Psychological Adjustment, Fall 2025 – PSYCH 140 - Section 02 - Class # 5681
M & W 7:00 PM – 8:15 PM [In-Person, Hunter West Room W117]

Instructor: Samuel Armen, MA, MS
Email: Email: sarmen@hunter.cuny.edu
Office Hours: Mondays & Wednesdays 6:00 - 7:00 [via zoom - by appointment only]

Course Description: Styles of adjustment; social interaction; self-concept and self-esteem: stress management; alienation; failures of adjustment.

Prerequisites: You must have taken *Psych 100 - Introduction to Psychology* before you can take this course.

Learning Outcomes:

1. Learn major theories and constructs of human adjustment including personal well-being and relationship effectiveness.
2. Discover and critically evaluate research in the field of personal adjustment
3. Identify adaptive and maladaptive behaviors in yourself and in others.
4. Understand the major issues affecting human adjustment in work, health, motivation, and relationships (personal, relationship, organizational, and social/cultural issues).

Course Text:

- **Main Textbook:** Nevid, J. & Rathaus, S.A. (2020). *Psychology and the Challenges of Life: Adjustment and Growth* (14th ed). Wiley. ISBN 978-1-119-60116-6
- **Other reading(s) policy**: All other readings - articles, research papers, interviews - will be posted on BlackBoard and will be available through Hunter Library's OneSearch & Google Scholar.

Class Policies:

- **Attendance:** Attendance and participation are a significant portion of your grade. If, for whatever reason, you are late, try to pick up from where we are, nondisruptively, and see me or a classmate to make up what you had missed. Repeated tardiness or absence will negatively impact grades.
- **Late Assignments**: All assignments are due dates at 7:00PM (before class). Any assignments submitted up 24 hours late will receive partial credit, while any assignments received after will receive a 0.
- **Pass/No-Credit Request:** https://hunter.cuny.edu/students/registration/register-for-classes/credit-no-credit/. Students with a Major or Minor in Psychology cannot take courses for Pass/No-Credit. Talk to your psychology advisors for more info (schedule an appointment via Navigate: https://hunter.cuny.edu/navigate/advisors/)

Grade scale:

Letter Grade	% Grade	GPA	Letter Grade	% Grade	GPA
A+	97.5-100	4	B-	80.0-82.4	2.7
A	92.5-97.4	4	C+	77.5-79.9	2.3
A-	90.0-92.4	3.7	C	70.0-77.4	2
B+	87.5-89.9	3.3	D	60.0-69.0	1
B	82.5-87.4	3	F	0.0-59.9	0

Grades: Your grades will be divided across four domains

- **Exams:** There will be three exams concluding each of the three parts of this course (more on course parts in the schedule section below). These exams are cumulative, and are **worth 25% of your total grade.**
- **Homework:** Aside from the mandatory reading assignments, there will be occasional homework assignments, which are collectively **worth 25% of your total grade.**
- **Participation:** Being in class, physically and mentally, driving the lessons forward and engaging in active discussion will be **worth 25% of your total grade.**
- **Presentation:** In the final third of this course, we will have student-led presentations, which will involve students working in groups to handle one of the many challenges facing people today. This will also be **worth 25% of your total grade.**

Course Procedure:

There are three parts of this course, each of which corresponding to a useful axiom.

I. **Know Thyself:** The initial chapter of this course, Know Thyself, focuses on the inevitable and indelible components that make us human - focusing on theories of identity and development.

II. **Know Thy Friends:** In our second part, we will focus on the manifold tools we can use to strengthen our offenses and fortify our defenses against the vicissitudes of life.

III. **Know Thy Foes:** In this final component, students will take the lead by identifying various challenges across their lives and leveraging knowledge from parts I & II of this course (**Know Thyself** & **Know Thy Friends**) to prepare for solving that issue. The presentations are described in the grades section below.

Schedule (subject to change):

https://hunter.cuny.edu/students/registration/academic-calendar/

Date	Class	Topics	Materials & Assignments
I. KNOW THYSELF			
8/27	**1**	Introductions	**HW-1 Due by next class:** Introductions: 1. Who are you? 2. What do you plan to study? 3. What psychological topics are you *most* interested in studying?
9/01	**-**	**No Class Scheduled** 😞	**-**
Developmental Stages			
9/3	**2**	**Lesson 1:** Freud and the Psychoanalysts	The Bad Boy of the Brain: What Freud Got Right
9/08	**3**	The Developmentalists	**Reading:** *Adjustment & Growth (Rathus & Nevid) Chapter 1:* pp. 1 - 25.
9/10	**4**	Know Thy Foes Topics	**Reading:** *A&G Chapter 3:* pp. 50-59 **HW-2:** Select any age, juxtapose how two developmental stages regard them and provide your own opinion
The World Around and Within			

