PSYCH 14000:01, Class #2152
Psychological Adjustment at Hunter College, Spring 2026

Course Time: Tuesdays and Thursdays, 1:00PM-2:15PM
Location: North Building, Room 1036 (HN1036)
Instructor: Charlene Baudet, LMHC
Email: cb5792@hunter.cuny.edu
Office Hours: Tuesdays from 11:45AM-12:45PM and Thursdays from 4:00PM-5:00PM. Office hours will be by appointment only. Options to meet virtually or in person, in HN752B.

COURSE PREREQUISITE:
PSYCH 100. If you haven't already taken and/or passed PSYCH 100, you *must* drop this course, or you can be dropped at any point in the term. If you don't drop and replace the course yourself, you may also lose financial aid.

REQUIRED COURSE TEXT:
Nevid, J. & Rathaus, S.A. (2020). Psychology and the Challenges of Life: Adjustment and Growth (14th ed). Wiley. ISBN 978-1-119-60116-6
Or 13th edition of same text. (Some chapter numbers may differ)

This textbook is required if you want to succeed in this course. It is up to you if you'd like a PDF version or the actual copy.

COURSE OBJECTIVES: Learn concepts, critical thinking skills, and information that will help you better understand how one copes with challenges in one's life. Apply psychological science/theory to challenges such as studying effectively, developing identity, forming friendships and love relationships, making healthy lifestyle choices, coping with stress and psychological disorders. As well:

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 DESCRIPTION: Styles of adjustment; social interaction; self-concept and self-esteem: stress management; alienation; failures of adjustment.
Class discussion will:

1. Facilitate open communication about comparing theories to your subjective experience of psychological adjustment.

2. Facilitate discussion of theory.

<u>WHAT YOU WILL BE GRADED ON AKA ASSIGNMENTS/EXAMS:</u>

- **EXAMS (300 POINTS TOTAL):** There will be three (3) non-cumulative exams and one (1) cumulative optional final exam in this course. The first three non-cumulative exams will each be 50 questions with a mix of true/false and multiple-choice questions and will each cover 5 chapters and other materials/resources discussed. Your optional final exam will be 100 questions with a mix of true/false and multiple-choice questions and will cover all 15 chapters and materials/resources discussed throughout the semester. Each exam (including the final) is worth 100 points (300 points total towards your grade). You will be given a scantron to complete exams and only scantrons will be graded, make sure to bring a writing utensil on exam days as I will not be providing any pencils or pens. **All exams will be in person only unless you have paperwork from the office of accessibility**. **No accommodations can be made without paperwork from the office of accessibility.**
    - MAKEUP EXAMS: There are NO makeup exams in this course. Missing an exam for any reasons will result in a 0. There are no exceptions to this, doctor's letters and other form of paperwork will not be accepted.
    - OPTIONAL FINAL EXAM: Since I do not hold makeup exams, if you miss an exam or if you're not happy with your overall three exam grades, you have the option of taking the optional final exam. The optional final is not mandatory, it is a grade booster or a replacement to a missed exam. If you happen to test positive for COVID and/or have a family emergency, or anything else, during the semester that falls on an exam day, fear not, you will be able to take the optional final exam as I do not hold makeup exams (Even if you provide me paperwork or doctor letters!). If you're not happy with your grade by the end of the semester and you've taken the three exams, you will also be able to take the optional final exam as it is a grade booster. If you do not want to take the final, this will not impact your grade whatsoever, as you will already have fulfilled the 300 points with your first 3 exams. To take the final exam you must let me know by email no later than 05/21/2026 at 11:59PM if you're planning to take the optional final exam. If you do not let me know by that date, you will not be able to take the final exam. To let me know if you'll be taking the final exam, you will need to email me with your name, class, and a sentence letting me know that you'll be taking the optional final (EX: Hi, this is Charlene Baudet from your psychological adjustment class and I'd like to take the optional final exam). You do not need to let me know if you do not plan to take the optional final exam.
- **JOURNALS (240 POINTS TOTAL):** You will be required to complete 3 week-long journals throughout the semester. Each journal activity is 80 points for a total of 240 points (3 journals). You will need to complete each journal throughout a 7-day period, in

which you will be participating in different coping tools/positive psychology techniques. You cannot complete all three journals in the same week. These are three different weeks. You will be required to participate in these exercises AND to write a reflection. In these journals, you will be keeping track of how these exercises are adding, taking away, or keeping the status quo in your day-to-day life. More instructions in PDFs titled Journal Entry Instructions #1-3 on Brightspace under the Journal Assignments tab. All journal entry assignments will be submitted through Brightspace. You can find the submission tabs in the Journal Entry Submissions folder.

