

PY100-04 Personal Adjustment

Section 04: **ONLINE Hybrid** Tuesday / Thursday 9:30 AM to 10:50 AM

Instructor: Andrea Santos, M.S.

Office: HSS 219A

Office Phone: (671) 735-2850

Office Hours:

Class Location:

E-mail:

By appointment

Online via [Zoom](#)

santosar@triton.uog.edu

Course Catalog Description

This is an applied introductory-level course intended to help students learn personal adjustment skills through a variety of experiential activities and projects. In class, you will be encouraged to work together to create a supportive environment where we can discuss important psychological issues, such as self-concept, identity, stress, anxiety, depression, loneliness, substance use, relationships, conflict resolution, gender norms, sexuality, family, and culture. Student projects will focus on practices that spur and support personal adjustment and self-acceptance.

As you develop a deeper understanding of yourself and others and as you come to see how your current ideas and life philosophies have been co-constructed in relationships, you will be able to explore the array of new choices available to you, learn new ways of coping with personal and social problems, develop practices that engender self-acceptance and finally develop effective strategies for creating change within yourself, your relationships, and society. I hope that through the course you will grow in ways that you find both meaningful and satisfying.

Classes will include lectures on selected topics in life stages and changes, self-awareness and critical thinking experiences, films, group discussions (both live and Moodle Forums) and student presentations. I expect a high level of class participation in all these activities.

Student Learning Outcomes (SLOs)

Course Student Learning Outcomes (SLO)	Program (PLO)	Institutional (ILO)
<i>Upon completion of the course, students will have demonstrated:</i>	<i>The student learning objectives for the Psychology Program are articulated with those of the American Psychological Association. Graduating students will demonstrate that they have:</i>	<i>Some of the expected fundamental knowledge, skills, and values that the University of Guam student will have demonstrated upon completion of any degree are:</i>
Knowledge of effective self-awareness strategies.	Developed a broad and deep knowledge base in Psychology;	Mastery of critical thinking and problem solving.
Knowledge of a variety of skills for coping with stress as well as personal, interpersonal, and social problems.	Acquired and can appropriately apply knowledge of psychological research skills;	Mastery of quantitative analysis.
Knowledge of a variety of strategies that psychological research has proven effective in changing emotions, thinking styles, and behavior.	Acquired and can appropriately apply critical thinking skills in Psychology;	Effective oral and written communication
A deeper understanding of themselves, their relationships, families, and cultures.	Developed competence in making appropriate applications of Psychology;	Understanding and appreciation of culturally diverse people, ideas and values in a democratic context.
	Acquired and can appropriately apply the values of Psychology;	Responsible use of knowledge, natural resources, and technology.
	Developed competence in information and technology literacy;	An appreciation of the arts and sciences.
	Developed competence in communication skills;	An interest in personal development and lifelong learning.
	Acquired and can appropriately apply sociocultural and international awareness;	
	Acquired effective personal development skills;	

Required Text: Corey, G., Corey, M. S., & Muratori, M. (2018). *I Never Knew I Had a Choice: Explorations in Personal Growth* (11th Edition). Pacific Grove, CA: Brooks/Cole.

Teaching Methodologies: Our class will be administered virtually via **Zoom** (<https://zoom.us/>) and **Moodle** (<https://moodle.uog.edu/login/index.php>). Synchronous virtual lectures, class discussions, journals, and asynchronous Moodle forums are the primary tools for instruction. Educational videos, documentaries, and media pertinent to the course material will supplement the instructional methods. Follows is a direct link:



Evaluation Methods: Your final grade will be based on class participation and attendance, personal response papers / reflective journals, Moodle Forums, two personal adjustment projects, and the personal adjustment retreat. It will be calculated as follows:

- 25% - Class Participation and Attendance **via ZOOM**
- 25% - Journal Entries and Moodle Forums
- 25% - Personal Adjustment Project: Interpersonal Relationships
- 25% - Personal Adjustment Project: Gratitude

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

A+	98-100%	A	93-97%	A-	90-92%
B+	87-89%	B	83-86%	B-	80-82%
C+	77-79%	C	70-76%		
		D	60-69%		
F	59% and below				
P	Pass				
I	Incomplete				
NC	No Credit				
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.				

Class Participation and Attendance: You will receive credit each time you are present in class and participate in class activities. Students who come late to class (15 minutes) will only receive half credit for attendance. ***Students who miss more than six (6) classes (including cumulative tardies) will be asked with to withdraw from the course.*** We will be meeting online via Zoom for our class sessions. Please download the app on your phone and/or computer at <https://zoom.us/>. The Zoom invitation you received via email will contain the course meeting link, ID, and passcode. Alternately, a link to our Zoom classroom can be found under the course banner in Moodle.

Journal Entries and Moodle Forums: You will be assigned a personal response paper / reflective journal based on the "Take Time to Reflect" exercises in the textbook or a Moodle Forum for each chapter. **The journals** are designed to prepare you for class discussions and thus should be submitted to Moodle at the beginning of each class. Each paper should be a minimum of two pages, double spaced, and 12-point font with one-inch margins to receive full credit. Late journal entries will not be accepted unless there is documented proof (e.g. doctor's note, jury duty) of extenuating circumstances. **Moodle Forums** are assigned either on the first or second day of each chapter, these forums are opportunities to further and with greater depth have us engaging the material and one another. You are required to post one discussion and respond to two or three of your classmates per Moodle Forum assignment.

Personal Adjustment Projects: You are required to complete two (2) personal adjustment projects during the course of the semester: (i) Interpersonal Relationships and (ii) Gratitude. Project requirements and directions are detailed in Moodle and will be discussed in class. Projects will be uploaded to Moodle.

Student Disclosure of Personal Information

As this course addresses personal adjustment, the class discussions and exercises will focus on personal issues such as our emotions, ideas about identity and self-esteem or self-concept, and our 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, ***you are not required to disclose personal information that you do not wish to disclose.*** 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.

We will discuss, at the onset of the semester, the purpose of group processes as a psychological intervention. Together we will work to create group norms that will be focused on confidentiality and other components of safe and supportive interactions and relationships.

EEO/ADA Statement

The University is committed to providing an inclusive and welcoming environment for all members of our community. Federal and local laws protect the University community from any act of sex discrimination. Such acts violate the essential dignity of our community members. If you need assistance with EEO (Equal Employment Opportunity) and/or Title IX concerns, please contact the Director of EEO/ADA & TITLE IX Office at 671-735-2244, 671-735-2971, TDD 671-735-2243 or eeo-ada@triton.uog.edu.

The University of Guam (UOG) is committed to achieving equal opportunity and full participation of persons with disabilities by providing non-discriminatory access to its services and facilities through the ADA Office. The Mission of the ADA Office is to ensure non-discriminatory access to all benefits, privileges, opportunities and obligations to faculty, staff and community members with disabilities and to ensure a process for full compliance by UOG with the ADA of 1990, as amended, and Section 504 of the Rehabilitation Act of 1973, as amended, taking into account the economic climate and multi-cultural diversity of the institution.

The ADA Office can be contacted at telephone number (671) 735-2244 or Telephone Device for the Deaf (TDD) number (671) 735-2243.

The Enrollment Management & Student Success office provides reasonable accommodations for students in accordance with the UOG Policy and Procedure for student applicants with a disability. The ADA policy can be found on this website.