 14 |
| Apr. 11 | Psychotherapy | Ch. 15 (pp. 319-330) |
| TBA | Final exam (25% of grade) | |

Final exam will be scheduled by the Registrar's office during the final exam period.

2017-18 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated. Documentation shall be submitted as soon as possible to the student's Academic Advisor indicating the period of illness and when the student should be able to resume academic responsibilities. Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded from:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf. The student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full policy on requesting accommodation due to illness can be viewed at:

<http://westerncalendar.uwo.ca/2017/pg117.html>

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, <http://brescia.uwo.ca/academics/registrar-services/> or the list of official dates <http://westerncalendar.uwo.ca/2017/pg7.html>). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory (<http://westerncalendar.uwo.ca/2017/pg130.html>)

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf.

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

Computer-marked Tests/exams:

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Student Academic Appeals under Academic Rights and Responsibilities in the Western Academic Calendar (<http://westerncalendar.uwo.ca/2017/pg112.html>).

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices

(http://www.uwo.ca/univsec/pdf/academic_policies/exam/evaluation_undergrad.pdf and http://www.uwo.ca/univsec/pdf/academic_policies/exam/finalgrades.pdf).

6. PREREQUISITES

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

7. SUPPORT

Support Services

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/>. The website for the Student Development Centre at Western is <http://www.sdc.uwo.ca/>.

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about mental health and wellness at Brescia at <http://brescia.uwo.ca/life/mental-health-wellness/>. Students who are in emotional/mental distress should refer to Mental_Health@Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.