

Instructor: Replace the red bold type in this syllabus with content relevant to your course.



**Psy 2315 Psychology of Adjustment
Online section**

COURSE SYLLABUS: Spring 2019

INSTRUCTOR INFORMATION

Instructor: William G. Masten, PhD, Associate Professor

Office Location: Henderson 209, TAMUC campus, Commerce, TX 75429

Office Hours: by appointment.

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University Email Address: william.masten@tamuc.edu

Preferred Form of Communication: email

Communication Response Time: during semester 48 hours.

COURSE INFORMATION

Required assignment: Read chapters 1 to 16. Assignment Essays, Discussions and Quizzes as well as due dates are located under specific Units. Complete Essays, Discussions, as well as PowerPoints, videos, and all documents under Doc sharing. All assignments must be posted to D2L, sending it in an email message is not acceptable.

TABLE OF CONTENTS

1. Adjusting to Modern Life.
2. Theories of Personality.
3. Stress and Its Effects.
4. Coping Processes.
5. Psychology and Physical Health.
6. The Self.
7. Social Thinking and Social Influence.
8. Interpersonal Communication.
9. Friendship and Love.
10. Marriage and the Family.
11. Gender and Behavior.
12. Development and Expression of Sexuality.
13. Careers and Work.
14. Psychological Disorders.
15. Psychotherapy.
16. Positive Psychology.

Greetings

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I am excited about this new semester and the additional students that I will meet over the Internet. I encourage you to view the Units and the syllabus to know the class content, quizzes, discussions, essays and course requirements. You should go ahead and begin the first assignment. I will be responding to questions sent to my email (william.masten@tamuc.edu).

Notice: Online versions of this course have the same requirements regardless of the semester offered. I reserve the right to add to or change this syllabus.

Important Announcement

1. All quizzes in this course are timed, usually 1 minute per item. **If you are a “slow reader” or have other problems taking tests; there is assistance on campus. Be sure contact:** Office of Student Disability Resources and Services or call
2. Trio at 903-886-5833 or the
3. Community Counseling & Psychology Clinic (903) 886-5660 or
4. Texas A&M University-Commerce Counseling Center, Student Services Building, Room 204, Phone: 903-886-5145.
- 5.

Course Description

Course description: This course is a presentation of psychological principles which are fundamental to personal and social adjustment.

Student Learning Outcomes *Student Learning Outcomes: Psychology 2315*

1. Learning Objectives for Quality Enhancement Plan (QEP)

The Quality Enhancement Plan (QEP), for the University is Preparing Students for an Interconnected World.

Learning Outcome 1: Students will be able to demonstrate knowledge of the interconnectedness of global dynamics (issues, processes, trends, and systems).

Learning Outcome 2: Students will be able to apply knowledge of the interconnectedness of global dynamics.

Learning Outcome 3: Students will be able to view themselves as engaged citizens within an interconnected and diverse world.

2. Learning Objectives Psychology 2315 (the core curriculum)

Below are four Core Curriculum Objectives covered in Psychology 2315.

Critical Thinking-- to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.

2.) Students will be able to form substantive and evidence-driven arguments to propose solutions to problems or explain phenomena.

Communications-- to include effective development, interpretation and expression of ideas through written, oral and visual communication.

3.) Student communication will follow conventions of grammar and syntax appropriate to the audience, purpose and message.

Empirical and Quantitative Skills-- to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions.

4.) Students will be able recognize bias and assumptions in arguments to understand the strengths and/or weaknesses of methodologies and/or project/research design.

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Social Responsibility-- to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
Students will demonstrate awareness of societal and/or civic issues.

To meet the Core Curriculum Objectives for Psychology 2315 students will be required to compose a "term" paper. The topic of this paper will be *discuss 4 advantages and 4 disadvantages of allowing university students to possess firearms on campus*. In this paper, the students will complete the Core Curriculum Objectives as listed below. For each Core Curriculum Objective a students' paper will be graded on a five point scale to the extent the paper completes the objective (1= did not meet objective; 5 = met the objective in an outstanding manner).

Critical Thinking

Student's paper forms both substantive and evidence-driven arguments to propose a solution to the problem or explain the phenomena.

Communications

Student's paper follows conventions of grammar and syntax appropriate to the audience, purpose and message.

Empirical and Quantitative Skills

Student's paper will demonstrate his/her ability to recognize bias and assumptions in arguments and to understand the strengths and/or weaknesses of methodologies and/or project/research design.

Social Responsibility

Student's paper will demonstrate his/her awareness of societal and/or civic issues.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Using the learning management system, using Microsoft Word and PowerPoint.

Instructional Methods

Delivery modalities: lectures, readings, course structure,

Getting Started: How to find this course. Go to the university web site, (<https://www.tamuc.edu/>). Click on the box My Leo at the bottom of the screen (<https://leo.tamuc.edu/>). This will take you to the My Leo sign in page (<https://leo.tamuc.edu/>). Enter your Username / CWID and password, then click login. This takes to where you may sign in to eCollege. Click on eCollege. Then find my courses, click on it, go the current semester, then click on this course.

Types of learning activities: reading, discussions, essays.

Assessments: quiz, learning tutorials, essays, discussions.

Student Responsibilities or Tips for Success in the Course

All students should regularly log into the course website; amount of weekly study is 10 hours and participation time for discussions is 2 hours per week.

