

PSY 304 Psychology of Adolescence

Chaminade University

Spring term

April 12 - June 19, 2021

Course Information

Course title: Adolescent Development

Course number: PSY 304

Course discipline: Psychology

Course date: April 12 - June 19, 2021

Location: Online

Meeting day(s): None scheduled

Meeting time(s): None scheduled

Prerequisite(s): IMPORTANT - 1. All assignments must be completed by the due dates. Any assignments received late will not receive any points. 2. Due to problems in the past I am unable to give any incomplete grades so make sure that you keep up and turn everything in on time.

Instructor Information

Name: Dale Fryxell

Email: dfryxell@chaminade.edu

Office location: Behavioral Sciences Room 115 or Brogan Hall Room 110

Office hours: by appointment

Phone: 808-739-4678 (O)

Biography: Dr. Fryxell is the current Dean of Education and a Professor in the Psychology Department at Chaminade University. His area of specialization is community psychology. Dr. Fryxell's current research interests include: anger/aggression/violence, developmental disabilities, drug and alcohol prevention, and child and adolescent behavioral problems.

Catalog Course Description

This course provides psychological investigation of developmental factors in the crucial period of adolescence and analysis of youth problems in contemporary society.

Program Linking Statement

This course develops and assesses the skills and competencies for the Psychology program student learning outcomes I) Students will identify key concepts, principles, and overarching themes in psychology; and IV. Students will exhibit the value of educating the whole person through the description and explanation of the dynamic nature between one's mind, body, and social influences.

Course Overview

Adolescent Development will provide an intensive study of the physical, cognitive, and social/emotional development of the adolescent. Through the use of website activities, reading, and writing, students will have an opportunity to explore theoretical approaches and current issues related to adolescent development from a multidisciplinary and cross-cultural perspective with a focus on promoting optimal development. As with all classes at Chaminade University, the course has a foundation in the Marianist educational values of faith, the pursuit of excellence and quality, a spirit of family, the promotion of social justice, and the ability to adapt to change.

Student Learning Outcomes

Student will:

- 1. describe the historical and cultural factors related to adolescent development (PLO I).
- 2. discuss the developmental aspects of growth including physical, cognitive, social (PLO IV),
- 3. explain the conditions necessary for optimal development during adolescence (PLO IV).
- 4. identify how Marianist Educational Values are integrated into the course.

eTextbook

The book for this course is an ebook which is included in a course management system called Connect. When you register on the connect website you will have access to the ebook, the Learnsmart modules, and the chapter exams.

Santrock, J. W. (2019). Adolescence (17th Ed.). New York, NY: McGraw-Hill, You can purchase access to the Connect based ebook and materials by going to:

Go to the following web address and click the “register now” button to purchase access the Connect site for this class. <https://connect.mheducation.com/class/d-fryxell-spring-2021-aup-1>

Course Requirements

Grades for the course will be assigned based on the quality of student work as demonstrated by successful completion of the following requirements:

| | |
|------------------------------------|---------------------|
| A. Learnsmart (13@ 20 points each) | = 260 points |
| B. Chapter Exams (13 @ 10) | = 130 points |
| C. Final Paper | = 100 points |
| Total Points | = 490 points |

* Students must complete all course requirements before the end of the semester. No incomplete grades will be given.

A. Learnsmart (13@ 20 points each = 260 points) Thirteen Learnsmart modules are available on the Connect website. The Learnsmart modules are designed to help you learn and review the material in each chapter. The modules will be available starting on Monday of the week that they are assigned and are due on the following Sunday by 11:59 PM. Points for the Learnsmart modules are based on how much of each module is completed.

B. Chapter Exams (13 @ 10 = 130 points) Thirteen chapter exams are available on the Connect website and should be taken during the semester. Each of the exams are made up of 10 multiple choice questions which are based on information covered in the textbook. The exams will be available starting on Monday of the week that they are assigned and are due on the following Sunday by 11:59 PM. The exams can only be opened one time so be sure that you are ready to take the exams before you open them. You should read the chapter and complete the Learnsmart modules before taking the exams.

