PSYCH 14000:01, Class #1930
Psychological Adjustment at Hunter College, Fall 2024

Course Time: Tuesdays and Fridays from 11:30AM-12:45PM

Location: North Building, Room HN1527

Instructor: Charlene Baudet, LMHC

Email: cb5792@hunter.cuny.edu

Office Hours: Tuesdays and Fridays 9:30AM-11:15AM in North Building, Room HN752

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)

Hunter Bookstore Link:

https://hunter.textbookx.com/institutional/index.php?action=browse#books/4267901/

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.

WHAT YOU WILL BE GRADED ON AKA ASSIGNMENTS/EXAMS:

- **EXAMS (300 POINTS TOTAL):** There will be three (3) non-cumulative exams and one (1) optional cumulative 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 pencils on exam days as I will not be providing any pencils. **All exams will be in person only unless you have paperwork/a request from the office of accessibility**. **No accommodations can be made without paperwork from the office of accessibility.**
  If you have noticed, your final is optional. 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 12/13/2024 at 11:59PM if you're taking it. 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 or not, you will need to email me with your name, class, and a sentence letting me know that you'll be taking the optional final.

- **JOURNALS (180 POINTS TOTAL):** You will be required to complete 3 week-long journals throughout the semester. Each journal activity is 60 points for a total of 150 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 Blackboard under the Course Material tab. All journal entry assignments will be submitted through Blackboard. 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 Blackboard 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. Make sure to submit these assignments on time as well since late penalties will be given if any assignment is submitted late. Further instructions on due dates and submission of these assignments can be found under the Chapter Assignments tab in your Course Materials.

- **PRE-RECORDED LECTURE ASSIGNMENT (20 POINTS TOTAL):** There will not be class on 11/22/2024 and 12/03/2024. Instead, there will be a pre-recorded lecture for Chapter 13 with an assignment that will follow. All instructions will be posted on Blackboard under the Course Materials tab in a folder titled "Pre-Recorded Lecture Assignment". The pre-recorded lecture will be posted on 11/21/2024 and the assignment will be due on 12/03/2024 at 11:59PM. This assignment will be worth 20 points.

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 student attends 80% of scheduled in person classes.

- **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 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 20 points, for a total of 60 extra credit points towards your overall grade. Random extra credit attendances will not be excused and cannot be made up. Example: if you have a doctor's appointment, an emergency, or are sick at the time of class and you do not attend, you cannot receive the 20 extra credit points even if you provide paperwork. Whenever a random attendance is completed, I will post an announcement on Blackboard letting you know how many we have left.

- **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 11:30AM. Points will not be taken off if you do not submit assignments on their suggested due dates at 11:30AM. However, **points will be taken off if you submit assignments after the official due dates and times.** Any assignments submitted up to 1 minute-24 hours late will receive partial credit, and any assignments received after 24 hours will automatically receive a 0. See Blackboard resource titled "Official vs. suggested due dates" in Course Material Tab for more information on difference between suggested and official due dates.

- **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!

- **11/22/2024 AND 12/03/2024 CLASS:** Classes for 11/22/2024 and 12/03/2024 will not be held. Instead, there will be a recorded lecture for Chapter 13 with an assignment that will follow. All instructions will be posted on Blackboard under the Course Materials tab in a folder titled "Recorded Lecture Assignment". The assignment will be due on 12/03/2024 at 11:59PM. This assignment will be worth 20 points.

GRADING SUMMARY:

Your final grade will be determined by your percentage correct out of approximately **640 points**: 300 points from your best 3 100-point exams, 140 points from 14 online chapter assignments worth 10 points each, 180 points from 3 journals worth 60 points each, and 20 points from the pre-recorded lecture assignment. 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 three different courses so if you just email me letting me 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, this means that this is not my full time job. 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 48 hours to respond to emails. If you email me on a Friday, please give me until that Monday to respond. If you don't receive a response from me within 48 hours or after a weekend is over, please send me another email to make sure I didn't miss it.

Office Hours: My office hours will be every Tuesdays and Fridays from 9:30AM-11:15AM in North Building (HN) Room# 752. My office hours are walk-in, you do not need an appointment to come to office hours. If my office hour time does not work for you, or if you can't make it in person, please reach out to me via email to schedule another time to meet in person or virtually.

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

Classroom Policies/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 Blackboard 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 FALL 2024

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 Blackboard. You are responsible for keeping up on such changes.