Assumptions Related to Successful Completion of this Course:

1. You have access to a computer with a reliable internet connection. There are a number of computer labs on campus.
2. Ability to use "MS Word" word processing.
3. You have adequate writing abilities. You may seek the assistance of the University Writing Lab. There will be no loss of points for using the University Writing Lab.
4. You are able to read the required reading materials.
5. All assignments must be posted to eCollege, sending it in an email message is not acceptable.

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These questions are listed as every semester students present numerous inquiries along the following lines of thought:

- a. I do not have a computer and I did not know a computer was required for the course! Where should I go? Use the computers in the library.
- b. I am not accustomed to writing essays. Can you prepare an alternative task for me? Unfortunately, No.
- c. I am working 40 hours per week, taking 18 semester hours, and have three children. Can you reduce the course workload for my situation? Regrettably, No.
- d. I just do not have the time to do all the requirements of the course. May I do less? Lamentably, No.
- e. Can I take this course without reading the book or support materials? Regrettably, No.
- f. You really do not expect me to read all the assignments, do you? Yes.
- g. I do not like to read, may I avoid the readings? No, I do not see how.
- h. I cannot take the test on the days indicated. Take another section of this course; there are many.

The previous quotes are taken from actual emails received in the past. Anything I do for one student, I must do for all students. Each student will receive 3 credits for this course. There will not be an * next to the course indicating you did less than the requirements. If you are not able to meet the course requirements, then you are encouraged to drop this course.

Study Recommendations:

1. Study the syllabus, Units and know the due dates.
2. Do not wait until the last minute to post your Discussions or essays. Post an assignment early as opposed to the last minute. Remember Murphy's Law: "Anything that can go wrong will go wrong." Murphy's Extended Law: "If a series of events can go wrong, they will do so in the worst possible sequence." The same laws apply to the quizzes.

GRADING

Grading of Assignment Essays

If you go the extra mile on every Assignment Essays, you will be rewarded. If you have everything "down pat" from the book, documents, PowerPoint, videos, etc. you will gain a higher score on the quizzes. Each time you post an Assignment Essays, copy and paste the question. In this way, everyone will know which question you are answering. Always save the essay on your hard drive just in case you lose the essay in ECollege. Each one of the Assignment Essays has been designed to enhance your skills and abilities in various areas, which correspond, to the course objectives. I usually give comments on the Assignment Essays. All assignments must be posted, sending it in an email message is not acceptable.

No dissertations, PowerPoint, websites, blogs, or thesis as references

Assessments

Assignment Essays grades will be based on quality of responses, not length of responses. Length is not the measure; completeness and accuracy are the measures.

The final grade is based on total points earned on all assignments.

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

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Essay Score = 100%-95%.

This essay is a highly effective response to the assignment, no errors were noticed, has more than 2 references. It has the following additional characteristics:

- Good organization and overall coherence.
- Clear explanation and/or illustration of main ideas.
- Variety of sentence syntax.
- Facility in language usage.
- Complete freedom from mechanical mistakes.
- No Errors in word usage and sentence structure.
- Has 2 in text citations

Essay Score = 90%-94%.

This essay shows competence in responding to the assigned topic but may have minor errors, has 2 references. It has the following additional characteristics:

- Competent organization and general coherence.
- Fairly clear explanation and/or illustration of main ideas.
- Some variety of sentence syntax.
- Facility in language usage
- General freedom from mechanical errors.
- Minor errors in word usage and sentence structure.
- Has 2 in text citations

Essay Score = 89%-80%

This essay displays competence in response to the assignment, has 2 references. It has the following additional characteristics:

- Adequate organization and development.
- Explanation and illustration of some key ideas.
- Adequate language usage.
- Some mechanical but inconsistent errors and
- Mistakes in usage or sentence structure.
- Has 2 in text citations

Essay Score = 79%-70%

This essay shows some competence but is plainly flawed, has 1 reference. Additionally, it has the following characteristics:

- Inadequate organization or incomplete development.
- Inadequate explanation or illustration of main ideas.
- A pattern of mechanical mistakes or errors in usage and sentence structure.
- Has 1 in text citation

Essay Score = 69%-60%

This essay shows limited competence and is severely flawed. Additionally, it has the following characteristics:

- Poor organization and general lack of development.
- Little or no supporting detail.

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- Serious mechanical errors and mistakes in usage, sentence structure, and word choice

Essay Score = 59%-50%

This essay shows a fundamental lack of writing skill. Additionally, it has the following characteristics:

- Practically nonexistent organization and general incoherence.
- Severe and widespread writing errors. No screen shots are permitted for any assignments.

Essay Score = "0"

A "0" essay does not address the topic assigned.

A "0" essay does not have a reference, or used a website, blog, newsletter, etc.

A "0" essay did not complete the assignment.

A "0" for assignments not answered by the due date.

A "0" for essays that have direct quotes longer than 3 consecutive words from a source.

A "0" essay used dissertations, websites, blogs, or thesis as a reference.

A "0" for no in text citations.

Notes on acceptable Assignment essays

Your essays will be written at a college level. You must post your essays in Assignment, not Doc Sharing, not, Discussion, do not send me the essay via email. You must submit essays using 12 font size, Arial font type, and 1-inch margins on all four sides. I expect you to proofread, utilize spell-check and grammar-check software prior to submitting your assignment. Each essay will have 200 words, 2 references and 2 in text citations.