- **CHAPTER ASSIGNMENTS (140 POINTS TOTAL):** There will be a total of 14-chapter assignments, each worth 10 points for a total of 140 points. These assignments can be found on Brightspace under the tab titled "Chapter Assignments" in the Course Materials tab. Each chapter assignment is a total of 10 questions, each worth 1 point. You have an unlimited amount of tries up until the due date to complete these assignments. If you're not happy with the first grade you received, complete the assignment again, submit it, and your grade will automatically be changed to the most recent submission. Further instructions on due dates and submission of these assignments can be found under the Chapter Assignments tab in your Course Materials.

OTHER IMPORTANT INFORMATION:

- **ATTENDANCE:** Attendance will be taken at the beginning of every class via QR code or sign-in sheet located at the front of the classroom. While attendance is not mandatory in this course and you will not be penalized if you do not attend class, it is strongly encouraged that you complete it every class for record keeping purposes. Extension dates, recommendation letters**, and any other requests outside of class material, will not be given or completed unless the student attends 90% of scheduled in person classes. Students are not allowed to share QR code to attendance over any types of communication platforms, such as Whatsapp.
- **EXTRA CREDIT OPPORTUNITIES:**
    - **EXAMS:** Extra credit in review sessions will be given in the form of Kahoot!, an online game that uses smart phones, tablets, or computers, where only the top 3 winners will receive credit on the exam. First place winner will receive 10 extra credit points on exam grade, second place winner will receive 6 extra credit points on exam, and third place winner will receive 3 extra credit points. Students will be able to play with a max of 2 players per team and only allowed to use 1 device per group. It is optional to pair up, it is your decision whether you want to participate in a pair or individually. If participating in a pair and you win, each individual will receive the 10, 6, or 3 points. Kahoot! games are not promised and will only happen if time permits.
    - **RANDOM ATTENDANCE:** There will be three random extra credit attendances taken at the end of three classes. These three random extra credit

attendances are separate and completely different from the attendances taken at the beginning of the class via QR code or sign-in sheet. Random extra credit attendance will happen randomly at the end of a class and are an opportunity for students to receive extra credit. I will call out each student's name individually and go through each student on the roster, you cannot leave class early if you're wanting extra credit. I believe that attendance should be rewarded, so for each random extra credit attendance you attend you will receive 15 points, for a total of 45 extra credit points towards your overall grade. This extra credit is not added to exams, it is added to your overall final grade. Please be aware of important factors when it comes to random attendance:

- Random extra credit attendances will only be given if you are here for the duration of the classroom. Leaving class early could result in a missed random extra credit attendance as you need to be here from start to finish. If I notice that you are coming in at the end of every single class, you will not be eligible to receive the extra credit points for a random attendance. You must be here for the whole duration of the class.
- To receive points for a missed random extra credit attendance you will need to email me PRIOR to class starting (I.E. no later than 1:00PM). If I receive an email prior to class starting regarding an absence on a random extra credit attendance day, you will receive 5 points.
- Brightspace does not add your extra credit grade to your overall final grades in the course. It is something I will be adding manually at the end of the semester. You can calculate your grade throughout the semester with the added extra credit or please feel free to email me and I'm happy to let you know of your grade.

- **LATE SUBMISSION OF ASSIGNMENTS:** This course discusses how we have an active role on the environment we live in. It is your responsibility to submit each assignment correctly and on time. You have the option to submit your assignments on suggested due dates or official due dates. If you keep up with the suggested due dates, that's great, you're staying on top of things. If you're a procrastinator, like me, or if life/other courses require more of a priority, you have the official due dates. All assignments will be due on due dates at 1:00PM. Points will not be taken off if you do not submit assignments on their suggested due dates at 1:00PM. However, **points will be taken off if you submit assignments after the official due dates and times.** More information for how many points will be taken off for late assignments are located on your assignment instruction PDFs found in your course materials tab.
- **MAKEUP EXAMS:** There will be no makeup exams. If something happens, like a positive COVID test, a family emergency, a work emergency, or anything else, you will receive a 0 on the missed exam and you'll be able to replace the 0 with the grade you receive on the optional final exam. Please be aware that there will not be a makeup exam

for the optional final. This is your first of many reminders to put your exam dates in your calendar now. You have them available to you already, so this is a great time to prepare and plan ahead!

GRADING SUMMARY:

Your final grade will be determined by your percentage correct out of approximately **680 points**: 300 points from your best 3 100-point exams, 140 points from 14 online chapter assignments worth 10 points each, and 240 points from 3 journals worth 80 points each. The final grading scale will be based on HC grade guidelines and the distribution of scores.

