

**NEOSHO COUNTY COMMUNITY COLLEGE
MASTER COURSE SYLLABUS**

COURSE IDENTIFICATION

Course Code/Number: PSYC 274

Course Title: Psychology of Adjustment

Division: Applied Science (AS) Liberal Arts (LA) Workforce Development (WD)
 Health Care (HC) Lifetime Learning (LL) Nursing Developmental

Credit Hour(s): 3

Effective Date: FA 2015

Assessment Goal Per Outcome: 70 %

COURSE DESCRIPTION

This course is designed to provide students with the background and resources necessary to investigate the psychological and social variables that contribute to the dynamics of human adjustment. Students will be required to apply the concepts and information presented in this class toward developing a fuller understanding of the self, along with greater awareness of personal and social relationships.

MINIMUM REQUIREMENTS/PREREQUISITES AND/OR COREQUISITES

Students enrolled in Psychology of Adjustment (PSYC 274) must have successfully completed a course in General (Introductory) Psychology.

TEXTS

The official list of textbooks and materials for this course is found on *myNeosho*.

<http://www.neosho.edu/ProspectiveStudents/Registration/CourseSyllabi.aspx>

GENERAL EDUCATION OUTCOMES

1. Practice Responsible Citizenship through:

- identifying rights and responsibilities of citizenship,
 - identifying how human values and perceptions affect and are affected by social diversity,
 - identifying and interpreting artistic expression.
2. Live a healthy lifestyle (physical, intellectual, social) through:
 - listing factors associated with a healthy lifestyle and lifetime fitness,
 - identifying the importance of lifetime learning,
 - demonstrating self-discipline, respect for others, and the ability to work collaboratively as a team.
 3. Communicate effectively through:
 - developing effective written communication skills,
 - developing effective oral communication and listening skills.
 4. Think analytically through:
 - utilizing quantitative information in problem solving,
 - utilizing the principles of systematic inquiry,
 - utilizing various information resources including technology for research and data collection.

COURSE OUTCOMES/COMPETENCIES (as Required)

At the end of this course, a student should be able to do the following:

OUTCOME No. 1: Demonstrate an understanding of the underlying dimensions that influence adjustment, to include the application of scientific methodology.

OUTCOME No. 2: Identify the theoretical perspectives of personality as they relate to adjustment psychology including methods of assessment.

OUTCOME No. 3: Demonstrate an understanding of self in an individual and social context.

OUTCOME No. 4: Identify sources of stress as it relates to psychological and physiological well-being, to include mechanisms for coping with emotions.

OUTCOME No. 5: Demonstrate an understanding of social influences that impact adjustment to include attributions, conformity, prejudice, and discrimination, among others.

OUTCOME No. 6: Identify and develop strategies for improving interpersonal communications in friendships and love relationships.

OUTCOME No. 7: Demonstrate an understanding of adult lifestyle and developmental issues.

OUTCOME No. 8: Identify the issues associated with gender and differentiate between the facts and myths surrounding sexuality and sexual orientation.

OUTCOME No. 9: Demonstrate an understanding of the nature and etiology of psychological disorders and their treatment as they relate to adjustment psychology.

OUTCOME No. 10: Demonstrate an understanding of wellness-related issues, to include substance abuse/addiction and eating disorders, among others.

MINIMUM COURSE CONTENT

The following topics must be included. However, the course is not limited to these topics. The order of topics is up to the discretion of the instructor.

1. Adjusting to life
2. Personality
3. The Self
4. Stress
5. Coping
6. Social Thinking
7. Communicating Effectively
8. Friendship and Love Relationships
9. Adult Lifestyles
10. Achievement, Careers, and Work
11. Emerging Adulthood, Adulthood, and Aging
12. Gender
13. Sexuality
14. Psychology Disorders
15. Therapies
16. Health

STUDENT REQUIREMENTS AND METHOD OF EVALUATION

INSTRUCTIONAL METHODS

For specific instructional methods see the syllabus supplement on the syllabus page for this class on *myNeosho*.