APA Format

You are required to use A.P.A. format to cite the source of all ideas (including our textbook and journal articles). Any time you cite facts, you need a reference. If it is not your idea, then you must cite the source by using a reference. If you fail to list a reference, you will lose all possible points. If you improperly use A.P.A. format, then you will lose some points. Below are sites that discuss the A.P.A. Style. Reference List: Basic Rules: <http://owl.english.purdue.edu/owl/resource/560/05/>. Reference List: Author/Authors. Reference List: Articles in Periodicals. Reference List: Books. Online Bibliographies and Annotated Bibliographies.

Jürgens, R. (2005). HIV/AIDS and HCV in Prisons: A Select Annotated Bibliography. Retrieved from http://www.hc-sc.gc.ca/ahc-asc/alt_formats/hpb-dgps/pdf/intactiv/hiv-vih-aids-sida-prison-carceral_e.pdf

Grading of Discussions

Two posts will receive 10 points; 1 post = 5 points.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

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LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

Interaction with Instructor Statement

Communicate with the instructor via email and during the semester expect a response within 48 hours. Feedback on assessments require at least 1 week.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Attendance/Lateness should attend each class on time

Late assignment: If the assignment is late, you may receive a 0 on that assignment. All assignments will be due at 11 pm on the designated deadline dates, as are the exams. However, I recognize things happen. **Even if late, be sure to post your assignment/Essay and Discussions.** Let me know beforehand if you will be late. Do not wait weeks to post a discussion or Assignment Essays and expect your work to be graded. One student waited until after I posted final grades, and then asked if her late assignments could be graded! If you miss an assignment due to death, military, or reasonable excuse, please email me. If you miss an assignment without a legitimate excuse, you may receive 0 points. If you miss two (2) or more assignments, without a valid excuse, you may be

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dropped from the course. If you cannot get in D2L, go to technical support and then contact me. All assignments must be posted to D2L, sending it in an email message is not acceptable.

Missed Exams and Quizzes: If you miss an exam, you should notify me by the day of the exam.

Extra Credit: none

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Academic Misconduct

If I detect academic misconduct, you may automatically FAIL this course.

On independent work

Everything you do in this course is completed without the aid of others, except the Writing Lab. You may not have aid on essays or quizzes. You may not use books, notes or other help on the quizzes.

Honesty and Plagiarism:

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As an Internet class and there may be an opportunity to cheat (share exams, or perform other acts of academic dishonesty). Unless otherwise indicated, all of your work is completed independently. If you are suspected of academic dishonesty, you may be

Referred to the Vice President for disciplinary actions. I need to emphasize that there is the assumption that answers to Assignment essays are your own. I welcome and encourage you to use the journal articles, and books. However, avoid independent websites that are not journal articles as resources to completing the Assignment essays. You must provide a reference for every Assignment essay. A simple statement such as "references included" will not be sufficient. No one cares if you get an idea from someone as long as you credit the source. Do not use sources without crediting the source. Another person's idea used without a reference is plagiarism.

Plagiarism

Instructors do not tolerate plagiarism and other forms of academic dishonesty. Students are expected to uphold and support the highest academic standards. Penalties for students guilty of academic dishonesty are listed in the Student Code of Conduct (Texas A&M University-Commerce Code of Student Conduct). If it is determined, you committed plagiarism or cheating will get you an F in this course.

Plagiarism is a complicated issue:

1. If you use a direct quote without using quotation marks, the page number of the quote and the authors name and year of publication, this is definitely plagiarism.
2. Using someone's idea without crediting the source is plagiarism. This includes information from our textbook.
3. Using an essay you have used before is plagiarism.
4. Using a paper from a "paper mill" is plagiarism (i.e. term_papers_are_us.com).
5. Using a paper or essay someone wrote for you is plagiarism. Using a paper or essay for 2 courses is plagiarism. You may not open or use another student's files.

How to avoiding plagiarism

- 1) Always cite the source.
- 2) Never use direct quotes longer than 3 consecutive words.
- 3) You may not open or use another student's files.

Cheating is the willful giving or receiving of information in an unauthorized manner during an examination; illicitly obtaining examination questions in advance, unauthorized copying of computer or Internet files, using someone else's work for the assignments and presenting it as if it were one's own, copying test items, printing test items or saving test items, or any other dishonest means of attempting to fulfill the requirements of a course. You may not open, view, download, save or use another student's files or your work from another course. If you do this is cheating and will fail this course.

Collusion

is intentionally aiding or attempting to aid another in an act of scholastic dishonesty, including but not limited to, providing a paper or project to another student; providing an inappropriate level of assistance; communicating answers to a classmate during an examination; removing tests or answer sheets from a test site, or allowing a classmate to copy answers.

On the use of direct quotes

Do not use direct quotes longer than 3 consecutive words, from **any source**. Any use of direct quotes longer than 3 consecutive words in an Assignment Essay will gain the user a grade of 0.

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

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Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

COURSE OUTLINE & CALENDAR

Current semester by specific dates

Spring 2019 due dates

Unit 1 due date 1/18/2019- Quiz

Unit 2 due date 1/25/2019

Unit 3 due date 2/1/2019

Unit 4 due date 2/8/2019

Unit 5 due date 2/15/2019

Unit 6 due date 2/22/2019

Unit 7 due date 3/1/2019

Unit 8 due date 3/8/2019 Quiz (Chs. 1 to 8 and information contained on the syllabus.)

