



**Course:** P2050 (530) Human Adjustment

**Term:** Fall/Winter 2019-2020

**Course Day/Time:** Wednesdays 4:30pm-7:30pm

**Course Location:** BR-204

**Instructor:** Michelle Everest

**Email:** [meveres@uwo.ca](mailto:meveres@uwo.ca)

**Office Hours:** Wednesdays 3:15-4:15pm (UH354) \* by appointment

**Website:** owl.uwo.ca

---

## **COURSE 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.

## **REQUIRED COURSE MATERIAL -TEXTBOOK**

Weiten, W, Dunn, D, & Hammer, E. (2018). Psychology applied to modern life: Adjustment in the 21st century (12th edition). Belmont, CA: Wadsworth.

## **LEARNING OUTCOMES**

This course is designed to be an introduction to the study of human adjustment. The primary focus of the course will be on psychological issues related to human adjustment. Aspects of biological, sociological, and cultural topics will also be included. The course will cover a broad range of topics presented in a diverse and inclusive manner (see 7.0). Four (4) multiple choice examinations that will be delivered in order for student's to demonstrate competency in this curriculum.

## **Brescia Competencies**

- Students will be able to apply their knowledge of the Psychology of the self, group dynamics, persuasion and influence to navigate real-life situations. Diverse perspective and inclusive language will be emphasized. Students will have the opportunity to reach level 2 in the Core Competencies of **Social Awareness & Engagement, Self-Awareness & Development** (Personal Growth), and **Valuing**.
- Students will develop an understanding of the existing data and research approaches to physical, mental-emotional, spiritual health and well-being. Students will have the opportunity to develop level 2 abilities in the Core Competencies of **Communication** (Communicating Ideas) **Critical Thinking, Inquiry & Analysis**, and **Problem Solving**.
- Students will be able to describe the different research approaches in Psychology that attempt to better interpret behaviours and social influences. Students will have the opportunity to develop level 2 abilities in the Core Competencies of **Critical Thinking, Inquiry & Analysis, Self-Awareness & Development** (Cognitive Domain), and **Valuing**.

See: <http://brescia.uwo.ca/academics/brescia-competencies/>

## **Teaching Methodology and Expectations of Students**

Weekly lecture templates are provided to students on the course's Owl Sakai website. It is the student's responsibility to ensure that they collect completed lecture notes (including media) in the event of absence. Students are encouraged to support each other in this regard. The professor will be available to answer clarifying questions as needed during weekly office hours, before and after class, and during classroom breaks. Please note that completed material and media will not be available to students outside of the classroom session.

The Brescia University College student code of conduct information can be found at: [http://brescia.uwo.ca/about/wp-content/uploads/sites/3/delightful-downloads/2014/06/student\\_code\\_of\\_conduct.pdf](http://brescia.uwo.ca/about/wp-content/uploads/sites/3/delightful-downloads/2014/06/student_code_of_conduct.pdf)

Students are not allowed to have a cell phone, or any other electronic devices with you during tests or examinations. Electronic devices should not be on, or used for academic or non academic purposes during classroom lectures. Inappropriate use of laptops [or smart phones] during lectures, seminars, labs, etc., creates a significant disruption. As a consequence, instructors may choose to limit the use of electronic devices in these settings. In addition, in order to provide a safe classroom environment, students are strongly advised to operate laptops with batteries rather than power cords.

## **COPYRIGHT AND INTELLECTUAL PROPERTY**

PowerPoint lecture slides and notes, lists of readings, in-class activities, assignment guidelines, and other components of the course materials are typically the intellectual property of the instructor. Unauthorized reproduction through audio-recording, video-recording, photographing, sharing on social media, or posting on course-sharing websites is an infringement of copyright and is prohibited. Such action may be considered a Code of Conduct violation and lead to sanctions.

**Students may not audio/video tape lectures. All recording/image, screenshots, taking, sharing or posting of classroom content, lectures or materials is strictly prohibited.**

## **DROP DATES FOR THE 2019-2020 ACADEMIC YEAR**

Last day to drop a first-term half course or a first-term full course	November 12, 2019
Last day to drop a full course and full-year half course	November 30, 2019

## **EVALUATION**

Course evaluation will consist of four (4) examinations worth 25% EACH. The exams will be in multiple choice formats and will cover material from lecture notes and the textbook. The exams are **NOT** cumulative. See lecture schedule.

Exam 1 (in class)	25%	October 16, 2019
Exam 2 (in class)	25%	November 27, 2019
Exam 3 (in class)	25%	February 12, 2020
Exam 4	25%	TBA

It is expected that students will attend all classes in order to access complete lecture notes and materials.

Students are required to take every test and examination in the course. There are no exceptions to this. No re-weighting or extra credit assignments are available.

Student identification must be brought to all examinations.

Final exams will be scheduled by the Registrar's Office. Students are reminded not to make travel plans prior to receiving finalized examination dates. Accommodation will not be granted for travel that conflicts with scheduling.

Final grades in this course are based exclusively on students' performance on four non-cumulative examinations. Exams may not be re-written, nor will the exams be re-weighted in calculating final grades. Grades will not be individually adjusted and there are no opportunities to augment grades by completing additional assignments.

