Moravian College
Course: Human Adjustment PSYC 105
Instructor: Debra Romberger, MS, NCP, MFT
Meeting: M/W 7:50-8:40 a.m.
Rm: PPHAC 117
Office hours: after class or by appointment

Contact information
Phone: 610 554-0144
Email drombergermft@aol.com

Course Overview
This course is an introduction to basic theoretical principles of psychological coping and adjustment. Students will learn greater insight and efficacy in dealing with social and behavioral forces they encounter and will acquire an appreciation for the importance of psychology and its reliance on other disciplines to understand and improve complex social and behavioral phenomena.

Tentative schedule
Jan 10 Self-Direction in a Changing world (Ch 1)
12 The Journey Begins – Childhood (Ch 2)
17 no class - Martin Luther King Day
19 Affirmative Aging – Adulthood (Ch 3)
24 Seeking Selfhood (Ch 4)
26 review
31 test 1 Ch. 1-4
Feb 02 A Healthier You (Ch 5)
07 Taking Charge of Your Life (Ch 6)
09 Managing Your Inner Life (Ch 7)
14 Your Friends and You (Ch 8)
16 review
21 test 2 Ch. 5-8
23 Leader of Follower? (Ch 9)
25 Midterm –no class
28 At Work and Play (Ch 10)
March 02 Sexuality (Ch 11)
05 Spring break begins @ noon
14 Spring break ends @ 7:50am - Love and Commitment (Ch 12)
16 review
21 test 3 Ch 9-12
23 Stress and You (Ch 13)
25 Easter break starts 6:00 p.m.
28 Easter break ends 6:00 p.m. – no class
April 04 Your Mental Health (Ch 14)
06 If You go for Help (Ch 15)
11 Good Grief and Death (Ch 16)
Required Text:

Group projects
You will be given the opportunity to create a “How to” workbook for one of the topics listed below.

Requirements for project
1. Power Point presentation.
2. Handouts for your classmates.
3. Your Presentation should be grounded in theory and current research (within the last 5 years).
4. Discussion of the prevalence of problem.
5. Operationally define your problem.
6. Identify the population you will serve.
7. Develop a way to measure success – outcomes.
8. Provide contingency planning for problems that may arise along the way.
9. References are required for PP as well as the standard APA reference at end of presentation.
10. Presentations should be 15-20 minutes.
11. A hard copy of the PP presentation to instructor.
12. Include class participation.

Topics: How to:
- Pick a Partner/Spouse
- Leave Home Well
- Choose a Career
- Choose a Therapist
- Decide you need a therapist
- Reduce Stress
- Loose Weight/Get Healthy
- Prepare for Parenting
- Prepare for Retirement
- Start an exercise program and stick to it
- Diagnose someone with ADHD and discuss treatment options
- Handle your boyfriend/girlfriend who is ADHD
Handle when your friend starts giving his stuff away (suicide assessment/intervention)
Handle your grandmother who has Alzheimer’s and keeps wondering away
Help your friend who is in an abusive relationship

Sources for articles might include:
1. findarticles.com
2. http://www.apa.org  (they have a wonderful search engine in the upper left corner of home page.)
4. EBSCO at Moravian
5. questia.com/index.jsp

Exams:
There will be 4 multiple choice/short answer exams. Material will be from both text and class notes.

Missed exams/Late Papers/projects ☹
To be fair to students who prepare for exams and assignments in a timely fashion, make-up exams will not be given except in extreme situations. Late Projects will be reduced by one letter grade per day late (this includes weekends).

Attendance/Participation
I encourage you to prepare for class by reading material assigned for class. Your participation will make the class much more interesting and informative for both yourself and your classmates. You are responsible for both text and class notes. You may earn up to 15 points for participation/attendance.

Cheating and Plagiarism
Plagiarism is the misrepresentation of someone else’s work as your own. This includes having someone write a paper for you, purchasing a paper/project, or recycling a paper/project from a previous class. Students are responsible for keeping all notes, rough drafts, and revisions, and need to be able to produce them if requested. Evidence of plagiarism will be dealt with in accordance with the College policy on academic honesty, copies of which are available at the departmental secretary’s desk.

Total points:
4 exams 400
Group project 100
Participation/Attendance 15
Total 515
**Grading system**

- A   93-100%
- A-  90-92%
- B+  87-89%
- B   83-86%
- B-  80-82%
- C+  77-79%
- C   73-76%
- C-  70-72%
- D   69-60%
- F   below 60%

- This is tentative schedule and changes are at the discretion of the instructor.
- It is the student’s responsibility to make the instructor aware of any special accommodations that are necessary.