

# PY100-03 Personal Adjustment

## University of Guam

### Fanuchånan (Fall) 2024

---

Instructor:	Jacquelin Gouniai, PsyD	Class Time:	MW 2:00-3:20pm
Office:	Online office hours (see below)	Class Location:	Online (via Zoom & Moodle)
Cell number:	671-688-8159	Instructor's Email:	gouniaij@triton.uog.edu

Office hours: My office hours will be online and scheduled by appointment only. Please email me if you would like to schedule an appointment. I will be available through email Monday thru Friday for general course questions. I try my best to respond to student emails within 24 hours. Expect a longer response time for emails sent over the weekend.

Zoom link:   
Zoom password: 

---

### Course Description

This is an applied introductory-level course intended to help students learn personal adjustment skills through a variety of experiential activities and projects. Students are encouraged to create a supportive environment for addressing important psychological issues, such as self-concept, identity stress, anxiety, depression, loneliness, substance use, relationships, gender roles, sexuality, family, and culture. The course applies evidence-based techniques for modifying behavior to goals selected by the individual student. The course also focuses on behavioral health issues of regional significance, including risk of suicide, domestic violence, and substance abuse. The course addresses these issues in part by drawing on cultural strength, protective factors, and forms of resilience that are unique to the Pacific Island region.

As you develop a deeper understanding of yourself and others, you will be able to explore new choices available to you, learn new ways of coping with personal and social problems, and develop effective strategies for changing yourself, your relationships, and society. I hope that through this course you will grow in ways that you find both meaningful and satisfying. Classes will include lectures on selected topics in personal adjustment, self-awareness exercises, discussion sessions, films, group work, and student presentations. I expect a high level of class participation in all of these activities.

### Course Content

**Class Participation and Attendance:** You will receive credit each time you are present on Zoom and participate in class discussions. Students who log in to Zoom 20 minutes after the class has started or leave 20 minutes before class is dismissed will not receive attendance points for that day. **You are permitted to miss up to two (2) classes for sickness and other emergencies without losing points. Students who are absent for six (6) or more classes will be asked to withdraw from the course or will receive a failing grade.**

**Response Papers:** Throughout the semester, I will assign a number of response papers as homework assignments. These papers will be based on the "Take Time to Reflect" exercises in the textbook as well as films and other class activities. Most of the papers are designed to prepare you for class discussions and thus are due the next class after they are assigned. **Response papers should be a minimum of 1-page, single-spaced to receive full credit. Late response papers will not be accepted unless there is documented proof (e.g., doctor's note, jury duty) of extenuating circumstances.**

**Personal Adjustment Projects:** You are required to complete three personal adjustment projects during the course of the semester (Project 1 - Interpersonal Relationships; Project 2 - Gratitude; Project 3 – Self-Awareness & Self-Change). For each project, you will be asked to explore an important aspect of your personal adjustment in depth, to learn how to make changes in your life, and to record your progress in a daily journal. In addition, you are required to give a brief presentation to the class and submit a paper and supporting materials outlining your work. I will give you clear guidelines on each project in class.

### **Technology Prerequisites**

To successfully participate in an online course, you will need to have knowledge of basic computer skills. At minimum, you need to be able to:

- Communicate by email
- Complete basic internet searches
- Create and save MS Word documents
- Download and upload documents to Moodle
- Read documents online
- View online videos
- Participate in online discussions via Zoom

### **Required Readings**

Corey, G., Corey, M. S., & Muratori, M. (2018). *I Never Knew I Had a Choice: Explorations in Personal Growth* (11th ed.). Boston, MA: Cengage Learning.

### **Grade Categories and Percentages**

Your final grade will be based on class participation and attendance, a series of response papers, and three personal adjustment projects. It will be calculated as follows:

- 20% - Class Participation and Attendance
- 20% - Response Papers
- 20% - Project 1: Interpersonal Relationships
- 20% - Project 2: Gratitude Project
- 20% - Project 3: Self-awareness and Self-change

Numerical scores will be converted to letter grades based on the following percentages:

A+	100-97%	A	96-94%	A-	93-90%
B+	89-87%	B	86-84%	B-	83-80%
C+	79-77%	C	76-74%	C-	73-70%
D+	69-67%	D	66-64%	D-	63-60%
F	59% and below				

UW	Unofficial withdrawal assigned by Registrar—Student stopped attending classes and did not submit/file required documents.
W	Withdrawal assigned by Registrar—Student stopped attending classes and submits/files required documents.