Unit 9 due date 3/15/2019

Unit 10 due date 3/29/2019

Unit 11 due date 4/5/2019

Unit 12 due date 4/12/2019

Unit 13 due date 4/19/2019

Unit 14 due date 4/26/2019

Unit 15 due date 5/3/2018 unit 15 Quiz

This quiz is based on readings (Chs. 9 to 16) and PowerPoint presentations and you will demonstrate your knowledge of information contained on the syllabus.

Unit 15 due date 5/6/2019 "final" Discussion

Each Unit's tasks are due at 11:59 pm on the due date. There will be 3 multiple choice quizzes.

Each Unit's Assignment Essays, Quizzes and Discussions are due at 11:59 pm on the due date. All assignments must be put in D2L, sending it in an email message is not acceptable.

1/14/2019 through 5/3/2019 Course Meets

1/14/2019 First day of class

1/21/2019 MLK Day-University Closed

1/30/2019 Spring Census Date

3/18/2019 to 3/21/2019 Spring Break

5/10 2019 graduation

Quiz Review and Study Guide Psy 2315

Chapter 1 Adjusting to Modern Life

1. Describe four examples of the paradox of progress.
2. Explain what is meant by the paradox of progress and how theorists have explained it.
3. Provide some examples of people's search for direction.
4. Describe three problems that are common in popular self-help books.
5. Summarize advice about what to look for in quality self-help books.
6. Summarize the philosophy underlying this textbook.
7. Describe the two key facets of psychology.
8. Explain the concept of adjustment.
9. Explain the nature of empiricism.

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10. Explain two advantages of the scientific approach to understanding behavior.
11. Describe the experimental method, distinguishing between independent and dependent variables, and between experimental and control groups.
12. Distinguish between positive and negative correlation, and explain what the size of a correlation coefficient means.
13. Describe three correlation research methods.
14. Compare the advantages and disadvantages of experimental versus correlation research.
15. Discuss the prevalence of reported happiness in modern society.
16. List the various factors that are surprisingly unrelated to happiness.
17. Explain how health, social activity, religion, and culture are related to happiness.
18. Explain how love, work, and personality are related to happiness.
19. Summarize the conclusions drawn about the determinants of happiness.
20. List three steps for developing sound study habits.
21. Describe the SQ3R method and what makes it effective.
22. Summarize advice on how to get more out of lectures.
23. Summarize how memory is influenced by practice, interference, and organization.
24. Describe several verbal and visual mnemonic devices.

Chapter 2: Theories of Personality

1. Explain the concepts of personality and traits.
2. Describe the "Big Five" personality traits.
3. Describe Freud's three components of personality and how these are distributed across levels of awareness.
4. Explain the importance of sexual and aggressive conflicts in Freud's theory.
5. Describe seven defense mechanisms identified by Freud.
6. Outline Freud's stages of psychosexual development and their theorized relations to adult personality.
7. Summarize Jung's views on the unconscious.
8. Summarize Adler's views on key issues relating to personality.
9. Evaluate the strengths and weaknesses of psychodynamic theories of personality.
10. Describe Pavlov's classical conditioning and its contribution to understanding personality.
11. Discuss how Skinner's principles of operant conditioning can be applied to personality development.
12. Describe Bandura's social learning theory and his concept of self-efficacy.
13. Evaluate the strengths and weaknesses of behavioral theories of personality.
14. Discuss humanism as a school of thought in psychology.
15. Explain Rogers's views on self-concept, development, and defensive behavior.
16. Describe Maslow's hierarchy of needs and summarize his findings on self-actualizing persons.
17. Evaluate the strengths and weaknesses of humanistic theories of personality.
18. Describe Eysenck's view on personality structure and development.
19. Summarize recent twin studies that support the idea that personality is largely inherited.
20. Summarize evolutionary analyses of why certain personality traits appear to be important.
21. Evaluate the strengths and weaknesses of biological theories of personality.
22. Explain the chief concepts and hypotheses of terror management theory.
23. Describe how the reminders of death influence people's behavior.
24. Discuss why the subject of personality has generated so much theoretical diversity.
25. Compare and contrast the personality theories of Freud, Skinner, Rogers, and Eysenck.
26. Explain the concepts of standardization, test norms, reliability, and validity.
27. Discuss the value and the limitations of self-report inventories.
28. Discuss the value and limitations of projective tests.

Chapter 3: Stress and Its Effects

1. Discuss the nature of stress and discuss how common it is.
2. Distinguish between primary and secondary appraisal of stress.
3. Summarize the evidence on ambient stress.
4. Explain how culture and ethnicity are related to stress.
5. Distinguish between acute and chronic stressors.

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6. Describe frustration as a form of stress.
7. Outline three types of conflict and discuss our reactions to conflicts.
8. Summarize evidence on life change as a form of stress.
9. Discuss evidence on pressure as a form of stress.
10. List three categories of negative emotions commonly elicited by stress.
11. Discuss the role of positive emotions in the stress process.
12. Explain the effects of emotional arousal on coping efforts and the inverted-U hypothesis.
13. Describe the fight-or-flight response and the three stages of the general adaptation syndrome.
14. Distinguish between the two major pathways along which the brain sends signals to the endocrine system in response to stress.
15. Explain the concept of coping.
16. Explain the phenomenon of choking under pressure.
17. Discuss the evidence on how stress can affect cognitive functioning.
18. Describe the symptoms and causes of burnout.
19. Discuss the prevalence, symptoms, and causes of posttraumatic stress disorder.
20. Discuss the potential impact of stress on mental and physical health.
21. Discuss positive psychology and three ways in which stress might lead to beneficial effects.
22. Discuss how social support moderates the impact of stress.
23. Describe the hardiness syndrome and how it influences stress tolerance.
24. Discuss how optimism is related to stress tolerance.
25. List five problems with the SRRS that are described in the application section.
26. Summarize how the LES corrects some of the problems that are characteristic of the SRRS.
27. Explain why caution should be exercised in interpreting scores on stress scales.

