

## PSYCHOLOGY OF PERSONAL ADJUSTMENT

Psychology 140, Sec. 051

Instructor Jean Ryan, MA E-mail: [jmrya@hunter.cuny.edu](mailto:jmrya@hunter.cuny.edu)

Spring 2006 Classroom HW 117

Mondays & Wednesdays 8:25 - 9:40pm

Prerequisite: Introduction to Psychology (Psych 100)

**Course Objective:** To provide both theoretical and practical knowledge of personal adjustment via a multidimensional approach including historical, biological, cultural, psychological, and developmental perspectives. To introduce new psychological concepts, definitions, methods, and research designs with respect to adjustment in particular within the field of psychology in general. To facilitate honest and open communication about the psychological processes that individuals use to cope with the daily challenges and demands of life, this will require all students to be respectful of alternate points of view.

**Textbook:** Santrock, John W. (2006). Human Adjustment New York: McGraw-Hill.

**Grading Criteria:** 90% Exam grades. There will be 4 exams including the Final.

10% Attendance and class participation

Attendance is expected at all class sessions and punctuality is essential. Class participation includes both assignments and group interactions during the semester.

Readings should be done before the class session as per this schedule.

Please be considerate and place cell phones on vibrate so as to not disturb the class. Extended unexcused absences will result in a lowered participation grade.

Any questions during the class please be polite and do not call out or cross talk.

**Exam Format:** Four (4) non cumulative, multiple choice exams with short answers will be administered at equal intervals throughout the Spring semester. Study questions will be provided as required. All exams including the Final are mandatory.

**Office Hours:** 1) by appointment; 2) directly after class session.

<b>Apr 12th</b>	<b>Wednesday</b>	<b>SPRING RECESS</b>
<b>Apr 17th</b>	<b>Monday</b>	<b>SPRING RECESS</b>
<b>Apr 19th</b>	<b>Wednesday</b>	<b>SPRING RECESS</b>
<b>Apr 24th</b>	<b>Monday</b>	<b>Gender Chapter 12</b>
<b>Apr 26th</b>	<b>Wednesday</b>	<b>Sexuality Chapter 13</b>
<b>May 1st</b>	<b>Monday</b>	<b>Health Chapter 16</b>
<b>May 3rd</b>	<b>Wednesday</b>	<b>Health Chapter 16</b>
<b>May 8th</b>	<b>Monday</b>	<b>EXAM III Chapters: 12, 13, &amp; 16</b>
<b>May 10th</b>	<b>Wednesday</b>	<b>Psychological Disorders Chapter 14</b>
<b>May 15th</b>	<b>Monday</b>	<b>Psychological Disorders Chapter 14</b>
<b>May 17th</b>	<b>Wednesday</b>	<b>LAST DAY: Therapies, Chapter 15</b>
		<b>Exploring Hope &amp; Optimism Handout</b>
<b>FINAL EXAM TBA Chapters: 14, 15 &amp; Handout</b>		