COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES
Division of Social and Behavioral Sciences

PY 100 Personal Adjustment

FINAKPO' 2024

Summer Session A

Instructor:	Dr. Rita Sharma		Class Time:	M-F 3:00 pm - 4:50 pm
Office:	HSS 220C		Class Location:	Zoom and Moodle
Phone:	735-2880		Office Hours:	By appointment
E-mail:	sharmar@triton.uog.edu			

(Please put PY100 in subject of email)

Zoom Link: https://us02web.zoom.us/j/84844917672?pwd=OW3RZ4blRD6HgcV7FJDUiJ4V0ebf8T.1
Meeting ID: 848 4491 7672
Passcode: 418232

Moodle Key: PY-100-01 Enrollment Key: py10001stu

Course Description
This is an applied introductory-level course intended to help students learn personal adjustment skills through a variety of experiential activities and projects. In class, you will be encouraged to work together to create a supportive environment where we can discuss important personal adjustment topics, such as self-concept, identity, stress, anxiety, depression, loneliness, substance use, relationships, gender roles, sexuality, family, and culture. Student projects will focus on several aspects of personal adjustment: self-awareness, self-change, interpersonal relationships, and familial and cultural identity. As you develop a deeper understanding of yourself and others, you will be able to explore new choices available to you, learn new ways of coping with personal and social problems, and develop effective strategies for changing yourself, your relationships, and society. I hope that through the course you will grow in ways that you find both meaningful and satisfying.

Classes will include lectures on selected topics in personal adjustment, self-awareness exercises, discussion sessions, debates, films, group work, and student presentations. I expect a high level of class participation in all of these activities.   I request that you turn your cameras on, especially during presentations and discussions. I understand this is not always possible, but do your best, as this will ensure a more lively class experience.

Required Readings
Corey, G., Corey, M. S., & Muratori, M. (2018). *I Never Knew I Had a Choice: Explorations in Personal Growth* (11th ed.). Boston, MA: Cengage Learning.

Evaluation Methods
Your final grade will be based on class participation and attendance, a series of response papers, and two personal adjustment projects. It will be calculated as follows:
30% - Class Participation and Attendance
30% - Response Papers, Chapter homework (Time to Reflect), Films etc.
20% - Project 1: Self-Awareness & Self-Change, Paper and Presentation
20% - Project 2: Cultural Identity, Paper and Presentation

Numerical scores will be converted to letter grades based on the following percentages:

A+ 98-100%
A 93-97%
A- 90-92%
B+ 87-89%
B 83-86%
B- 80-82%
C+ 77-79%
C 70-76%
D 60-69%
F <60%

Class Participation and Attendance: You will receive credit each time you are present in class and participate in class activities. Students who come late to class will only receive partial credit for attendance. You are permitted to miss up to two (2) classes for illness and other emergencies without losing points.

Response Papers: Throughout the semester, I will assign a number of homework from the chapters. These assignments will be based on the "Take Time to Reflect" exercises in the textbook as well as films and other class activities. Most of the assignments are designed to prepare you for class discussions and thus are due the next class after they are assigned.

Personal Adjustment Projects: You are required to complete two personal adjustment projects during the course of the semester (1 - Self-Awareness & Self-Change; and 2 - Cultural Identity). For each project, you will be asked to explore an important aspect of your personal adjustment or personal growth in depth, to learn how to make changes in your life, and to record your progress in a daily journal. In addition, you are required to give a brief presentation to the class (and submit a paper and supporting materials outlining your work. I will give you clear guidelines on each project in class.

Student Disclosure of Personal Information
As this course addresses personal adjustment, many of the class discussions and exercises will focus on personal issues such as emotions, self-concept, and interpersonal relationships. In class, students will often be invited to participate by sharing experiences and stories from their life. While I do ask that these stories be about real events or experiences in your life, you are not required to disclose personal information that you do not wish to disclose. Moreover, if at any time you do not wish to participate in a particular activity, you may choose to pass. Passing will not have any adverse effect on your grade.

For your project presentations, you will also be asked to share some experiences from your life with the class. Again, in your presentations, you are not required to disclose personal information that you do not wish to disclose. Therefore, I encourage you to prepare in advance stories or narratives about life experiences that you would feel comfortable sharing with the class. I will provide examples of how to talk about life experiences without disclosing sensitive personal information.