Chapter 4: Coping Processes

1. Discuss the variety of coping strategies that people employ.
2. Discuss whether individuals display distinctive styles of coping.
3. Discuss the adaptive value of giving up as a response to stress.
4. Discuss the adaptive value of aggression in response to stress.
5. Discuss the adaptive value of indulging yourself as a response to stress.
6. Discuss the adaptive value of negative self-talk as a response to stress.
7. Explain how defense mechanisms work.
8. Discuss the adaptive value of defense mechanisms, including recent work on healthy illusions.
9. Discuss whether constructive coping is related to intelligence.
10. Describe the nature of constructive coping.
11. Explain Ellis's analysis of the causes of maladaptive emotions.
12. Describe some assumptions that contribute to catastrophic thinking.
13. Discuss the merits of positive reinterpretation and humor as coping strategies.
14. List and describe four steps in systematic problem solving.
15. Discuss the adaptive value of seeking help as a coping strategy.
16. Explain five common causes of wasted time.
17. Summarize evidence on the causes and consequences of procrastination.
18. Summarize advice on managing time effectively.
19. Describe the nature of emotional intelligence.
20. Discuss the adaptive value of releasing pent-up emotions and distracting yourself.
21. Discuss the importance of managing hostility and forgiving others' transgressions.
22. Summarize the evidence on the effects of meditation.
23. Describe the requirements and procedure for Benson's relaxation response.
24. Explain why traits cannot be target behaviors in self-modification programs.
25. Discuss the three kinds of information you should pursue in gathering your baseline data.
26. Discuss how to use reinforcement to increase the strength of a response.
27. Discuss how to use reinforcement, control of antecedents, and punishment to decrease the strength of a response.
28. Discuss issues related to fine-tuning and ending a self-modification program.

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Chapter 5: Psychology and Physical Health

1. Describe the "Type A" personality and evidence regarding its most toxic element.
2. Discuss possible explanations for the link between hostility and heart disease.
3. Summarize evidence relating emotional reactions and depression to heart disease.
4. Summarize evidence linking stress and personality to cancer.
5. Summarize evidence-linking stress to a variety of diseases and immune functioning.
6. Discuss the strength of the relationship between stress and illness.
7. Give some reasons why people develop health-impairing habits.
8. Discuss the health effects of smoking and the dynamics of giving up smoking.
9. Summarize data on patterns of alcohol use and the short-term risks of drinking.
10. Summarize the major long-term health risks and social costs of drinking.
11. Discuss the health risks and determinants of obesity.
12. Outline the key elements in effective weight loss efforts.
13. Provide examples of links between nutrition and health and discuss the basis for poor nutrition.
14. List three general goals intended to foster sound nutrition.
15. Summarize evidence on the benefits and risks of exercise.
16. List five guidelines for embarking on an effective exercise program.
17. Describe AIDS and summarize evidence on the transmission of the HIV virus.
18. Identify some common misconceptions about AIDS and discuss the prevention of AIDS.
19. Summarize evidence on patterns of treatment-seeking behavior.
20. Explain the appeal of the "sick role."
21. Discuss the factors that tend to undermine doctor-patient communication and how to improve it.
22. Discuss the prevalence of non-adherence to medical advice and its causes.
23. Explain the concepts of drug tolerance, physical and psychological dependence, and overdose.
24. Summarize the main effects and risks of narcotics.
25. Summarize the main effects and risks of sedatives.
26. Summarize the main effects and risks of stimulant drugs.
27. Summarize the main effects and risks of hallucinogens.
28. Summarize the main effects and risks of marijuana and ecstasy (MDMA).

Chapter 6: The Self

1. Describe some key aspects of the self-concept.
2. Cite two types of self-discrepancies and describe their effects.
3. Describe two ways of coping with self-discrepancies.
4. Discuss important factors that help form the self-concept.
5. Discuss how individualism and collectivism influence self-concept.
6. Describe the implications of self-concept confusion and self-esteem instability.
7. Discuss how low and high self-esteem is related to adjustment.
8. Distinguish between high self-esteem and narcissism, and discuss narcissism and aggression.
9. Discuss some key influences in the development of self-esteem.
10. Summarize the findings on ethnicity and gender regarding self-esteem.
11. Distinguish between automatic and controlled processing.
12. Define self-attributions and identify the key dimension of attributions.
13. Explain how optimistic and pessimistic attributional styles are related to adjustment.
14. Discuss three motives that guide self-understanding.
15. Describe four strategies people use to maintain positive feelings about the self.
16. Define self-regulation and explain the ego-depletion model of self-regulation.
17. Explain why self-efficacy is important to psychological adjustment.
18. Describe how individuals develop self-efficacy.
19. Describe the three categories of self-defeating behavior.
20. Explain why and when individuals engage in impression management.
21. Cite some strategies people use to make positive impressions on others.
22. Describe how high self-monitors differ from low self-monitors.
23. Explain when it is inadvisable to increase one's self-esteem and why this is so.
24. Describe seven ways to build self-esteem.

