JEFFERSON COLLEGE
COURSE SYLLABUS

PSY120
APPLIED PSYCHOLOGY

3 Credit Hours

Dr. Amy Kausler
Revision Date: September 2011

Arts & Science Education
Dr. Mindy Selsor, Dean
Sandy Frey, Division Chair Social Science
PSY120  Applied Psychology

I. CATALOG DESCRIPTION
   A. Prerequisite: PSY101
   B. 3 credit hours
   C. Applied Psychology is a class which discusses the adjustments which individuals must accomplish as they live their lives. This course partially fulfills the social and behavioral science requirement for the Associate of Arts and Associate of Arts in Teaching Degrees. (F,S,O)

II. EXPECTED LEARNING OUTCOMES WITH CORRESPONDING ASSESSMENT MEASURES

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<tr>
<th>Expected Learning Outcomes</th>
<th>Assessment Measures</th>
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<tr>
<td>Examine ideas about life, and reflect on how these ideas were formed and shaped. Recognize the role that relationships and society play in shaping and contributing to one’s experiences in life.</td>
<td>Class Discussion/Activity/ Discussion Board (O)</td>
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<td>Formative Assessment</td>
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<td>Written Project/Paper</td>
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<td>Summative Examination</td>
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<td>Examine experiences in life, and discuss how these experiences relate to the development of an individual’s personality, thoughts, and behaviors. Integrate the information learned in the course with both personal and observed life experiences during the lifespan.</td>
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<td>Recognize the methods of change in life, and how those methods can be utilized to help shape one’s future. Reflect on life, and when necessary, explore options for change in one’s own life.</td>
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<td>Summative Examination</td>
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<td>Identify the major categories of psychological disorders, and explain how these disorders are related to personal adjustment.</td>
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<td>Examine major transitions in life, including growing through the years and the experience of death and dying. Reflect upon how these transitions relate to an individual’s growth and experience during life.</td>
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<td>Summative Examination</td>
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III. COURSE OUTLINE

A. Introduction to Personal Adjustment – Identifying and Understanding Who We Are
   1. Characteristics of today’s society
   2. Recent societal changes
   3. Taking charge of life
   4. Cycle of personal growth
   5. Major theories of personality
   6. The emotional experience
   7. Sensation-seeking behavior
   8. Motivation, achievement and personal goals
   9. Stress
   10. Measuring stress
   11. Risk factors related to stress
   12. Strategies to reduce stress
   13. Identify and understand the self
   14. Development of the self

B. Relating to Others – Identifying and Understanding Our Relationships
   1. Factors affecting relationships
   2. Benefits of friendship
   3. Qualities of friendships
   4. Lifecycle of friendships
   5. Types of loneliness
   6. Types of groups and lifecycle of groups
   7. Why people join groups
   8. Problems of groups
   9. Symptoms of group dysfunction
   10. Cures for group problems
   11. Theories of love
   12. Marriage and cohabitation
   13. Lifecycle of marriage
   14. Divorce
   15. Single-parent families
   16. Stepfamilies

C. Life’s Work and Taking Control – Identifying and Understanding Career Options and Decision Making
   1. Career assessment and identification
   2. Theories of career development
   3. Labor force demographics
   4. Perceived control
   5. Decision making
D. Variations in Life’s Experiences – Understanding Psychological Disorders
   1. Psychological disorders
   2. DMS-IV-TR
   3. Characteristics of disorders
   4. Approaches to therapy

E. Growing and Dying – Identifying and Understanding Life’s Transitions
   1. Major life transitions
   2. Physical changes
   3. Cognitive changes
   4. Death, dying and bereavement
   5. Stages of death
   6. Process of grief

IV. METHODS OF INSTRUCTION

A. Readings from textbook and supplemental handouts

B. Classroom lecture or resources posted through course webpage (online)

C. Participation in active learning by reflective activities and peer discussions in classroom or online discussion board

D. Reflection on thought-provoking questions in classroom or online

E. Educational media presented in classroom or online

F. Completing activities that relate to course content in classroom, outside class or online

V. REQUIRED TEXTBOOK


VI. REQUIRED MATERIALS

A. Course Home Page available through jeffco.edu

B. A computer with internet access and basic software to include word processing (Jefferson College provides access to computers on campus)
VII. SUPPLEMENTAL REFERENCES

A. Class handouts

B. Current library resources
2. Periodicals
3. Videos

C. Current internet resources
1. Online reference materials
2. Textbook companion web-site

VIII. METHODS OF EVALUATION

A. Class Activities - worth up to 15% of total course grade
1. Presentations
2. Class Discussions (Online)
3. Debates/Group projects

B. Formative Assessment Measures - small unit or chapter examinations worth up to 40% of total course grade (in-class or take home quizzes)

C. Written projects/papers - 1-5 assignments focused on application worth up to 20% of total course grade

Projects/papers may involve
1. Case study analysis
2. Journal article summary
3. News article reflection
4. Research paper
5. Website evaluation
6. Music Evaluation
7. Observation
8. Application reflection
9. Book Review

D. Summative Written Examinations - 2-6 examinations worth up to 40% of total course grade

Instructor developed tests (objective and essay)

E. Extra Credit - additional assessment or written activities worth a maximum of 5% of the total course grade
F. Grading Scale
   1. A= 100-90%
   2. B= 89.9-80%
   3. C=79.9-70%
   4. D=69.9-60%
   5. F=59.9-0%

IX. ADA STATEMENT

   Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (Library; phone 636-797-3000, ext. 169).

X. ACADEMIC HONESTY STATEMENT

   All students are responsible for complying with campus policies as stated in the Student Handbook (see College website, http://www.jeffco.edu/jeffco/index.php?option=com_weblinks&catid=26&Itemid=84).

   Any student who cheats or plagiarizes may receive a grade of “F” for the entire course. Violation of the Student Code of Conduct may also be referred to the college for discipline.