Incompletes: An incomplete grade is only given for extreme illness or unusual circumstances. Students are encouraged to speak with the instructor and provide appropriate documentation (when applicable) as soon as possible if he or she would like to request an incomplete. Requests for an incomplete will be reviewed by the instructor, who may discuss the request with an appropriate department administrator before approval.

Final Grades: It is the student's responsibility to discuss any grade-related concerns with the instructor; do not wait until the last minute. Final letter grades will be determined by rounding the student's percentage to the nearest whole number.

Academic Integrity: The University of Guam strives to cultivate not only the academic skills that are required for a university degree, but also personal characteristics of integrity, honesty, and accountability. As such, a breach of academic integrity is viewed not merely as a private matter between the student and instructor that will not be tolerated but also an act that is fundamentally inconsistent with the values of the entire university. Consequences for violations of academic integrity in this course are consistent with those in the university's academic integrity policy.

University of Guam Policies

ADA Accommodation Services
For individuals covered under the ADA (Americans with Disabilities Act), if you are a *student* with a disability requiring academic accommodation(s), please contact the Disability Support Services Office to discuss your confidential request. A Faculty Notification letter from the Disability Support Services counselor will be provided to me. To register for academic accommodations, please contact or visit Sallie S. Sablan, DSS counselor in the School of Education, office 110, disabilitysupport@triton.uog.edu or telephone/TDD 671-735-2460.

EEO/ADA &Title IX Office
The University is committed to providing an inclusive and welcoming environment for all members of our community. Federal and local laws protect the University community from any act of sex discrimination. Such acts violate the essential dignity of our community members. If you need assistance with EEO (Equal Employment Opportunity) and/or Title IX concerns, please contact the Director of EEO/ADA &TITLE IX Office at 671-735-2244, 671-735-2971, TDD 671-735-2243 or eeo-ada@triton.uog.edu.

Student Evaluation of Faculty Information
The student course and faculty evaluations for courses will be administered at the completion of the semester within CollegeNet. Student participation is essential and appreciated. Student responses are anonymous and cannot be traced back to individual students. You will need your WebAdvisor login credentials to complete the evaluation.

COVID Statement
The University of Guam is experiencing continued disruption to delivery of instruction during the global coronavirus pandemic. The University will follow executive orders and may be forced to close again, causing more modifications as the semester progresses. All changes will be posted on the UOG website, www.uog.edu. Other support resources are listed below:
- Contact Office of Information Technology at 735-2630 or oit@triton.uog.edu
- Contact the Triton Advising Center at 735 – 2271 or tac@triton.uog.edu
- Contact Uplift Counseling Services at 787-7978 or uplift@westcare.com
- Contact Project Tulaika Mental Health Services at 647-5317; 647-1901; 647-5440; 647-8833/34 or care@gbhwc.guam.gov; GBHWC crisis hotline 988

Tobacco-Free/Smoke-Free Policy
UOG is a tobacco-free/smoke-free campus. Thank you for not using tobacco products on campus, for helping to fight cancer, and for helping to make UOG a healthy learning environment.

No Recording Policy
Recording of online class meetings is not allowed. Not only is the delivery of course content the intellectual property of the instructor, but students enrolled in the course have privacy rights. Unauthorized recording and distribution of online courses may violate federal law.

Plagiarism Policy
The term "plagiarism" includes, but is not limited to, the use, by paraphrase or direct quotation, of the published or unpublished work of another person without full and clear acknowledgment. It also includes the unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials (UOG Student Handbook, p. 49). This includes any use of Chatbot or other similar programs. Cases of plagiarism are referred to the Student Discipline and Appeals Committee. In this course the penalties for plagiarism may include: (1) no credit for the assignment, or (2) failure in the course.

STUDENT LEARNING OBJECTIVES (SLOS)

PY100 Course SLOs
Students successfully completing this course should demonstrate the following:
1)   Knowledge of effective self-awareness strategies.
2)   Knowledge of a variety of skills for coping with stress as well as personal, interpersonal,
         and social problems.
3)   Knowledge of a variety of strategies that psychological research has proven effective in
         changing emotions, thinking styles, and behavior.
4)   A deeper understanding of themselves, their relationships, families, and cultures.

