

drop deadline

REEDLEY COLLEGE
PERSONAL & SOCIAL ADJUSTMENT SYLLABUS

MARY ANN VALENTINO
MOBILE/VOICE 285-6510
HOME 638-1169

FALL 1998
PSYCH 16-33
MWF 12-12:50pm

Textbook:

Weiten, W. & Lloyd, M.A. (1997). Psychology applied to modern life: adjustment in the 90's, (5th ed.) Brooks/Cole Publishing: Pacific Grove.

Course Objectives:

1. To list, analyze, and evaluate the major theoretical models and concepts of the psychology of personal and social adjustment.
2. To acquire a sensitivity and understanding of ourselves and others.
3. To acquire a firm foundation for students who will take other courses in psychology or who would like to study further on their own.

Attendance:

The faculty places strong emphasis on attendance in all classes. You are expected to attend all class meetings. You will earn points for each class attended. You are expected to be in the classroom at the time that class begins.

I will take attendance at each class session. If you are absent for six (6) consecutive class sessions within the 50% drop deadline, or you are making unsatisfactory progress due to irregular or lack of attendance, I may drop you from the class. If you are dropped from the class due to a poor grade, you may continue to attend and to participate in an attempt to improve your standing in the class. When you have succeeded in improving your grade, I will reinstate you into the class.

Lack of regular attendance after the 50% drop deadline may result in an unsatisfactory grade. If you want to withdraw from the course, it is your responsibility to notify the Records Office by the drop deadline.

Book Report and Class Presentation:

You will be required to review a self-help book. The last week of the term will be devoted to class presentations of the self-help books. You will need to prepare a short presentation of the book and to write a brief summary and critique of the book. I will provide you with a list of self-help books from which to choose and guidelines for the report.

Relaxation Presentation:

You will choose a relaxation exercise from The Relaxation & Stress Reduction Workbook (4th ed.) to learn and teach to the class. The book is in the library on reserve with a sign up sheet attached to the inside cover. The presentation should include indications for use of the technique, a demonstration of the technique itself, a critique of the technique, and contraindications if any.

Gratitude Journal:

You will keep a "gratitude journal" everyday for the length of the semester. The journal will include a list of five things that you feel grateful for at the end of each day. I will review your journals on test days. The final journal entry should include a brief description and critique of the experience. I will provide you with a more thorough description of what is expected in the journal and specific guidelines.

Exams:

There will be four tests and one final exam. The tests may be made up of multiple choice, matching, true/false, short answer, and essay questions. There will be questions that come from material in the text only. Some lecture material may not be found in the text, and you are responsible for this material on the tests also. Therefore, if you miss a lecture, it would be wise to obtain a copy of someone else's notes for that day. A study guide will be provided before each exam. Everything that you will need to know for that exam will be included on the study guide. Short answer/essay questions will appear on the test in the exact form as they appear on the study guide. Some objective questions may come from the short answer/essay study guide questions as well.

You will be able to throw out the lowest of your test scores from tests one through four. All students must take the final exam which will be used to determine your final grade in the class.

GIVEN THAT YOU ARE ABLE TO DROP YOUR LOWEST TEST SCORE (WITH THE EXCEPTION OF THE FINAL EXAM), THERE WILL BE NO MAKE-UP TESTS GIVEN DURING THE COURSE OF THE SEMESTER. If you must miss an exam and you wish to take it at a later date, you must let me know within one week of that exam. Your name and missed exam will be noted, and you will be given the opportunity to take an alternative test during finals week (by appointment only.) It is your responsibility to ensure that an appointment is made for this purpose.

The final exam will be cumulative, that is, it will cover all 16 chapters in the textbook and supplementary lecture material. DO NOT PANIC! I will provide you with a very thorough study guide, and we will review for the final exam. In the past, students have told me that the final exam was the least difficult exam of the semester. Questions on the final exam are based on material I believe is essential to the course and material I would like you to take with you from this course (not to just memorize for an exam, but to know and be able to apply to your life experiences.)

Extra Credit:

There will be two ways to earn extra credit in the course:

1. You will be given a study guide containing a list of key terms and a list of possible short answer/essay questions. For extra credit toward the corresponding exam you may submit your evaluation of the key terms and your responses to the short answer/essay questions. This is not only a good way to earn extra credit, but also doubles as a study aid. Points will be awarded based on apparent effort, however, no more than 6% will be added to your test score.
2. There may be times when I ask you to complete in-class assignments, which will be awarded extra credit points toward your final grade in the class.

Final Grades:

Your final grade for the course will be based on the following:

1. three of the four tests, which will be worth 15% each;
2. the final exam, which will be worth 18%;
3. self-help book report and presentation, which will be worth 14%;
4. attendance, which will be worth 5% (1 point each day except Dec. 7, 9, 11 will be worth 3 points each and no points will be awarded for Aug. 17 nor for test days;
5. gratitude journal, which will be worth 10%;
6. relaxation presentation, which will be worth 8%;
7. extra credit.

Letter grades will be earned as follows:

90% - 100%	=	A
80% - 89%	=	B
70% - 79%	=	C
60% - 69%	=	D
below 60%	=	F

Office Hours:

As an adjunct faculty member, I do not have an office per se; therefore, in order to meet with me to discuss class/test issues, you must set up an appointment. Please feel free to set up an appointment by speaking with me before or after class. You may also leave a message for me at 285-6510 (my personal voice mail), and I will return your call as soon as possible. I tend to check my voice mail on an every other day basis, so don't expect me to return your call immediately. You may also call me at home at 638-1169. Please call at a reasonable hour.