A+	97.5-100.0	**B-**	80.0-82.4
A	92.5-97.4	**C+**	77.5-79.9
A-	90.0-92.4	**C**	70.0-77.4
B+	87.5-89.9	**D**	60.0-69.9
B	82.5-87.4	**F**	0.0-59.

PARTICIPATION & ATTENDANCE While there is no grade attached to attendance, you are expected to attend each session. Success on exams will require more than reading slides. Attendance will be taken, and punctuality is expected in all class sessions. Class participation includes both assignments and group interactions during the semester. If you miss class, it is your responsibility to obtain notes or other information regarding what was covered that day. I will NOT provide these. You will be held accountable for all material covered the day of your absence.

EMAIL POLICY: Please include your name, name of class, and course number in the subject line of the email. I teach multiple courses so if you just email me letting me know you're running late, I'll have no idea what you're running late to. Also, as part of your professional development, make sure to refrain from slang and/or "text language" in an email (e.g., "hey prof"). As students, you should get in the habit of using professional email etiquette, which includes information in the subject line, greeting, body, and closing. REVIEW THE SYLLABUS FIRST, BEFORE EMAILING ANY COURSE RELATED QUESTIONS. If the answer to your question is clearly in the syllabus, you will not receive an email response. Please also be mindful that I am an adjunct lecturer and a practicing LMHC. When I am not on campus teaching, I am seeing clients. I also have a life and enjoy resting and enjoying food on my time off. Please give me at least 72 hours to respond to emails. If you email me on a Friday, please give me until the following Tuesday to respond. If you don't receive a response from me within 72 hours or after a weekend is over, please send me another email to make sure I didn't miss it.

OFFICE HOURS: Tuesdays from 11:45AM-12:45PM and Thursdays from 4:00PM-5:00PM. My office hours are by appointment only, so you will need to let me know via email or in person if you'd like to schedule a time to talk during office hour times. Office hours can be in person, located in HN752B, or virtually, on ZOOM. If my office hours don't work for you, please let me know and I will do my best to find a time that works for the both of us outside of class times and office hour times.

CREDIT/NO CREDIT: Psychology majors are not eligible for this option. Direct any questions about this to the psychology department (North 611).

CLASSROOM POLICIES AND EXPECTATIONS: You are expected to be professional in all school settings. Please do not show up late to class and be of disturbance to others. If you are late to class or need to leave early, make sure to do so quietly and to find a spot that will not be distracting to other students. Once class starts, you are expected to turn all electronics off. While I do not recommend taking notes on your computer, if that is your preferred method of note taking, you will be expected to not scroll or visit other websites. While it may help you minimize being bored, it is distracting to other people. You can wait an hour to scroll or to online shop! Other policies and expectations in my course are that you are not allowed to take pictures of my presentations. All lecture presentations will be posted on Brightspace so refrain from taking pictures. During class and especially during exams, you will need to turn off all electronics and take off apple watches and airpods. Backpacks, handbags, and other forms of carrying your stuff must be on the floor.

PSYCHOLOGICAL ADJUSTMENT SCHEDULE SPRING 2026

Lecture Day/Date	LECTURE TOPIC	ASSIGNMENT Read Ch before class

Tues. 01/27/26 Thurs. 01/29/26	Introduction to Class & Class Expectations Critical Thinking, Scientific Methods, Diversity	Chapter 1
Tues. 02/03/26 Thurs. 02/05/26	Contd. Critical Thinking, Scientific Methods, Diversity; Time Management & Habits Contd. Time Management & Habits	Chapter 1 & 2
Tues. 02/10/26 **Thurs. 02/12/26**	Personality Traits & Theories **COLLEGE CLOSED**	Chapter 3
Tues. 02/17/26 Thurs. 02/19/26	**NO CLASSES SCHEDULED** Personality Traits & Theories cont.	Chapter 3
Tues. 02/24/26 Thurs. 02/26/26	Coping Strategies, Stress & Health	Chapter 4
Tues. 03/03/26 Thurs. 03/05/26	Psychological Factors and Health/Review **EXAM 1 Ch. 1-5; JOURNAL #1 DUE, CHAPTER 2-5 ASSIGNMENTS DUE ON 03/05/2026 AT 1:00PM.**	Chapter 5
Tues. 03/10/26 Thurs. 03/12/26	Living Healthy: Food, Fitness, Sleep; Changing our Behavior	Chapter 6
Tues. 03/17/26 Thurs. 03/19/26	Self-Concept & Identity	Chapter 7
Tues. 03/24/26 Thurs.	Influencing Others: Persuasion, Conformity	Chapter 8

