Hill College
112 Lamar Drive
Hillsboro, Texas 76645

COURSE SYLLABUS

Course Prefix and Number | Course Title
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PSYC 2315 | Psychology of Adjustment

Instructor: [  ]

Contact: [  ]

Catalog Description:

PSYC 2315
Study of the processes involved in adjustment of individuals to their personal and social environments.

Lecture Hours: 3 Lab Hours: 0 Semester Hours: 3

Introduction and Purpose:

Introduce the students to the field of psychological adjustment and coping and to develop student awareness and understanding of the physical and mental changes one goes through during adjustment phases of life and how these changes relate to behavior.

Instructional Materials:

Textbook: Psychology for Living: Adjustment, Growth and Behavior Today
Steen Kirsh, Karen Duffy, Eastwood Atwater
Pearson Education Publishing
ISBN#: 139780205909025


Objectives/Student Learning Outcomes:

At the completion of this course, students should be able to:

1. Understand concepts and terms related to psychological adjustment and coping.
2. Understand and apply adjustment in positive and negative everyday life events.
3. Understand the physical and mental health issues related to adjustment.
4. Understand how initiation, maintenance, and termination of close relationships interact with adjustment.
5. Understand cognitive-based techniques of adjustment and coping.
6. Understand therapeutic interventions, treatments, and other alternatives relating to seeking help to adjust.
7. Understand how interpersonal influences affect adjustment.
8. Understand how death and dying relates to adjustment.
Method of Instruction:
This course will be taught face-to-face.
Audio-visual materials and computer-based technology will be used when appropriate.

Methods of Evaluation:
Grades in this course will be based on the following evaluative criteria:
The average of the course curriculum will make up 75% of the students’ grades. The final exam will make up 25% of the students’ grades.
Exams containing objective and subjective questions – 25%
Assignments – 25%
Research Paper – 25%
Final Exam – 25%
Letter grades for the course will be based on the following percentages:

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<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
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<td>80-89%</td>
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<td>70-79%</td>
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<td>60-69%</td>
<td>D</td>
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<td>Below 60%</td>
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Course Outline:

Course Policies:
1. Regular and punctual attendance is expected and required unless in an online format.
2. Disruptions in class will not be tolerated.
3. No plagiarism, cheating, or collusion.

Topic Outline
1. Self-Direction in a Changing World
2. The Puzzle of Childhood
3. Affirmative Aging – Adulthood
4. Seeking Selfhood
5. Toward Better Health
6. Taking Charge
7. Managing Motives and Emotions
8. Making and Keeping Friends
9. Groups: Belonging, Following, and Leading
10. At Work and Play
11. Sexuality
12. Love and Commitment
13. Stress!
14. Understanding Mental Disorders
15. If you Go for Help
16. Death, Dying, and Grief

**Disabilities/ADA**

In accordance with the requirements of the Americans with Disabilities Act (ADA) and the regulations published by the United States Department of Justice 28 C.F.R. 35.107(a), Hill College’s designated ADA coordinator, Melanie Betz, Director of Academic Advising & Student Success, shall be responsible for coordinating the College’s efforts to comply with and carry out its responsibilities under ADA. Students with disabilities requiring physical, classroom, or testing accommodations should contact the Director of Academic Advising & Student Success, Melanie Betz, at (254) 659-7651.