Lecture Day/Date	LECTURE TOPIC	ASSIGNMENT Read Ch before class
F 08/30/24	Introductions/Goals & Critical Thinking, Scientific Methods, Diversity	Chapter 1
Tu 09/03/24 F 09/06/24	Contd. Chapter 1; Time Management & Habits Contd. Chapter 2	Chapter 1 & Chapter 2 Chapter 2
Tu 09/10/24 F 09/13/24	Personality Traits & Theories Personality Traits & Theories continued	Chapter 3 Chapter 3
Tu 09/17/24 Tu 09/20/24	Personality Traits & Theories continued Sources & Moderators of Stress	Chapter 3 Chapter 4
Tu 09/24/24 F 09/27/24	Coping Strategies, Stress & Health Psychological Factors and Health/Review	Chapter 4 Chapter 5
Tu 10/01/24 **F 10/04/24**	**EXAM 1 Ch. 1-5; JOURNAL #1 DUE, CHAPTER 2-5 ASSIGNMENTS DUE ON 10/01/24 AT 11:30AM.** **NO CLASSES SCHEDULED (10/02-10/04/24)**	**EXAM 1 Ch. 1-5**
Tu 10/08/24 **F 10/11/24**	Living Healthy: Food, Fitness, Sleep; Changing our Behavior **NO CLASSES SCHEDULED (10/11-10/12/24)**	Chapter 6

Tu 10/15/24 F 10/18/24	**NO CLASS SCHEDULED, CLASSES FOLLOW MONDAY SCHEDULE** Self-Concept & Identity; Attributions, Prejudice, & Discrimination	Chapter 7 Chapter 7
Tu 10/22/24 F 10/25/24	Influencing Others: Persuasion, Conformity Positive Uses of Social Influence	Chapter 8 Chapter 9
Tu 10/29/24 F 11/01/24	Adulthood – Identity & Life Transitions Aging, Death & Dying; Gender Roles & Differences	Chapter 9 & 10 Chapter 10
Tu 11/05/24 **F 11/08/24**	Gender & Sexual Orientations/Review **EXAM 2 Ch. 6-10; JOURNAL #2 DUE, CHAPTER 6-10 ASSIGNMENTS DUE ON 11/08/24 AT 11:30AM.**	Chapter 10
Tu 11/12/24 F 11/15/24	Attraction & Love Close Relationships & Conflict	Chapter 11 Chapter 11
Tu 11/19/24 F 11/22/24	Sexual Behavior & Sexual Dysfunctions Psychological Disorders** THERE WILL BE NO CLASS ON 11/22/23, CLASS WILL BE PRE-RECORDED/POSTED ON BB. CHAPTER 13 ASSIGNMENT DUE ON 12/03/24 AT 11:59PM.	Chapter 12 Chapter 13
Tu 11/26/24 **F 11/29/24**	**THANKSGIVING, NO CLASS 11/26-11/29/24**	
Tu 12/03/24 F 12/06/24	Psychological Disorders ** THERE WILL BE NO CLASS ON 12/03/23, CLASS WILL BE PRE-RECORDED/POSTED ON BB. CHAPTER 13 ASSIGNMENT DUE ON 12/03/24 AT 11:59PM. Psychological Therapies	Chapter 13 Chapter 14

Tu 12/10/24 **F 12/13/24**	Finding Your Career Path & Workplace Challenges **EXAM 3 Ch. 11-15; DISCUSSION ASSIGNMENTS #5 & #6 DUE, CHAPTER 11-15 ASSIGNMENTS DUE ON 12/13/2024 AT 11:30AM.** **** 12/13/24 AT 11:59PM IS OFFICIAL DEADLINE TO LET LECTURER KNOW IF YOU'RE OPTING IN TO TAKING OPTIONAL FINAL EXAM**	Chapter 15
Tu. 12/17/24	**OPTIONAL FINAL EXAM ON 12/17/2024 FROM 9:00AM-11:00AM.**	

LEARNING & DOING WELL: I want to help you learn and do well. If you aren't doing as well as you think you should, *please* set up a time to meet with me. I welcome the chance to get to know you, help you learn, and succeed. I am a very empathetic and understanding person. College is filled with stressors and sometimes life happens. If that's the case, please do not hesitate to let me know. I am here to help; however I cannot help you if you do not communicate it. While I am empathetic and understanding, I also value communication. Please do not tell me of things last minute as it will make it harder for me to accommodate you. Feel free to either email me or come during my office hours to chat. I am here to be of support and assist in any ways I can, however, if you do not communicate I cannot help!

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.

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.**