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Chapter 7: Social Thinking and Social Influence

1. Cite the five sources of information people use to form impressions of others.
2. Describe the key differences between snap judgments and systematic judgments.
3. Define attributions and explain when people are likely to make them.
4. Describe how expectancies distort people's perceptions and influence others' behavior.
5. Explain how four important cognitive distortions operate.
6. Describe some ways in which perceptions of others are efficient, selective, and stable.
7. Explain how "old-fashioned" and modern discrimination differ.
8. Describe some of the key determinants of prejudice and explain how they work.
9. Describe the operation of several strategies for reducing prejudice.
10. Cite the key elements in the persuasion process.
11. Describe several source factors that influence persuasion.
12. Discuss the evidence on one-sided versus two-sided messages, and the value of arousing fear or positive feelings in persuasion.
13. Describe several receiver factors that influence persuasion.
14. Explain how the two cognitive routes to persuasion operate.
15. Summarize what Asch discovered about conformity.
16. Discuss the difference between normative and informational influence.
17. Describe some conformity pressures in everyday life and how people can resist them.
18. Describe some situational and personality factors involved in obedience to authority.
19. Cite an important factor in resisting inappropriate demands of authority figures.
20. Describe how culture can influence responses to social pressure.
21. Describe two compliance strategies based on the principles of commitment and consistency.
22. Describe several compliance strategies based on the principle of reciprocity.
23. Discuss how the principle of scarcity can increase a person's desire for something.

Chapter 8: Interpersonal Communication

1. List and explain the six components of the communication process.
2. List several important differences between face-to-face and computer-mediated communication.
3. Discuss how interpersonal communication is important to adjustment.
4. List five general principles of nonverbal communication.
5. Define proxemics and discuss personal space.
6. Discuss display rules and what can be discerned from facial cues.
7. Summarize the characteristics associated with effective eye contact.
8. Describe the roles of body movement, posture, and gestures in communication.
9. Summarize the research findings on touching and paralanguage.
10. Discuss the difficulty of detecting deception and the nonverbal cues linked to deception.
11. Explain what polygraphs do and cite some problems with their use.
12. Describe the significance of nonverbal communication in interpersonal interactions.
13. List five suggestions for creating a positive interpersonal climate.
14. Give five steps involved in making small talk.
15. Cite some ways to reduce the risks of self-disclosure.
16. Describe the role of self-disclosure in relationship development.
17. Discuss cultural and gender differences in self-disclosure.
18. Cite four points good listeners need to keep in mind.
19. Discuss four responses to communication apprehension.
20. Describe five barriers to effective communication.
21. Cite some positive outcomes associated with constructive interpersonal conflict.
22. Describe five personal styles of dealing with interpersonal conflict.
23. List six tips for coping effectively with interpersonal conflict.
24. Explain why Deborah Tannen characterizes America as "the argument culture."
25. Describe some reasons for increased social contentiousness today.
26. Describe what individuals and social institutions can do to reduce the level of public conflict.
27. Differentiate assertive communication from submissive and aggressive communication.

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28. Describe five steps that lead to communication that is more assertive.

Chapter 9: Friendship and Love

1. Define close relationships and give some examples.
2. Describe how individualistic and collectivist cultures view love and marriage.
3. Describe some differences between Internet and face-to-face interactions and how the Internet affects relationship development.
4. Discuss the roles of proximity and familiarity in initial attraction.
5. Summarize the findings on physical attractiveness in initial attraction.
6. Discuss the roles of reciprocal liking and similarity in getting acquainted.
7. Describe the personality traits that people like in others.
8. Describe some commonly used relationship maintenance strategies and explain what is meant by "minding" relationships.
9. Summarize interdependence theory and explain how rewards, costs, and investments influence relationship satisfaction and commitment.
10. Summarize the research on what makes a good friend.
11. Describe some key gender differences in friendships.
12. Summarize the research findings on the experience of love in gay and straight couples.
13. Discuss some gender differences and romanticism.
14. Define passion, intimacy, and commitment, and describe Sternberg's eight types of love.
15. Discuss adult attachment styles, including their correlates and stability.
16. Discuss the course of romantic love over time.
17. Explain why relationships often fail, and what couples can do to help relationships last.
18. Describe various types of loneliness.
19. Discuss the prevalence of loneliness.
20. Explain how early experiences and current social trends can contribute to loneliness.
21. Describe how shyness, poor social skills, and self-defeating attributions contribute to loneliness.
22. Summarize the suggestions for conquering loneliness.

