Moravian College
Course: Human Adjustment PSYC 105

Instructor: Debra Romberger, Ph.D., LPC
Meeting: T/R 2b
Rm: PPHAC 235
Office hours: TR 8:00 am – 8:30 (Adjunct office PP 224)
College Closing Hotline: 610-861-4595

Contact information
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Required Text:


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.

<table>
<thead>
<tr>
<th>Tentative schedule</th>
<th>Dates</th>
<th>Topics</th>
<th>Assignments</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Jan 17, 19</td>
<td>Affirmative Aging – adulthood</td>
<td>Chapter 3</td>
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<td>Chapter 3</td>
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<td></td>
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<td>Article 21</td>
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<td>Jan 24, 31</td>
<td>Seeking selfhood</td>
<td>Chapter 4</td>
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<td>Article 23</td>
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<td>Feb 2, 7</td>
<td>A Healthier You</td>
<td>Chapter 5</td>
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<td>Article 40</td>
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<td>Feb 9, 14</td>
<td>Taking Charge of Your life</td>
<td>Chapter 6</td>
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<td>Article 12 &amp; 13</td>
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<td>Feb 16</td>
<td>test 1, chapters 3-6</td>
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<td>Feb 21</td>
<td>Discussion of presentations/group assignments/class time to begin/submit topic &amp; group names at end of class</td>
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<tr>
<td>Feb 23, 28</td>
<td>Managing Your Inner Life</td>
<td>Chapter 7</td>
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<td>Article 24</td>
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Feb 24    midterm grades due to office

March 2    Your Friends and You
          Article 34
          Chapter 8

March 5-12 no classes - spring break

March 14, Your Friends and You
          Article 25
          Chapter 8

March 16, 21 Leader or Follower?
          Article 18
          Chapter 9

March 23, 28 At Work and Play
          Article 35
          Chapter 10

March 30 test 2, ch 7-10

April 4, 6 Sexuality
          Article 31 & 10
          Chapter 11

April 11 Love and Commitment
          Article # 15
          Chapter 12

April 13, 18 Your mental Health
          Article 38 & 41
          Chapter 14

April 20 test 3 chapters 11, 12, 14 (75%) cumulative final (25%)

April 25, 27 pp presentations (20 mins each)

NO FINAL DURING FINALS WEEK

Group projects
You will create a presentation about 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:

1. Pick a Partner/Spouse
2. Leave Home Well
3. Choose a Career
4. Choose a Therapist
5. Decide you need a therapist
6. Reduce Stress
7. Get Healthy (exercise/diet)
8. Prepare for Parenting
9. Prepare for Retirement
10. What to do when your boyfriend/girlfriend has ADHD/ADD
11. What to do if your friend starts giving his stuff away and is talking about ending it all (suicide assessment/intervention)
12. What to do if your grandmother who has Alzheimer's and keeps wondering away and thinks you are your mother or father.
13. How to help your friend who is in an abusive relationship – how do you know if you are in an abusive relationship
14. Sex ed class for kids in public middle school
15. Mom is going through menopause – help!

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 3 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:
- 3 exams: 300 points
- Group project: 100 points
- Participation/Attendance: 15 points
- Total: 415 points

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.