PSYCHOLOGY OF ADJUSTMENT

Psychology 302 01FALL, 2014
Meets MWF 11-11:50 in 174 LSH

INSTRUCTOR: Sandra Portko, Ph.D. OFFICE: 2203 ASH

PHONE: 331-2406 office Office Hours: MWF 10-10:45 and 12-1pm.
(can leave voice mail message)

E-MAIL: portkos@gvsu.edu

PREREQUISITE: Psychology 101

OBJECTIVE: The objective of this course is to explore what is the meaning of mental health for the individual living in today's world. Several theorists' views of psychological well-being will be studied. Readings will be assigned for self-reflection, journal writing, and discussion. The various attitudes involved in growing as a person, as well as methods of dealing with specific stressors of modern life will also be topics for investigation.

TEXTS: REQUIRED: 1. MAN'S SEARCH FOR MEANING
    by Viktor Frankl, M.D.

    2. PSYCHOLOGY AND PERSONAL GROWTH

    3. THE HIGH COST OF MATERIALISM
    by Tim Kasser, First Edition

RECOMMENDED: THE FOUR AGREEMENTS by Don Miguel Ruiz.

COURSE OUTLINE: The text is a series of readings by various psychologists. These readings will form the basis of our class discussions and also provide the stimuli to which you will be asked to react. While we won't read every essay, we will be reading a number of representative essays from each chapter. There will be three tests during the semester. The tests will comprise about 60% of the final grade. These tests will be a combination of multiple choice, short answer, and essay (300 points over 3 tests).

STUDENT-LED DISCUSSION: Every student is required to lead at least two class discussions during the semester. The format for the discussions and the signup list of topics will be available the first week of class. Every student must provide an outline/summary along with three discussion questions of the article for the rest of the class every time she/he presents. This can be posted to bb before class so everyone can access it. This will count toward evidence of preparation which will be graded along with participation in the processes of leading and responding and together they will count for approximately 24% of your grade (120 points total). (Obviously, absence will reduce the number of points you will be able to earn for participation.) In addition to leading discussions,
students are also required to contribute to class discussions by making at least three substantive comments reflecting on class discussions every week. These comments must be made on the day the class discusses the article but cannot all be made on the same day.

**Students are allowed three absences. Additional absences will result in the course grade being reduced commensurate with the absences.**

**PAPERS:** Several short papers are required during the course of the semester; these will cover topics assigned by the instructor. These will make up about 16% of your final grade (80 points).

**TEST SCHEDULE:**

**Test 1 Wednesday, September 24**
- Lecture/Discussion notes/videos
- Man’s Search for Meaning readings from Section 1 & 2

**Test 2 Monday, October 27**
- Lecture/Discussion notes/videos
- Assigned readings from Section 3 & 4
- Assigned Sections from The High Cost of Materialism

**FINAL EXAM:** **Wednesday, December 10 10-11:50 am**
- Lecture/Discussion notes/videos
- Assigned readings from Sections 5 & 8
- Remainder of The High Cost of Materialism

**Academic integrity:** I expect that all students will abide by the GVSU Student Conduct Code as presented in the Student Handbook. Failure to do so will result in a failing grade.

**ACCOMMODATIONS:** It is the responsibility of any student requiring accommodations to self-identify and contact Developmental Support Services to request the necessary help.

Grading is as follows:

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**LAST DAY TO DROP WITH GRADE OF W IS FRIDAY, OCTOBER 24 AT 5PM! COURSE IS DROPPED BY NOTIFYING RECORDS OFFICE IN WRITING. NO INSTRUCTOR SIGNATURE IS REQUIRED FOR THIS. FOR YOUR PROTECTION, PLEASE NOTIFY THE INSTRUCTOR IN WRITING AS SOON AS POSSIBLE. KEEP YOUR COPY OF THE DROP SLIP IN A SAFE PLACE!**
STUDENT INFORMATION SHEET 302 01  FALL 2014

NAME:  STUDENT #  ADDRESS:  TELEPHONE:

EMAIL:

MAJOR:  FR  SO  JR  SR

PREVIOUS PSYCHOLOGY COURSES:

IN YOUR OPINION, WHAT ARE THE MOST IMPORTANT QUALITIES OF A MENTALLY HEALTHY PERSON?

WHAT DO YOU FEEL ARE THE MOST SERIOUS ISSUES THAT CAN THREATEN AN INDIVIDUAL’S MENTAL WELL-BEING?

WHAT ARE YOUR PERSONAL OBJECTIVES FOR THIS COURSE? WHAT DO YOU HOPE TO GET OUT OF THIS COURSE?