Chapter 10: Marriage and Intimate Relationships

1. Discuss recent trends relating to the acceptance of singlehood and cohabitation.
2. Discuss changing views on the permanence of marriage and gender roles.
3. Explain how increased childlessness and the decline of the nuclear family have affected the institution of marriage.
4. Discuss several factors influencing the selection of a mate.
5. Outline Murstein's stage theory of mate selection.
6. Summarize evidence on predictors of marital success.
7. Explain what the family life cycle is.
8. Discuss the factors couples weigh in deciding to have children.
9. Analyze the dynamics of the transition to parenthood.
10. Identify common problems that surface as a family's children reach adolescence.
11. Discuss the transitions that occur in the later stages of the family life cycle.
12. Discuss how gaps in role expectations may affect marital adjustment.
13. Summarize how spouses' work affects their marital satisfaction and their children.
14. Discuss how financial issues are related to marital adjustment.
15. Summarize evidence on the relationship between communication quality and marital adjustment.
16. Describe the evidence on changing divorce rates.
17. Discuss how men and women tend to adjust to divorce.
18. Analyze the evidence on the effects of divorce on children.
19. Summarize data on the frequency and success of remarriage and its impact on children.
20. Describe stereotypes of single life and summarize evidence on the adjustment of single people.
21. Discuss the prevalence of cohabitation and whether it improves the probability of marital success.
22. Discuss the stability and dynamics of intimate relationships among homosexual couples.
23. Outline some misconceptions about gay couples.
24. Discuss the incidence and consequences of date rape.

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25. Explain factors that contribute to date rape.
26. Discuss the incidence of partner abuse and the characteristics of batterers.
27. Discuss why women stay in abusive relationships.

Chapter 11: Gender and Behavior

1. Explain the nature of gender stereotypes and the connection with instrumentality and expressiveness.
2. Discuss four important points about gender stereotypes.
3. Summarize the research findings on gender similarities and differences in verbal, mathematical, and spatial abilities.
4. Summarize the research on gender differences in personality and social behavior.
5. Summarize the research on gender and psychological disorders.
6. Summarize the situation regarding overall behavioral differences between males and females.
7. Give two explanations for why gender differences appear to be larger than they actually are.
8. Summarize evolutionary explanations for gender differences.
9. Review the evidence linking gender differences in cognitive abilities to brain organization.
10. Review the evidence relating hormones to gender differences.
11. Define socialization and gender roles, and describe Margaret Mead's findings on the variability of gender roles and their implications.
12. Explain how reinforcement and punishment, observational learning, and self-socialization operate in gender-role socialization.
13. Describe how parents and peers influence gender-role socialization.
14. Describe how schools and the media influence gender-role socialization.
15. List five elements of the traditional male role and contrast these with the modern male role.
16. Describe three common problems associated with the traditional male role.
17. List three major expectations of the traditional female role.
18. Describe three common problems associated with the traditional female role.
19. Describe two ways in which women are victimized by sexism.
20. Explain the basis for traditional gender roles and why they are changing.
21. Define gender-role identity and discuss two alternatives to traditional gender roles.
22. Describe how the different socialization experiences of males and females contribute to communication problems between men and women.
23. Describe expressive and instrumental styles of communication.
24. Describe some common mixed-gender communication problems.

Chapter 12: Development and Expression of Sexuality

1. List four key aspects of sexual identity.
2. Discuss how hormones influence sexual differentiation and sexual behavior.
3. Discuss how families, peers, schools, and the media shape sexual attitudes and behavior.
4. Discuss gender differences in sexual socialization and how they affect individuals.
5. Summarize current thinking on the origins of sexual orientation and attitudes toward homosexuality.
6. Discuss the identity development and adjustment of lesbians and gay males.
7. List some common sexual motives.
8. Describe four common barriers in communicating about sex.
9. Describe the four phases of the human sexual response cycle.
10. Discuss gender differences in patterns of orgasm and some reasons for them.
11. Discuss fantasy as well as kissing and touching as aspects of sexual expression.
12. Discuss the prevalence of self-stimulation and attitudes about it.
13. Discuss oral and anal sex as forms of sexual expression.
14. Discuss intercourse and the preferred sexual activities of gay males and lesbians.
15. Describe how the fear of contracting AIDS has influenced sexual attitudes and practices.
16. Summarize attitudes toward and prevalence of early sexual experiences.
17. Summarize the findings on sex in dating couples and marital sex.
18. Compare and contrast sexual behavior in married versus committed homosexual couples.
19. Summarize the evidence on infidelity in committed relationships.

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20. Describe constraints on effective contraception and discuss the merits of hormone-based contraceptives and condoms.
21. Describe the various types of STDs and discuss their prevalence and means of transmission.
22. List some suggestions for safer sexual practices.
23. List six general suggestions for enhancing sexual relationships.
24. Discuss the nature, prevalence, and causes of common sexual dysfunctions.
25. Describe the strategies for coping with erectile difficulties, premature ejaculation, orgasmic difficulties, and hypoactive sexual desire.

Chapter 13: Careers and Work

1. Describe personal and family influences on job choice.
2. Cite several helpful sources of career information.
3. List some aspects of potential occupations that are important to know about.
4. Explain the role of occupational interest inventories in career decisions.
5. List five important considerations in choosing an occupation.
6. Summarize Holland's hexagonal model of career choice.
7. Summarize Super's five-stage model of career development.
8. Discuss women's career development.
9. List six work-related trends.
10. Describe the relationship between education and salary.
11. Summarize important demographic changes that are transforming the workforce.
12. Cite some problems that women and minorities face in today's workplace.
13. Describe some challenges presented by workforce diversity to organizations and workers.
14. List some important sources of job stress.
15. Summarize the effects of job stress on physical and mental health.
16. Describe actions organizations are taking to reduce job stress.
17. Describe the prevalence and consequences of sexual harassment.
18. Cite some ways that organizations and individuals can reduce sexual harassment.
19. Describe some causes and effects of unemployment.
20. Summarize current perspectives on workaholism.
21. Define work-family conflict and discuss the benefits of multiple roles.
22. List several types of leisure activities and summarize the benefits of them.
23. Summarize the guidelines for putting together an effective résumé.
24. Discuss strategies for targeting companies you would like to work for.
25. Describe several strategies for landing a job interview.
26. List some factors that can influence an interviewer's rating of a job candidate.
27. List the dos and don'ts of interviewing for jobs.
28. List five important considerations in choosing an occupation.