Psychology Program SLOs
The student learning objectives for the Psychology Program are articulated with those of the American Psychological Association. Graduating students will demonstrate that they have:
1)   Developed a broad and deep knowledge base in Psychology.
2)   Acquired and can appropriately apply knowledge of psychological research skills.
3)   Acquired and can appropriately apply critical thinking skills in Psychology.
4)   Developed competence in making appropriate applications of Psychology.
5)   Acquired and can appropriately apply the values of Psychology.
6)   Developed competence in information and technology literacy.
7)   Developed competence in communication skills.
8)   Acquired and can appropriately apply sociocultural and international awareness.
9)   Acquired effective personal development skills.
10)   Acquired knowledge and competence in career planning and development.

University of Guam SLOs
Some of the expected fundamental knowledge, skills, and values that the University of Guam student will have demonstrated upon completion of *any* degree are:
1)   Mastery of critical thinking and problem solving.
2)   Mastery of quantitative analysis.
3)   Effective oral and written communication.
4)   Understanding and appreciation of culturally diverse people, ideas and values in a democratic context.
5)   Responsible use of knowledge, natural resources, and technology.
6)   An appreciation of the arts and sciences.
7)   An interest in personal development and lifelong learning.

Alignment of PY100 Course Assignments with

PY100 Course Alignment of SLO's, PLO's and ISLO's
Student Learning Outcomes (ISLOs)

PY100 Course Assignments	PY100 Course Student Learning Outcomes (SLOs)	Psychology Program Student Learning Outcomes (PLOs)	Institutional Student Learning Outcomes (ISLOs)
1. Class attendance and participation	1, 2, 3, 4	1, 3, 4, 5, 6, 7, 8, 9, 10	1, 3, 4, 5, 6, 7
2. Response papers	1, 2, 3, 4	1, 3, 4, 5, 6, 7, 8, 9, 10	1, 3, 4, 5, 6, 7
3. Personal Adjustment Project I: Self-Awareness and	1, 2, 3, 4	1, 3, 4, 5, 7, 8, 9, 10	1, 3, 4, 5, 6, 7
4. Presentation I: Self-Awareness and Self-Change	1, 2, 3, 4	1, 3, 4, 5, 7, 8, 9, 10	1, 3, 4, 5, 6, 7
5. Personal Adjustment Project II: Interpersonal	1, 2, 3, 4	1, 3, 4, 5, 7, 8, 9, 10	1, 3, 4, 5, 6, 7
6. Presentation II: Interpersonal Relationships	1, 2, 3, 4	1, 3, 4, 5, 7, 8, 9, 10	1, 3, 4, 5, 6, 7

Summer Session A Class Schedule

Date	Project	Chapter Assignment
May 28th Tuesday		Introductions; course overview Introduction to Project I - Self Awareness & Self Change
May 29th Wednesday	Stage 1	Chapter 1: *Invitation to Personal Learning and Growth*
May 30th Thursday	Stage 1	Watch Video on Moodle
May 31st Friday	Stage 1	Finish Stage 1 -Project I
June 3rd Monday	Stage 2	. Chapter 2: *Reviewing Your Childhood and Adolescence*
June 4th Tuesday	stage 2	Chapter 3: *Adulthood and Autonomy*
June 5th Wednesday	stage 2	Chapter 4: *Your Body and Wellness*
June 6th Thursday		Watch Video on Moodle
June 7th Friday		Finish Stage 2 of Project I
June 10th Monday	stage 3	Chapter 5: Managing Stress
June 11th Tuesday	stage 3	Chapter 6: *Love and Chapter 7: Relationships*
June 12th Wednesday	stage 3	*I Pinangon Suicide Prevention Presentation*
June 13th Thursday		Complete Time to reflect Chapters 6 and 7
June 14th Friday		Finish stage 3 of Project 1; write project paper
June 17th Monday		**Presentations Project I**
June 18th Tuesday		**Presentations Project I**
June 19th Wednesday	Project II	Introduction to Project II - My Culture and Resiliency

		Chapter 8: *Becoming the person you want to be*
June 20th Thursday	Project II	Chapter 11: *Loneliness and Solitude.*
June 21th Friday	Project II	Chapter 12: *Death and Loss*
June 24th Monday		Chapter 13: *Meaning and Values*
June 25th Tuesday		**Presentations Project II**
June 26th Wednesday		**Presentations Project II**
June 27th Thursday	**Course wrap up**	
June 28th Friday	**Last day to turn in assignments**	