



UNIVERSITY OF NEW YORK IN PRAGUE

Course: PSY300 Psychology of Adjustment (6 ECTS/3 US credits)
Semester: Spring 2024
Prerequisites: C- or above in General Psychology

Instructor:

1. Catalog Description:

The study of personal growth and adjustment to help prepare the individual for lifelong understanding of self. Discussion of personality development, interpersonal relations, stress management, family dynamics, dealing with losses, and other concerns of the individual in our society.

2. Course Purpose

The purpose of this course is to increase self-knowledge, personal freedom, and personal accountability, and the ability to effect positive personal change. Emphasis is on self-discovery, self-awareness, and personal growth. To succeed active participation is required. The theoretical perspectives will be explored with an eye towards their practical and clinical usefulness to explain behavior and to facilitate therapeutic solutions.

3. Required Readings

Psychology and the Challenges of Life: Adjustment and Growth, 12th Edition.

4. Additional Assignment

Each class 2 students will be asked to present material relevant to Adjustment, e.g. exercises, pieces of theory etc.

5. Learning Outcomes

1. Describe the theoretical concepts fundamental to personal adjustment.
2. Demonstrate reflective and critical thinking techniques to examine research that will improve personal adjustment skills.
3. Demonstrate through discussion, activities, and journal writing an increased personal awareness.
4. Review some theories of personality and self-development.
5. Explain how thinking can influence feelings.

6. Identify values and beliefs that motivate behavior.
7. Explain stress and how distress can contribute to psychological disorders
8. Summarize common psychological disorders
9. Identify personal and professional goals.

6. Course Schedule

Week 1: Course overview, Introduction to Psychology of Adjustment

Week 2-6: Each class one chapter (Psychology of Adjustment) will be discussed

Week 7: Mid Term Exam

Week 8-14: Each class one chapter (Psychology of Adjustment) will be discussed

Week 15: Final Exam

7. Course Requirements

Be prepared to work each week. Psychology of Personal Adjustment is a process course that requires self-examination, self-discipline, and motivation.

Attendance: According to UNYP policy, class attendance is mandatory, missing more than 4 classes (excused or not) will result in an automatic failure being recorded by the registrar. Arriving late or missing a part of the class may be counted as an absence at the discretion of the instructor. Students who must miss multiple classes for a valid reason should consult the instructor beforehand and must file a petition with their department chair in order to be exempt from the attendance policy.

Quizzes (50%): Students' preparedness for the class will be measured by their performance on a weekly quiz. At the beginning of each class (approximately the 1st ten minutes) a short quiz will be administered (there will be a total of approx. 12 quizzes over the semester), and the scores from the 2 lowest quizzes will be dropped, quizzes cannot be made up and all quizzes must be handed in at the end of the quiz time. Missed quizzes are graded as F. This means you cannot miss more than 2 classes without penalty. Quizzes will be based on the assigned reading for that week and consist of short answers.

Exams (50%): You will take two exams, a midterm and a final exam. The final exam will cover everything you have learned, while the midterm exam will explore what you know about the material we cover up to that point. This material includes the outside reading assignments and class discussions. The exams will test details, and your ability to apply those details: test format-wise, this means multiple choice, short answer, and essay questions. Each exam is worth 25% of your final grade.

Presentations: Each student is asked to prepare a 15-minute presentation on topic covering the class material. The successful presentation will improve your Final Grade for 4%, which usually means improvement for 1 step (e.g. from a C- to C).

Criteria for Determination of Grade, including Evaluation Methods

Quizzes	50%
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2 Exams	25% each
Additional: Presentation	4% improvement of Final Grade

Grading scale

Letter Grade	Percent (%)	Generally Accepted Meaning
A	95-100	Outstanding work
A-	90-94	
B+	87-89	Good work, distinctly above the average
B	83-86	
B-	80-82	
C+	77-79	Acceptable Work
C	73-76	
C-	70-72	
D+	67-69	Work that is significantly below average
D	63-66	
D-	60-62	
F	0-59	Work that does not meet the minimum standards for passing the course

8. General Requirements

- Students are expected to attend each class session and participate in a positive way.
- Students are expected to come to class fully prepared to discuss homework readings
- Students are expected to leave their mobile phones, beepers, pagers, etc. switched off.
- Students may not use laptops or netbooks for any reason other than taking notes. Do not surf the WEB during class time. If you do, you will lose the privilege to use a laptop or netbook.
- The University's rules on academic dishonesty (e.g. cheating, plagiarism, submitting false information) will be strictly enforced. Please familiarize yourself with the STUDENT HONOUR CODE or ask your instructor for clarification.
- Do not cut and paste anything from the Internet. Use your own words and opinions. Properly note your sources. For examinations: copying from your neighbor, speaking, using a phone or anything similar will result in you failing the test or quiz.

8. Key UNYP Policies

Attendance:

-It is your responsibility to show up to class on time. If you are late you will be marked as absent for that hour. **If you miss more than 12 (twelve) hours of class for any reason, you will automatically fail the entire course. Pay strict attention to this. This class policy is standard UNYP policy.**

Academic Honesty

- The university's rules on academic dishonesty (e.g., cheating, plagiarism, submitting false information) will be strictly enforced. Please familiarize yourself with the *student honor code* or ask your instructor for clarification.
- For examinations: copying from your neighbor, communicating with another student, using a phone or anything similar will result in you failing the test or quiz.
- On written papers, properly note your sources with academic citations. Cutting and pasting from the Internet without accurately citing the source may be considered plagiarism. Students may be required to submit papers electronically, which could mean an automated check for plagiarism via the Turnitin resource. Students may also be required to defend the content of a paper orally to an instructor as a check on authorship.
- If you have questions about any of the above, please consult with the instructor.

9. General Requirements

- Students are expected to attend each class session and participate in a positive way.
- Students are expected to come to class fully prepared to discuss homework readings, projects or cases.
- Students are expected to turn in homework assignments at the beginning of the class period on the day they are due.
- Students are expected to leave their mobile phones, beepers, pagers, and so forth switched off.
- Students may not use laptops or netbooks for any reason other than taking notes. **Do not** surf the Web during class time. If you do, you will lose the privilege to use a laptop or netbook.
- In the event of illness or emergency, contact your instructor *in advance* to determine whether special arrangements are possible.

10. European Credit Transfer and Accumulation System (ECTS)

- Students who complete the course will receive 6 ECTS credits, which are the equivalent of 3 American credits. (In other words, 2 ECTS credits equal 1 American credit hour.)
- Further, 1 ECTS credit corresponds to 25-30 hours of work. Thus, a 6-credit ECTS course (equivalent to a 3-credit American course) will total 150-180 projected work hours. For this course, students are expected to spend time in the following course-related activities:

Class Lectures and exams	45 hours
Reading class-related material	50 hours
Exam preparations	25 hours
Team preparation	15 hours
Final project preparation	30 hours
TOTAL	165 hours

11. Technology Expectations

Assignments, excluding those that are carried out exclusively in class, must be completed on a computer. Students are assumed to be familiar with the use of the Internet and in particular with the gathering of data from the Worldwide Web. This will be a necessary tool for carrying out some of the course assignments (i.e., long essay or class presentations).