Chapter 14: Psychological Disorders

1. Describe and evaluate the medical model of abnormal behavior.
2. Explain the most commonly used criteria of abnormality.
3. Discuss the history of the DSM system and describe the five axes of DSM-IV.
4. Summarize data on the prevalence of various psychological disorders.
5. List and describe four types of anxiety disorders.
6. Discuss the contribution of biological factors and conditioning to the etiology of anxiety disorders.
7. Discuss the contribution of cognitive factors and stress to the etiology of anxiety disorders.
8. Describe three types of somatoform disorders.
9. Summarize what is known about the causes of somatoform disorders.
10. Describe three types of dissociative disorders.
11. Summarize what is known about the causes of dissociative disorders.
12. Describe the two major mood disorders and discuss their prevalence.
13. Explain how genetic and neurochemical factors may be related to the development of mood disorders.
14. Explain how cognitive processes may contribute to mood disorders.

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15. Explain how interpersonal behavior and stress may contribute to mood disorders.
16. Describe the prevalence and general symptoms of schizophrenia.
17. Describe four schizophrenic subtypes.
18. Distinguish between positive and negative symptoms in schizophrenia.
19. Identify factors related to the prognosis for schizophrenic patients.
20. Summarize how genetic vulnerability and neurochemical factors may contribute to the etiology of schizophrenia.
21. Discuss the evidence relating schizophrenia to structural abnormalities in the brain and neurodevelopmental insults to the brain.
22. Summarize how expressed emotion and stress may contribute to schizophrenia.
23. Explain the reasoning underlying the insanity defense, and how often it is used.
24. Explain the legal grounds for involuntary commitment.
25. Describe the symptoms and medical complications of anorexia nervosa and bulimia nervosa.
26. Discuss the history, prevalence, and gender distribution of eating disorders.
27. Explain how genetic factors, personality, and culture may contribute to eating disorders.
28. Explain how family dynamics and disturbed thinking may contribute to eating disorders.

Chapter 15: Psychotherapy

1. Identify the three major categories of therapy.
2. Discuss why people do or do not seek psychotherapy.
3. Describe the various types of mental health professionals involved in the provision of therapy.
4. Explain the logic of psychoanalysis and describe the techniques used to probe the unconscious.
5. Discuss interpretation, resistance, and transference in psychoanalysis.
6. Explain the logic of client-centered therapy.
7. Describe therapeutic climate and process in client-centered therapy.
8. Discuss the logic, goals, and techniques of cognitive therapy.
9. Describe how group therapy is generally conducted.
10. Identify some advantages of group therapy.
11. Summarize evidence on the efficacy of insight therapies.
12. Summarize both sides of the recovered memories controversy.
13. Summarize the general approach and principles of behavior therapies.
14. Describe the three steps in systematic desensitization and the logic underlying the treatment.
15. Describe the use of aversion therapy and social skills training.
16. Summarize evidence on the efficacy of behavior therapies.
17. Describe the principal drug therapies used in the treatment of psychological disorders and summarize evidence on the efficacy.
18. Discuss some of the problems associated with drug therapies and their overall value.
19. Describe ECT and discuss its efficacy and risks.
20. Discuss how managed care has affected the provision of therapy.
21. Discuss the merits of blending approaches to therapy.
22. Explain why therapy is underutilized by ethnic minorities.
23. Discuss when and where to seek psychotherapy.
24. Discuss the potential importance of a therapist's gender and professional background.
25. Summarize the evidence whether therapists' theoretical approach influences their effectiveness.
26. Discuss what one should expect out of therapy.

Chapter 16 Positive Psychology

1. Define positive psychology and explain its origins.
2. Characterize positive psychology as a counterweight to the historic and dominant negative focus in the discipline.
3. Explain why positive psychology can provide a framework for new as well as older research on well-being.
4. Identify positive psychology's three lines of inquiry.
5. Distinguish between moods and emotions and discuss the benefits of positive moods.
6. Understand how the speed and variability of thought are related to mood.

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7. Describe the broaden-and-build model of positive emotions.
8. Explain the flow experience and typical activities that trigger it.
9. Outline the advantages of mindfulness over mindlessness.
10. Explain the concept of positive individual traits.
11. Define hope as a future directed trait.
12. Discuss resilience and posttraumatic growth as beneficial qualities.
13. Clarify why gratitude is a character strength and positive personal quality.
14. Characterize spirituality as a positive trait related to religious behavior.
15. Characterize the nature of positive institutions.
16. Describe the characteristics of positive workplaces, positive schools, and positive families.
17. Identify some virtues associated with positive institutions.
18. Positive Psychology: Problems and Prospects
19. Identify some criticisms concerning positive psychology.
20. Outline some opportunities for positive psychology's future.
21. Explain how counting your blessings and expressions of gratitude can promote happiness.
22. Recognize the psychological benefits of sharing a positive story about oneself and sharing good news.