Catalog Course Description

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 course utilizes the principles and methods of personal adjustment. Topics focus on self-knowledge and personal growth. Growth is examined theoretically and applied to real life situations. Topics include: 1) personality and self, 2) personal accountability, 3) stress and sadness, 3) coping and happiness, 4) financial planning 5) personal relationships, and 6) beliefs and challenges

Prerequisites: None
Entry Level Standards: Open to all students.

Instructor Information

Please see the Professor Contact Information in Course Content for instructor’s office hours and communication information. Use the email in eLearn to email your instructor. Click Classlist, then Instructor, then my name. Do not type in the address line. Type in subject and message then send. I make every effort to reply to your emails within 2 business days of receiving your message.

Textbook/Materials: Books cost a total of approximately $40.00 used and $50.00 new.


Required Student Learning Outcomes

Transfer Degree PSLO 1: Acquire additional competencies needed for a transfer degree to a BA/BS.

CSLO 1. Describe the theoretical concepts fundamental to self, personality, and personal adjustment and demonstrate an increased personal awareness.
CSLO 2. Identify guidelines for personal accountability.
CSLO 3. Explain stress and how distress can contribute to illness.
CSLO 4. Examine financial choices.
CSLO 5: Examine and practice ability to express love in close relationships.
CSLO 6. Explain how thinking can influence feelings.
CSLO 7. Identify values and beliefs that motivate behavior.
CSLO 8. Develop financial and personal goals.
CSLO 9. Demonstrate reflective and critical thinking to apply course material to improve thinking, problem solving, and decision making.

Learning Indicators and Required Assessments:

General Instructions
Be prepared to work every week. Psychology of Personal Adjustment is a process course that requires self-examination, self-discipline, and motivation. Plan to spend 6 to 9 hours a week doing assignments. Find the assessments in the Assignment sections of Course Content. See Course Home for due dates. Sorry, late assignments are not accepted.

1. Assignments: See the assignments in the Assignment sections of Course Content. There are 10 assignments; each is worth up to 25 points. Submit assignments in the Dropbox.

Theory and Me: PSLO 1, CSLO 1
QBQ: PSLO 1, CSLO 2
Reduce the Distress: PSLO 1, CSLO 3
Financial Peace Planner I and 2: PSLO 1, CSLO 4
Five Love Languages 1 and 2: PSLO 1, CSLO 5
Cognitive Therapy: PSLO 1, CSLO 6
This I Believe: PSLO 1, CSLO 7
Goals and Challenges: PSLO 1, CSLO 8

2. Discussions: PSLO 1, CSLO 9
See Discussions on the red tool bar. There are 5 discussions. Each discussion is worth up to 25 points.
3. **Assessments/Quizzes**: PSLO 1, CSLO 9
   See Assessments on the red tool bar. There are 4 module assessments. Each assessment is worth up to 25 points and is timed for 30 minutes.

4. **Creative Expression**: CSLO 1
   The Creative Expression is worth up to 25 points. See Creative Expression in Course Content.

5. **Course Participation**: Work Ethic
   Course participation is worth up to 100 points. It includes attendance and class activities. Please, be on-time for class and plan to stay until dismissed. Electronic devices in the classroom are only to be used for academic work.

**CSLO/Assessment Alignment:**

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<thead>
<tr>
<th>CSLO 1</th>
<th>CSLO 2</th>
<th>CSLO 3</th>
<th>CSLO 4</th>
<th>CSLO 5</th>
<th>CSLO 6</th>
<th>CSLO 7</th>
<th>CSLO 8</th>
<th>CSLO 9</th>
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<tbody>
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<td>Goals and Challenges</td>
<td>Discussions and Quizzes</td>
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**Work Ethic**

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<tr>
<th>Work Ethic</th>
<th>Course Participation</th>
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**Grading Scale**
The total number of points you earn determines your grade for the course.

<table>
<thead>
<tr>
<th>PY151 Point Values</th>
<th>Percentage Values</th>
<th>CHSSC Grading Scale</th>
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<tbody>
<tr>
<td>A: 540 to 600 points</td>
<td>A: 90 to 100</td>
<td>A: 90 to 100 %</td>
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<tr>
<td>B: 480 to 539 points</td>
<td>B: 80 to 89</td>
<td>B: 80 to 89</td>
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<tr>
<td>C: 420 to 479 points</td>
<td>C: 70 to 79</td>
<td>C: 70 to 79</td>
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<tr>
<td>D: 390 to 419 points</td>
<td>D: 65 to 69</td>
<td>D: 65 to 69</td>
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<tr>
<td>F: 0 to 389 points</td>
<td>F: 0 to 64</td>
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**College Policy Statements**
This class is governed by the policies and procedures stated in the current Chattanooga State Student Handbook. Additional or more specific guidelines may apply.

**ADA Statement**
Students who have educational, psychological, and/or physical disabilities may be eligible for accommodations that provide equal access to educational programs and activities at Chattanooga State. These students should notify the instructor immediately, and should contact Disabilities Support Services within the first two weeks of the semester in order to discuss individual needs. The student must provide documentation of the disability so that reasonable accommodations can be requested in a timely manner. All students are expected to fulfill essential course requirements in order to receive a passing grade in a class, with or without reasonable accommodations.

**Disruptive Students**
The term classroom disruption means student behavior a reasonable person would view as substantially or repeatedly interfering with the conduct of a class. A student who persists in disrupting a class will be directed by the faculty member to leave the classroom for the remainder of the class period. The student will be told the reason(s) for such action and given an opportunity to discuss the matter with the faculty member as soon as practical. The faculty member will undertake prompt consultation with the Division Dean and the College Judicial Officer. If a disruption is serious, and other reasonable measures have failed, the class may be adjourned, and the campus police summoned. Also, if you are concerned about the conduct of another student please see your teacher, department head, or division dean.

**Affirmative Action**
Students who have any complaints or feel you have not received equal access to educational programming, please contact the Affirmative Action Officer.

**Classroom Policy Statements**

**Late Work**
No late assignments will be accepted for full credit without medical documentation.

**Withdrawal**
The College has a policy that allows students to withdraw from the class and it does not negatively affect their grade point average. In order for you to benefit from this policy, YOU MUST OFFICIALLY WITHDRAW FROM THE CLASS. If you quit working in this class and do not withdraw you get an F and make your future college experience that much more difficult and expensive. If you have quit attending and working in this class and know you are going to fail, WITHDRAW. The last date by which you must officially withdraw (after which you get an F) is
posted in the course content link to due dates. If you are not sure of your status in the class, please communicate with your instructor.

The instructor reserves the right to modify this syllabus in writing during the course of the semester.