### **Student Disclosure of Personal Information**

As this course addresses personal adjustment, many of the class discussions and exercises will focus on personal issues such as emotions, self-concept, and interpersonal relationships. In class, students will often be invited to participate by sharing experiences and stories from their life. While I do ask that these stories be about real events or experiences in your life, you are not required to disclose personal information that you do not wish to share. Moreover, if at any time you do not wish to participate in a particular activity, you may choose to pass. Passing will not have any adverse effect on your grade.

For your project presentations, you will also be asked to share some experiences from your life with the class. Again, in your presentations, you are not required to disclose personal information that you do not wish to disclose. Therefore, I encourage you to prepare in advance stories or narratives about life experiences that you would feel comfortable sharing with the class. I will provide examples of how to talk about life experiences without disclosing sensitive personal information.

### **No Unauthorized Recording**

Only the instructor may record class sessions. Unauthorized recording of online class meetings is not allowed, to include screen shots that include identifiable information of any person in the session. Not only is the delivery of course content the intellectual property of the instructor, but students enrolled in the course have privacy rights. Unauthorized recording and distribution of online courses may violate federal law.

### **ADA Statement**

If you are a student with a disability who will require an accommodation(s) to participate in this course, please contact the Disability Support Services office to discuss your specific accommodation needs confidentially. You will need to provide me with a Faculty Notification letter from the DSS counselor. If you are not registered, you should do so immediately at the Student Center, Rotunda office #6, ph/TTY: 735-2460, or [uogdss@triton.uog.edu](mailto:uogdss@triton.uog.edu) to coordinate your accommodation request.

### **COVID Statement**

The University of Guam is experiencing continued disruption to delivery of instruction during the global coronavirus pandemic. The University will follow executive orders and may be forced to close again, causing more modifications as the semester progresses. All changes will be posted on the UOG website, [www.uog.edu](http://www.uog.edu).

- Contact Office of Information Technology at 735-2630 or [oit@triton.uog.edu](mailto:oit@triton.uog.edu)
- Contact the Triton Advising Center at 735 – 2271 or [tac@triton.uog.edu](mailto:tac@triton.uog.edu)
- Contact Uplift Counseling Services at 787-7978 or [uplift@westcare.com](mailto:uplift@westcare.com)
- Contact Project Tulaika Mental Health Services at 647-5317; 647-1901; 647-5440; 647-8833/34 or [care@gbhwc.guam.gov](mailto:care@gbhwc.guam.gov)

In face to face courses, wearing masks and social distancing is required. Anyone who has a fever, or any other symptom, should stay home. If you do not comply with these directions, you will be asked to leave, and if you do not, class will be cancelled. Patience, respect, and cooperation are needed from all of us to persist through these uncomfortable times.

### **Student Learning Outcomes (SLOs)**

#### **PY100 Course SLOs:**

Students successfully completing this course should demonstrate the following:

- 1) Knowledge of effective self-awareness strategies.
- 2) Knowledge of a variety of skills for coping with stress as well as personal, interpersonal, and social problems.
- 3) Knowledge of a variety of strategies that psychological research has proven effective in changing emotions, thinking styles, and behavior.
- 4) A deeper understanding of themselves, their relationships, families, and cultures.

#### **Psychology Program SLOs:**

The student learning objectives for the Psychology Program are articulated with those of the American Psychological Association. Graduating students will demonstrate that they have:

- 1) Developed a broad and deep knowledge base in Psychology.
- 2) Acquired and can appropriately apply knowledge of psychological research skills.
- 3) Acquired and can appropriately apply critical thinking skills in Psychology.
- 4) Developed competence in making appropriate applications of Psychology.
- 5) Acquired and can appropriately apply the values of Psychology.
- 6) Developed competence in information and technology literacy.
- 7) Developed competence in communication skills.
- 8) Acquired and can appropriately apply sociocultural and international awareness.
- 9) Acquired effective personal development skills.
- 10) Acquired knowledge and competence in career planning and development.

**University of Guam SLOs:**

Some of the expected fundamental knowledge, skills, and values that the University of Guam student will have demonstrated upon completion of *any* degree are:

- 1) Mastery of critical thinking and problem solving.
- 2) Mastery of quantitative analysis.
- 3) Effective oral and written communication.
- 4) Understanding and appreciation of culturally diverse people, ideas and values in a democratic context.
- 5) Responsible use of knowledge, natural resources, and technology.
- 6) An appreciation of the arts and sciences.
- 7) An interest in personal development and lifelong learning.

**Course calendar**

Please see Moodle for the course calendar and assignment due dates.