

# Psychology of Adjustment

Fall 2025

PSCH 3308



**Instructor:** Ms. Kathleen Rivers

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**Office:** BAB 108

**Office hours:** Virtually - Tuesday: 2PM-3PM or By Appointment

**Scheduling link:** <https://calendly.com/kathleen-rivers-sulross>

**Start/end dates:** August 5 - December 4, 2025

**Class Schedule:** Assignments due every Sunday at midnight.

**Meeting location:** Web

## REQUIRED TEXTS:

*Do not download illegal copies of the required texts.*

Weiten, Dunn, & Hammer, (2023.) *Psychology applied to modern life: Adjustment in the 21st Century* (13th Edition), ISBN: 9780357798010.

Puff, Robert, (2025). *The AI future & you: A human guide to adaptation and thriving*, Independently Published, ISBN: 979-8319448781.

## Purchasing Course Materials:

By law, this university is required to inform you of the following in accordance with Section 51.9705 of the Texas Education Code: "A student of this institution is not under any obligation to purchase a textbook from a university-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer." In fact, bargains on textbooks are often found on the websites of many Internet booksellers. Major online vendors typically accept major credit cards, checks, and money orders.

It is the student's responsibility to acquire course materials in time for their use in class. Many weeks before the start of each semester, textbooks are made available for browsing and purchase at the website for the Sul Ross Bookstore ([www.sulross.edu/bookstore](http://www.sulross.edu/bookstore)). It is important that students have their course materials by the start of each semester.

## **Sul Ross State University Psychology Program's Learning Objectives and Skills:**

- *Student Learning Objectives for the Psychology Program:*
  - It is expected that the graduating student in this program will demonstrate the capacity to:
    - Recognize the central concepts in the department's main areas of focus: abnormal psychology; social & personality psychology, and developmental psychology.
    - Recognize and apply basic psychological research methods.
    - Communicate effectively in written assignments and oral presentations concerning psychological subject matter.
- *Marketable Skills for the Psychology Program:*
  - Students will demonstrate competency in public speaking and communicating scientific information to diverse audiences (speaking effectively).
  - Students will demonstrate active listening and conversational skills, and/or write clearly about their affective stance, respectfully attuned to the needs of their audiences.

### **Course Description:**

This course offers an introduction to the psychological principles that support personal growth and successful adjustment in modern life. Drawing from topics such as stress management, personality, interpersonal relationships, and self-understanding, students will explore how psychological knowledge can be applied to everyday experiences and challenges.

### **The student will be able to:**

- Understand key psychological concepts of adjustment and apply them to career, relationships, and personal growth.
- Understand basic effects of self-perception, social influence, and communication on relationships and well-being.
- Reflect on personal adjustment, values, and behaviors to build resilience and wellbeing.

### **Distance Education Students:**

Students enrolled in distance education courses have equal access to the university's academic support services, library resources, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should submit online assignments through Blackboard or SRSU email, which require secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students enrolled in online courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

### **Ensuring Accessibility for Everyone:**

**Special Accommodations** Our institution complies with state and federal laws concerning people with disabilities. If a student needs accessibility services, it is the student's responsibility to initiate a request. This may be done by contacting Mary Schwartz Grisham or Ronnie Harris at SRSU's office of Counseling and Accessibility Services. The phone number there is 432-837-8203 and the email address is

counseling@sulross.edu. Sul Ross offers counseling directly at the Alpine campus in Ferguson Hall Room 112, and through telehealth zoom sessions for RGC and remote students.

### **Upholding Academic Integrity:**

The Honor Code As members of an academic community, no student should tolerate cheating. According to the traditional academic honor code, it is the responsibility of every student to report obvious cheating or any suspicious behavior that may compromise the integrity of the grading process. The confidentiality and anonymity of students who report such incidents will be respected.

Policies on Academic Dishonesty Academic dishonesty and the penalties pertaining to it are described in the SRSU student handbook. The penalties for serious academic dishonesty are severe: a student who submits a plagiarized paper or cheats on an exam may receive an F for the assignment, and in cases of repeated or flagrant violations, for the entire course. A plagiarized written assignment may be awarded a zero on academic grounds alone, yet the offending student may face additional disciplinary penalties for academic dishonesty. Plagiarism, as every college student should know, involves taking the work of others and claiming it as your own. It will not be tolerated in this class. If you are unsure about what plagiarism is, find out online at [www.plagiarism.org](http://www.plagiarism.org).

You and you alone are responsible for understanding and avoiding academic dishonesty in all your assignments. Students may not print, photograph, copy, or in any other way reproduce material from any exam, and no student may share, receive, or knowingly read such material. Students may not use books, notes, cell phones or any other informational materials or electronic devices during testing, unless authorized by the professor. While taking an exam, students should not use any electronic device other than the device on which an exam is being taken.

Students may not share books, notes, make phone calls, send texts, or engage in any other form of communication with each other during exams. Nor may students communicate about material included on an exam with a classmate or in the presence of a classmate who has not yet completed that exam. In a testing classroom or lab, students should not sit next to other students who are taking the same test unless no other seats are available. Students should not talk while exams are being administered. During Blackboard exams, students should not open, view, or interact with any website other than the Blackboard website.

### **Library:**

***The Bryan Wildenthal Memorial Library in Alpine*** offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, [library.sulross.edu](http://library.sulross.edu). Off campus access requires logging in with your Lobo ID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (<mailto:srsulibrary@sulross.edu>)

***The Southwest Texas Junior College (SWTJC) Libraries at Uvalde, Del Rio, and Eagle Pass*** offer additional access to library spaces and resources. Del Rio, Eagle Pass, and Uvalde students may also use online resources available through SWTJC website, [library.swtjc.edu](http://library.swtjc.edu). The SWTJC Libraries serve as pick-up locations for Interlibrary Loan (ILL) and Document Delivery from the Alpine campus.

