

# NORTHWESTERN CONNECTICUT COMMUNITY COLLEGE

## **COURSE SYLLABUS**

**Course Title:** Psychology of Adjustment

**Course #:** PSY 104

### **Course Description:**

Designed to expand the student's awareness of self and others, and to allow exploration of choices which are available in significant areas of life such as love, sexuality, identity, alienation, and goals. 3 credits

### **Pre-requisite/Co-requisite:**

Prerequisite: ENG\* 085 or ENG\* 095 or either can be taken concurrently or eligibility for ENG\* 101.

### **Goals:**

- a. To expand one's knowledge and application of psychological principles, concepts, and theories.
- b. To honestly assess one's attitudes, strengths, weaknesses, challenges, hopes, and dreams.
- c. To fulfill stated commitments for continuation, modification, and changes (see above) resulting in that assessment.
- d. To achieve greater autonomy in living through improving choices, assessing options, and accepting and embracing personal strengths and challenges.
- e. Standard for all my courses: To provide students with an awareness of the influences others and society have on them and they have on others and society. We do tend to focus on what we know best do we not? How we think, how we feel. Through the course of this course, it becomes quite apparent that this impact is a "two-way" street and what we do affects others in ways we can only consider and attempt to understand.

### **Outcomes:**

- a. Through satisfactory achievement of course requirements and personal commitments to goals students will leave this class with a firm foundation and ability to utilize an eclectic and functional approach to personal psychology.
- b. By the courage needed to honestly assess self and set reasonable but challenging goals for improvement, students will exit this class, borrowing a line from my favorite song in WICKED, 'changed for the better'.
- c. At the end of the semester, students will have made substantial progress if not completely removed at least one OBSTACLE hindering personal achievement (social, academic, professional).

## **College Policies**

**Plagiarism:** Plagiarism and Academic Dishonesty are not tolerated at Northwestern Connecticut Community College. Violators of this policy will be subject to sanctions ranging from failure of the assignment (receiving a zero), failing the course, being removed/expelled from the program and/or the College. Please refer to your “Student Handbook” under “Policy on Student Rights,” the Section entitled “Student Discipline,” or the College catalog for additional information.

**Americans with Disabilities Act (ADA):** The College will make reasonable accommodations for persons with documented learning, physical, or psychiatric disabilities. Students should notify Dr. Christine Woodcock, the Counselor for Students with Disabilities. She is located at Green Woods Hall, in the Center for Student Development. Her phone number is 860-738-6318 and her email is [cwoodcock@nwcc.edu](mailto:cwoodcock@nwcc.edu).

**School Cancellations:** If snowy or icy driving conditions cause the postponement or cancellation of classes, announcements will be made on local radio and television stations and posted on the College’s website at [www.nwcc.edu](http://www.nwcc.edu). Students may also call the College directly at **(860) 738-6464** to hear a recorded message concerning any inclement weather closings. Students are urged to exercise their own judgment if road conditions in their localities are hazardous.

**Use of Electronic Devices:** *Some course content as presented in Blackboard Learn is not fully supported on mobile devices at this time. While mobile devices provide convenient access to check in and read information about your courses, they should not be used to perform work such as taking tests, quizzes, completing assignments, or submitting substantive discussion posts.*

**Sexual Assault and Intimate Partner Violence Resource Team:** NCCC is committed to creating a community that is safe and supportive of people of all gender and sexual identities. This pertains to the entire campus community, whether on ground or virtual, students, faculty, or staff. Sexual assault and intimate partner violence is an affront to our national conscience, and one we cannot ignore. It is our hope that no one within our campus community will become a victim of these crimes. However, if it occurs, NCCC has created the SART Team - Sexual Assault and Intimate Partner Violence Resource Team - to meet the victim’s needs.

SART is a campus and community based team that is fully trained to provide trauma-informed compassionate service and referrals for comprehensive care. The team works in partnership with The Susan B. Anthony Project to extend services 24 hours a day, 7 days a week throughout the year.

The NCCC team members are:

Ruth Gonzalez, PHD	860-738-6315	Greenwoods Hall Room 220
Susan Berg	860-738-6342	Greenwoods Hall Room 223
Kathleen Chapman	860-738-6344	Greenwoods Hall Room 110
Michael Emanuel	860-738-6389	Founders Annex Room 308
Gary Greco	860-738-6397 (V)	Founders Hall Room 101
	860-469-3138 (VP)	
Robin Orloski	860-738-6416	Business Office Room 201
Patricia Bouffard, Ex-Officio	860-738-6319	Founders Hall Room 103

At NCCC we care about our students, staff and faculty and their well-being. It is our intention to facilitate the resources needed to help achieve both physical and emotional health.