**LECTURE SCHEDULE - This timetable is flexible and may be altered to meet class and lecture requirements**

*Fall Term (September – December)*

<b>Date</b>	<b>Topic</b>	<b>Readings</b>
September 11	Course intro/Adjusting to modern life /Theories of personality	Ch 1/2
September 18	Theories of personality (cont)	Ch 2
September 25	Stress and its effects	Chapter 3
October 2	Coping Processes	Chapter 4
October 9	Psychology and physical health	Chapter 5
October 16	<b>EXAMINATION #1</b>	
October 23	Interpersonal communication	Chapter 8
October 30	Social Thinking and Social Influence	Chapter 7
November 6	<b>FALL STUDY BREAK</b>	<b>NO CLASS</b>
November 13	The self	Chapter 6
November 20	Careers and Work	Chapter 13
November 27	<b>EXAMINATION #2</b>	
December 4	Bridging term 1 and term 2: Social Determinants of Health	

*Winter Term (January – April)*

January 8	Friendship and Love	Chapter 9
January 15	Marriage and intimate relationships	Chapter 10
January 22	Gender and behaviour	Chapter 11
January 29	Development and expression of sexuality	Chapter 12
February 5	Development and expression of sexuality	Chapter 12
February 12	<b>EXAMINATION #3</b>	
February 19	<b>CONFERENCE WEEK (Feb 18-Feb 22, 2019)</b>	<b>NO CLASS</b>
February 26	Special topics: Gender	
March 4	Special Topics: Disability Issues	
March 11	Psychological disorders	Chapter 14
March 18	Psychotherapy	Chapter 15
March 25	Positive Psychology	Chapter 16
April 1	TBA	

**EXAMINATION #4: To be scheduled during the Final Exam Period (Apr 6-Apr 26, 2020)**

It is expected that students will attend all classes in order to access complete lecture notes and materials. Students are required to take every test and examination in the course. There are no exceptions to this.

# 2019-20 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

## 1. POLICY REGARDING ACADEMIC ACCOMMODATION

The complete policy regarding [Accommodation for Illness - Undergraduate Students](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12) can be found at [http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_12](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12).

Students who have long-term or chronic medical conditions which may impede their ability to complete academic responsibilities should seek Academic Accommodation through Student Accessibility Services ([http://www.westerncalendar.uwo.ca/PolicyPages.cfm?PolicyCategoryID=1&Command=showCategory&SelectedCalendar=Live&ArchiveID=#Page\\_10](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?PolicyCategoryID=1&Command=showCategory&SelectedCalendar=Live&ArchiveID=#Page_10)).

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.

Students who experience an illness or extenuating circumstance sufficiently severe to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

1. Submitting a **Self-Reported Absence** form provided that the conditions for submission are met;
2. For medical absences, submitting a **Student Medical Certificate (SMC)** signed by a licensed medical or mental health practitioner;
3. For non-medical absences, submitting **appropriate documentation** (e.g., obituary, police report, accident report, court order, etc.) to their Academic Advisor. Students are encouraged to contact their Academic Advisor to clarify what documentation is acceptable.

### Requests for Academic Consideration Using the Self-Reported Absence Portal

Students who experience an unexpected illness or injury or an extenuating circumstance of 48 hours or less that is sufficiently severe to render them unable to meet academic requirements should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours. Note that the excused absence includes all courses and academic requirements within the up to 48 hours, it is not intended to provide an excused absence from a single course while students fulfill their academic responsibilities in other courses during that time.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

1. Students will be allowed **a maximum of two self-reported absences** between September and April and one self-reported absence between May and August;
2. The duration of the absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;
3. The excused absence will terminate prior to the end of the 48 hour period if the student undertakes significant academic responsibilities (writes a test, submits a paper) during that time;
4. Self-reported absences will **not** be allowed for scheduled final examinations; midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;
5. Self-report absences may **not** be used for assessments worth more than 30% of any course;
6. Any absences in excess of 48 hours will require students to present a Student Medical Certificate (SMC), or appropriate documentation;
7. Students **must** communicate with their instructors **no later than 24** hours after the end of the period covered by the Self-Reported Absence form to clarify how they will fulfil the academic expectations they may have missed during the absence.

### Request for Academic Consideration for a Medical Absence

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 their academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

The following conditions apply for students seeking academic accommodation on medical grounds:

1. Students must submit their Student Medical Certificate (SMC) 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. An SMC can be downloaded from [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf) ;
2. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period;
3. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, scheduled tests or examinations, and other academic requirements;
4. Students **must** communicate with their instructors **no later than 24 hours** after the end of the period covered by the SMC to clarify how they will fulfil the academic expectations they may have missed during the absence;
5. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the course instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements, arranging Special Exams (make-ups), re-weighting course requirements, or granting late withdrawal without academic penalty.

The [full policy on requesting accommodation due to illness](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12) can be viewed at:

[http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_12](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12)

## 2. ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge 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 are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines; please refer to the [Registrar's website](http://brescia.uwo.ca/academics/registrar-services/), <http://www.westerncalendar.uwo.ca/SessionalDates.cfm?SelectedCalendar=Live&ArchiveID=>.

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.*

## 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 and warranted.

It is important to note that the Academic 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://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading\\_68](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68)).

#### **4. SCHOLASTIC OFFENCES**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence at: [http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_20](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20).

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. 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 Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, 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.

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 is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, they may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, they may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal and if the matter falls within the jurisdiction of the SRBA. For information on academic appeals consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar [http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_14](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14).

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.

## 6. PREREQUISITES

Unless you have either the prerequisites for a course or written special permission from the 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/> . Students can access supports through Brescia's Student Life Centre (<http://brescia.uwo.ca/life/student-life/>) and Learning Skills Services at Western (<https://www.uwo.ca/sdc/learning/>)

### 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 obtain information about how to obtain help for yourself or others through **Mental Health & Wellness at Brescia** (<http://brescia.uwo.ca/life/mental-health-wellness/>) and **Health and Wellness at Western**, [http://uwo.ca/health/mental\\_wellbeing/index.html](http://uwo.ca/health/mental_wellbeing/index.html).

### 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.

---