03/26/26		
Tues. 03/31/26 **Thurs. 04/02/26**	Adulthood – Identity & Life Transitions **SPRING RECESS, NO CLASSES SCHEDULED**	Chapter 9
Tues. 04/07/26 **Thurs. 04/09/26**	**SPRING RECESS, NO CLASSES SCHEDULED**	
Tues. 04/14/26 Thurs. 04/16/26	Adulthood – Identity & Life Transitions cont. Gender & Sexual Orientations/Review	Chapter 9 & 10
Tues. 04/21/26 Thurs. 04/23/26	**CLASSES FOLLOW THURSDAY SCHEDULE, NO CHANGES.** **EXAM 2 Ch. 6-10; JOURNAL #2 DUE, CHAPTER 6-10 ASSIGNMENTS DUE ON 04/21/26 at 1:00PM.** Attraction & Love, Relationships, Conflict, & Sexual dysfunctions	Chapter 11&12
Tues. 04/28/26 Thurs. 04/30/26	Attraction & Love, Relationships, Conflict, & Sexual dysfunctions cont.	Chapter 11&12
Tues. 05/05/26 Thurs. 05/07/26	Psychological Disorders & Psychological Therapies	Chapter 13 & 14
Tues. 05/12/26 Thurs. 05/14/2026	Psychological Disorders & Psychological Therapies cont. Finding Your Career Path & Workplace Challenges	Chapter 13 & 14 Chapter 15

Tues. 05/19/26 **Tues. 05/26/26**	**EXAM 3 Ch. 11-15; JOURNAL ASSIGNMENT #3, CHAPTER 11-15 ASSIGNMENTS DUE ON 05/19/2026 at 1:00PM.** **OPTIONAL FINAL EXAM ON 05/26/2026 FROM 11:30AM-1:30PM.**	

NOTE: the lecturer reserves the right to alter the schedule and syllabus, including assignments and dates with proper notification. Any changes to the schedule will be posted as announcements on the Blog and/or Brightspace. You are responsible for keeping up on such changes.

LEARNING & DOING WELL: I want all of you to succeed in this course, and I'm here to support you throughout the semester. I encourage you to use my office hours to discuss class material, any questions you may have, explore topics in psychology, or bring up anything you think I should know. If my office hours don't work with your schedule, please send me an email to arrange another time. I understand that life can be unpredictable, and you are more than just students focused on school. If you need an extension or assistance with an assignment, I ask that you let me know at least 72 hours in advance so I can do my best to help. Please note, exams are mandatory and there are no makeup exams, but I'll always work with you within reason for assignments. If you need formal accommodations, those must go through the Testing Center/ Office of Accommodations. Clear communication is key—I can only help if I know what's going on!
Other resources for learning that may be helpful:

- The text has a Module in Ch 1 on Becoming a Successful Student – try it!
- Each chapter has preview and review questions. Practice quizzes are interactive and provide links to the reading material. Assigned quiz for each chapter is graded.
- Please read or at least skim each chapter before the class when it is scheduled.
- Sign up for Wiley Plus for more interactive experience with the textbook!
- I will post PowerPoint slides from each lecture prior to the lecture.
- I also highly recommend getting the book **U Thrive: How to Succeed in College (and Life)**. It is not mandatory but is a great additional resource.

****Recommendation letters:** While I am happy to write you a recommendation letter, recommendation letters are earned not given. To receive a recommendation letter you will have had to attend at least 90% of classes and I must know you by first and last name. I usually teach a total of 200-300 students per semester, if you know you want to get a recommendation letter from me, put in the effort to make sure I know who you are. Participate in class, come to office hours, talk to me prior or after class with any questions you might have, etc. Recommendation letter requests must be submitted a minimum of 1 month in advance. Recommendation letters

will not be given to individuals who are found of cheating on assignments/exams, plagiarizing, or utilizing any types of AI services.

COUNSELING AND WELLNESS SERVICES: Hunter offers counseling and wellness services for students. If you should need to contact them for any mental or physical health concerns, please see information below: Counseling Services: Hunter East, Room 1123 t: 212-772-4931 email: personalcounsling@hunter.cuny.edu and website: http://www.hunter.cuny.edu/cws

Please note that the Counseling and Wellness Center has been holding individual and group counseling sessions, workshops on Stress Management, Time Management, COVID-19 Support Groups, Race, Justice and Change Support Group and many others.

Hunter College Policies

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.

Accommodation/Abilities

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. Website: http://www.hunter.cuny.edu/access

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.

ACADEMIC INTEGRITY/CHEATING/PLAGARISM:

Please note the HC academic integrity statement above. For this class it primarily means that you must write your own essays and independently do your own work on all assignments, quizzes and exams. Cheating on assignments or exams, such as copying other's work or sharing answers, is dishonest. **It may lead to failing this class and could forever damage your academic reputation.**