9/15	**5**	Behaviorism & Cognitive Behavioral Therapy (CBT)	**Reading:** *A&G Chapter 3:* pp. 59-63
9/17	**6**	Social Psychology	**Reading:** The Most Influential Social Psychology Experiments of All Time **HW-3:** *"So What?" Evaluate the broader implications of one of the 15 studies from the reading, especially for today and the near future.*
9/22-9/24	**-**	**No Class Scheduled** 😭	**-**
9/29	**7**	Social Cognitive Theory & Humanism	**Reading:** *A&G Chapter 3:* pp. 63-71
10/01-10/2	**-**	**No Class Scheduled** 😭	**-**
10/06	**8**	Personality Theories & Theories of Intelligence	**Reading:** *A&G Chapter 3:* pp. 72-82 **Due by next class:** Select topic & groupmate(s) for student presentations
10/08	**9**	Evolutionary Psychology	**Reading:** Confer, J. C., Easton, J. A., Fleischman, D. S., Goetz, C. D., Lewis, D. M., Perilloux, C., & Buss, D. M. (2010). Evolutionary psychology: Controversies, questions, prospects, and limitations. American psychologist, 65(2), 110. **HW-4:** Evolutionary Matrix
10/13	**-**	**No Class Scheduled** 😭😭😭	**-**
10/14*	**10**	**EXAM #1**	
II. KNOW THY FRIENDS			
P.E.R.M.A.			
10/15	**11**	Positive Emotions	**Reading:** Fredrickson, B. L. (2004). The broaden–and–build theory of positive emotions. Philosophical transactions of the royal society of London. Series B: Biological Sciences, 359(1449), 1367-1377.
10/20	**-**	**No Class Scheduled** 😭😭😭	**-**
10/22	**12**	Engagement [Monday Schedule]	**Reading/Listening:** Flow, The Secret to Happiness TEDTalk (Mihaly Csikszentmihalyi) **HW-5:** Personal flow-state analysis.
10/24*	**13**	Relationships	**Reading:** Mineo, L. (2017). Good genes are nice, but joy is better. The Harvard Gazette, 11.

10/27	**14**	Meaning	**Reading:** Riethof, N., & Bob, P. (2019). Burnout syndrome and logotherapy: Logotherapy as a useful conceptual framework for explanation and prevention of burnout. Frontiers in psychiatry, 10, 382. **Due by next class:** Using the what/why/how/so method, summarize the one article you chose for the next class.
10/29	**15**	Accomplishment	**Reading:** Dweck, C. S. (1986). Motivational processes affecting learning. American psychologist, 41(10), 1040. AND/OR Elliott, E. S., & Dweck, C. S. (1988). Goals: an approach to motivation and achievement. Journal of personality and social psychology, 54(1), 5. **Due by next class:** Prioritizing and activating PERMA task
SWB			
11/03	**16**	Coping Mechanisms vs. Defense Mechanisms	**Reading:** *Defense Mechanisms: The Ultimate Breakdown* **Due by next class:** Defense Mechanism extrapolations
11/05	**17**	Habit	**Reading:** Wood, W., & Rünger, D. (2016). Psychology of Habit. Annual review of psychology, 67(1), 289-314.
11/10	**18**	Health (Nutrition & Sleep)	**Reading:** *A&G Chapter 6:* pp. 157-182
11/12	**19**	Therapy	**Reading:** *A&G Chapter 14:* pp. 401-434
11/17	**20**	**EXAM #2**	
III. KNOW THY FOES			
11/19	**21**	*[Professor Presentation] & Exam Review*	
11/24	**22**	Student Presentations	Student chosen articles
11/26	**23**	Student Presentations	Student chosen articles
12/01	**24**	Student Presentations	Student chosen articles
12/03	**25**	Student Presentations	Student chosen articles
12/08	**26**	Student Presentations	Student chosen articles
12/10	**27**	Student Presentations & Final Exam Review	Student chosen articles
TBD	**28**	**[FINAL] EXAM #3**	

Know Thy Foes Topics

Studying [pp. 28-30]	**Time Management** [pp. 31-36; 457]	**Distractions** [pp. 33-35]
Test Anxiety [pp. 42-43]	**Budgeting** [pp. 44-47]	**Substance Abuse** [106; 134-148; 410]
Nutrition [pp. 157-161]	**Sleep** [pp. 178-182]	**Prejudice** [pp. 211-215]
Senescence [pp. 258-259]	**Grief** [pp. 262-265]	**[Cyber]Bullying** [p. 277]
Dating & Love [pp. 292; 300-313]	**Disorders** [pp. 368-400]	**Suicide** [pp. 388-391]
Job Market [pp. 435-468]	**Burnout** [pp. 456-458]	**Other:** ***Just ask!***