STUDENT REQUIREMENTS AND METHOD OF EVALUATION

A = 90–100% B = 80–89% C = 70–79% D = 60–69% F = 0–59%

For specific instructional methods see the syllabus supplement on the syllabus page for this class on *myNeosho*.

ASSESSMENT OF STUDENT GAIN

The purpose of assessing student learning at Neosho County Community College is to ensure the educational purposes of the institution are met and appropriate changes are made in program development and classroom instruction to allow for student success. The instructor(s) of this course will determine the methods of assessment most appropriate and complete an assessment report at the end of the course.

ATTENDANCE POLICY

1. NCCC values interactive learning which promotes student engagement in the learning process. To be actively engaged, the student must be present in the learning environment.
2. Unless students are participating in a school activity or are excused by the instructor, they are expected to attend class. If a student's absences exceed one-eighth of the total course duration, (which equates to one hundred (100) minutes per credit hour in a face-to-face class) the instructor has the right, but is not required, to withdraw a student from the course. Once the student has been dropped for excessive absences, the registrar's office will send a letter to the student, stating that he or she has been dropped. A student may petition the chief academic officer for reinstatement by submitting a letter stating valid reasons for the absences within one week of the registrar's notification. If the student is reinstated into the class, the instructor and the registrar will be notified. Please refer to the Student Handbook/Academic Policies for more information
3. Absences that occur due to students participating in official college activities are excused except in those cases where outside bodies, such as the State Board of Nursing, have requirements for minimum class minutes for each student. Students who are excused will be given reasonable opportunity to make up any missed work or receive substitute assignments from the instructor and should not be penalized for the absence. Proper procedure should be followed in notifying faculty in advance of the student's planned participation in the event. Ultimately it is the student's responsibility to notify the instructor in advance of the planned absence.

ACADEMIC INTEGRITY

NCCC expects every student to demonstrate ethical behavior with regard to academic pursuits. Academic integrity in coursework is a specific requirement. Definitions, examples, and possible consequences for violations of Academic Integrity, as well as the appeals process, can be found in the College Catalog, Student Handbook, and/or Code of Student Conduct and Discipline.

ELECTRONIC DEVICE POLICY

Student cell phones and other personal electronic devices not being used for class activities must not be accessed during class times unless the instructor chooses to waive this policy.

NOTE

Information and statements in this document are subject to change at the discretion of NCCC. Students will be notified of changes and where to find the most current approved documents.

ACCOMMODATIONS

If you are a student with a disability who may need accommodation(s), in compliance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act (ADA) of 1990, please notify the Dean of Student Services in the Student Services Office, Sanders Hall, 620-432-0304, on the Chanute Campus, or the Dean for the Ottawa and Online Campuses, 785-248-2798, on the Ottawa Campus as soon as possible. You will need to bring your documentation for review in order to determine reasonable accommodations, and then we can assist you in arranging any necessary accommodations.

NON-DISCRIMINATION POLICY

The following link provides information related to the non-discrimination policy of NCCC, including persons with disabilities. Students are urged to review this policy.

<http://www.neosho.edu/Departments/NonDiscrimination.aspx>

SEXUAL MISCONDUCT POLICY (TITLE IX)

At NCCC, it is the responsibility of an instructor to help create a safe learning environment in the classroom, including both physical and virtual classrooms. All instructors are considered mandatory reporters at NCCC, therefore any information regarding sexual misconduct that is shared by a student in one-on-one meetings with the instructor must be reported to appropriate personnel at the College. Instructors will keep the information private to the greatest extent possible, but it is not confidential. Generally, climate surveys, classroom writing assignments or discussions, human subjects research, or events such as Take Back the Night events do not provide notice that must be reported to the Coordinator by employees, unless the reporting party clearly indicates that they wish a report to be made.

The following link provides information related to the sexual misconduct policy of NCCC, including resources, reporting options, and student rights. Students are urged to review this policy.

<http://www.neosho.edu/TitleIX.aspx>

COURSE NOTES

In order to achieve an optimum learning environment, students are expected to conduct themselves in a mature and responsible manner, and to avoid introducing hazardous materials or inciting disruptive behaviors into the classroom. These issues, as well as others, may be addressed in the Syllabus Supplement of each individual instructor.