### **Course Behaviors:**

Respect and Disruptions: Watch the VIDEO on NETTIQUETTE - <https://www.youtube.com/watch?v=80uRE972uQ0>.

## **General Assignment Information:**

Assignments must be submitted through Blackboard unless otherwise authorized. Assignments that are emailed without prior authorization will not be considered submitted.

The times and dates when assignments are due and when evaluations are given will not be altered to fit a student's schedule. All students will be expected to alter their schedules to fit class responsibilities. If you have a problem that prevents you from submitting an assignment on time, contact the professor immediately once you determine that you cannot resolve the problem and submit the assignment as instructed. Waiting until after the deadline to contact the professor may result in forfeiture of the grade for the assignment. Exam dates will not be changed except in exceptional circumstances. If it is not possible to administer a final exam (for example, due to an internet outage, power outage, emergency school closure, or other extraordinary circumstances), final grades for this course will be calculated solely from the assignments submitted prior to the final exam. Other than any exceptions described herein, all major assignments in this course must be completed and submitted to pass this course, regardless of a student's grades on other assignments. Students who do not submit all major written assignments by their deadlines are liable to receive an F as a final grade for this course.

Do not wait to complete and submit major assignments on their due dates. Due dates are deadlines. They are the final opportunities to submit your work; they are not the ideal opportunities to submit your work. The reason is simple: things can go wrong. Emergencies arise. Electrical service can be interrupted. Computer equipment can malfunction. You or someone in your family can suddenly get sick.

Mid-Term – One (1) exam will be given. It consists of 50 multiple choice/short answer or essay questions. Fifty percent of the questions for this exam will come directly from the quizzes. Date of exam is 10/19/2024 -10/20/2025. Note there is no make-up exam unless you are absent due to illness and with documented proof.

Final Exam – One (1) exam will be given at the end of this term. It consists of 50 multiple choice/ short answer or essay questions. Fifty percent of the questions for this exam will come from quizzes. The date of this exam is 12/05/2024 -12/06/2025. Please note that there is no make-up exam unless you are absent due to illness and with documented proof.

## **SCHEDULE:**

**Chapter Quizzes, Assignments, and Discussions are due Sunday each week by midnight. There are 13 chapters which equates to a chapter a week. Starting with chapter one (1) due Sunday, September 30, 2025 by midnight. This will include discussions, quizzes, and assignments.**

## **The Attendance Policy Sul Ross State University:**

The attendance policy of SRSU allows that students may be automatically dropped with an F from courses if they acquire excessive absences, defined as nine hours of absence from a course. (This translates to 3 absences from an evening course, 6 absences from a daytime course, and 3 absences from a summer course). The professor may enforce this policy strictly whenever a pattern of negligent behavior is observed. In web courses, three hours of absence will be defined as one calendar week of nonparticipation in a summer or fall course, or four continuous days of non-participation in a summer course, as measured by completion of exams, participation in discussions, and submission of other assignments on Blackboard.

**Class Attendance and Participation Policy:** Students are expected to post on time, actively engage throughout each class discussion. If you will be unable to complete assignments for any reason, you must contact the instructor and request an excused absence in advance. More than one unexcused absence will result in dismissal from the course and a failing grade. For this online course, late discussions are considered absences. Discussions are the same as being present in a classroom. Therefore, if your discussion is late you are not participating with your peers.

## Grading:

### The Calculation of Grades:

Grades for each assignment, and for the course itself, are calculated as follows:

A: 90% or above; B: 80%-89%; C: 70%-79%; D: 60%-69%; F: 0%-59%.

The Basis of Final Grades in this course are based on performance alone. Grading is not based on how hard someone has worked to earn a particular grade, or whether someone needs this course to graduate, or on personal & family needs, or on personal conceptions of fairness or justice. All grades, including the final course grade, will be based on a student's academic performance in this course, according to the criteria described in this syllabus.

### Connecting with Students for Success

This course will be participating in initiative at Sul Ross State University referred to as "Connecting with Students for Success". This study's purpose is set student's up for success. Therefore, each student will meet with me at least once during the semester before October 10, 2025. Research has previously indicated that students that meet with their professors have higher success rates in courses. Please schedule an appointment with the professor, as soon as possible, via email. I will be flexible in scheduling these appointments with you. Please see the office hours available for scheduling on the first page of the syllabus. If you need another time frame, please discuss with the professor.



Some additional Reading and Sources on the topic Connection and Student Success.

Guerrero, M., & Rod, A. (2013). Engaging in Office Hours: A Study of Student-Faculty Interaction and Academic Performance. *Journal of Political Science Education*, 9(4), 403–416.  
[https:// doi.org/10.1080/15512169.2013.835554](https://doi.org/10.1080/15512169.2013.835554)

Hogan, R., & Devi, M. (2019). A Synchronous Pedagogy to Improve Online Student Success. *International Journal of Online Pedagogy and Course Design*, 9(3). <https://doi.org/10.4018/IJOPCD.2019070105>

Marmet, M. D. (2023). Bridging the power gap: the impact of pedagogical strategies and relationship-building on student success. *Journal of Research in Innovative Teaching & Learning*, 16(2), 192–209. <https://doi.org/10.1108/JRIT-01-2023-0009>