Services available to students:
Behavioral Response Team (BRT) –http://www.hunter.cuny.edu/brt - students can put reports in too, not just faculty
Counseling and Wellness Services - https://hunter.cuny.edu/students/counseling-and-wellness-services/
- virtual drop-in support groups, informational sessions, and workshops throughout the semester

Office of AccessABILITY - http://www.hunter.cuny.edu/access
Office of the Bursar - https://hunter.cuny.edu/students/tuition-and-payment/office-of-the-bursar/
Office of the Registrar - https://hunter.cuny.edu/students/registration/office-of-the-registrar/
Office of Financial Aid - https://hunter.cuny.edu/students/financial-aid/office-of-financial-aid/
One Stop –
https://hunter-undergraduate.catalog.cuny.edu/student-life/academic-services/registrars-office-one-stop
Navigate - https://hunter.cuny.edu/navigate/students/
Department of Psychology - http://www.hunter.cuny.edu/psychology

Chanin Language Center - 209 Hunter West
- language lab hours

Dolciani Math Learning Center - Hunter East, 7th Floor of the Library
- dmlc@hunter.cuny.edu

Rockowitz Writing Center
- Make an appointment to see a tutor (students can choose face-to-face, live online, or asynchronous e-tutoring)
- Request a weekly tutoring appointment (Fall 2021) (new sign-up form every semester)

Skirball Science Learning Center - Hunter East, 7th Floor of the Library
- Step-by-step Guide on How to Sign-up for Peer Group Learning Appointments

Library – https://library.hunter.cuny.edu/

Campus life - https://hunter.cuny.edu/students/campus-life-2
Student clubs - https://ww2.hunter.cuny.edu/students/student-life/clubs/
Student government - https://ww2.hunter.cuny.edu/students/student-life/student-government/
Student athletics and recreation - https://ww2.hunter.cuny.edu/students/student-life/athletics-and-recreation/
All info for students - https://hunter.cuny.edu/students/
Public safety - https://hunter.cuny.edu/public-safety/

Tech help for students (only list the ones you plan to use in class)
- https://hunter.cuny.edu/information-technology/support/
- Blackboard for students workshop recording
- Blackboard instructions/tutorials for students
- long-term laptop loan
- mobile hotspot loan
- short-term iPad loan (3 days) via Libraries
- CUNY Office 365
- CUNY Dropbox
- How to post & edit on Padlet
- How submit watch, comment & create assignments in VoiceThread
- How to annotate on Hypothes.is

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Academic Integrity: Hunter College regards acts of academic dishonesty (e.g., plagiarism, cheating on examinations, obtaining unfair advantage, and falsification of records and official documents) as serious offenses against the values of intellectual honesty. The College is committed to enforcing the CUNY Policy on Academic Integrity and will pursue cases of academic dishonesty according to the Hunter College Academic Integrity Procedures.

From the Office of AccessABILITY: In compliance with the American Disability Act of 1990 (ADA) and with Section 504 of the Rehabilitation Act of 1973, Hunter College is committed to ensuring educational parity and accommodations for all students with documented disabilities and/or medical conditions. It is recommended that all students with documented disabilities (Emotional, Medical, Physical and/ or Learning) consult the Office of AccessABILITY located in Room E1124 to secure necessary academic accommodations. For further information and assistance please call (212- 772- 4857)/TTY (212- 650- 3230).

Sexual Misconduct: In compliance with the CUNY Policy on Sexual Misconduct, Hunter College reaffirms the prohibition of any sexual misconduct, which includes sexual violence, sexual harassment, and gender-based harassment retaliation against students, employees, or visitors, as well as certain intimate relationships. Students who have experienced any form of sexual violence on or off campus (including CUNY-sponsored trips and events) are entitled to the rights outlined in the Bill of Rights for Hunter College. a. Sexual Violence: Students are strongly encouraged to immediately report the incident by calling 911, contacting NYPD Special Victims Division Hotline (646-610-7272) or their local police precinct, or contacting the College's Public Safety Office (212-772-4444). b. All Other Forms of Sexual Misconduct: Students are also encouraged to contact the College's Title IX Campus Coordinator, Dean John Rose (jtrose@hunter.cuny.edu or 212-650-3262) or Colleen Barry (colleen.barry@hunter.cuny.edu or 212-772-4534) and seek complimentary services through the Counseling and Wellness Services Office, Hunter East 1123. CUNY Policy on Sexual Misconduct http://www.hunter.cuny.edu/diversityandcompliance/repository/files/cuny-policy-on-sexual-misconduct.pdf