C. Final Paper - Adolescent Observation/Interview Paper. Select an adolescent to observe and/or interview. If you observed the person, record what the person did and your initial reactions to what you see. If you interview the person, list the questions that you asked and summarize the person's responses. Link at least 10 things that you observed or discovered to terms/concepts/theories from the textbook (underline these terms in your paper). This paper

should be 4 pages in length.

Grades for the course will be assigned based on a straight percentage using the following chart:

90% - 100% A

80% - 89% B

70% - 79% C

60% - 69% D

59% or below F

Attendance

Students are expected to attend regularly all courses for which they are registered. Students should notify their instructor when illness prevents them from attending class and make arrangements to complete missed assignments. Notification may be done by calling the instructor's campus extension or the Psychology program office (735-4751 or 739-8393). It is the instructor's prerogative to modify deadlines of course requirements accordingly. Any student who stops attending a course will receive a failing grade.

Unexcused absences equivalent to more than three days of classes may lead to a grade reduction for the course. Any absence exceeding three days or more must be reported to the Associate Provost and the Records Office by the instructor.

Federal regulations require continued attendance for continuing payment of financial aid. If attendance is not continuous, financial aid may be terminated. When illness or personal reasons necessitate continued absence, the student should officially withdraw from all affected courses. Anyone who stops attending a course without official withdrawal may receive a failing grade.

Academic Honesty

Academic honesty is an essential aspect of all learning, scholarship, and research. It is one of the values regarded most highly by academic communities throughout the world. Violations of the principle of academic honesty are extremely serious and will not be tolerated.

Students are responsible for promoting academic honesty at Chaminade by not participating in any act of dishonesty and by reporting any incidence of academic dishonesty to an instructor or to a University official. Academic dishonesty may include theft of records or examinations, alteration of grades, and plagiarism.

Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Dean of the Academic Division. Punishment for academic dishonesty will be determined by the instructor and the Dean of the Academic Division and may range from an 'F' grade for the work in question to an 'F' for the course to suspension or dismissal from the University.

Students with Disabilities

If you need individual accommodations to meet course outcomes because of a documented disability, please speak with me to discuss your needs as soon as possible so that we can ensure your full participation in class and fair assessment of your work. Students with special needs who meet criteria for the Americans with Disabilities Act (ADA) provisions must provide written documentation of the need for accommodations from Kōkua 'Ike: Center for Student Learning by the end of week three of the class, in order for instructors to plan accordingly. If a student would like to determine if they meet the criteria for accommodations, they should contact the Kōkua 'Ike Coordinator at (808) 739-8305 for further information (ada@chaminade.edu).

Title IX Compliance

Chaminade University of Honolulu recognizes the inherent dignity of all individuals and promotes respect for all people. Sexual misconduct, physical and/or psychological abuse will NOT be tolerated at CUH. If you have been the victim of sexual misconduct, physical and/or psychological abuse, we encourage you to report this matter promptly. As a faculty member, I am interested in promoting a safe and healthy environment, and should I learn of any sexual misconduct, physical and/or psychological abuse, I must report the matter to the Title IX Coordinator. If you or someone you know has been harassed or assaulted, you can find the appropriate resources by visiting Campus Ministry, the Dean of Students Office, the Counseling Center, or the Office for Compliance and Personnel Services.

Credit Hour Policy

The unit of semester credit is defined as university-level credit that is awarded for the completion of coursework. One credit hour reflects the amount of work represented in the intended learning outcomes and verified by evidence of student achievement for those learning outcomes. Each credit hour earned at Chaminade University should result in 37.5 hours of engagement. For example, in a one credit hour traditional face to face course, students spend 50 minutes in class per week for 15 weeks, resulting in a minimum of 12.5 instructional hours for the semester. Students are expected to engage in reading and other assignments outside of class for at least 2 additional hours per week, which equals an additional 25 hours. These two sums result in total student engagement time of 37.5 hours for the course, the total engagement time expected for each one credit course at Chaminade.

The minimum 37.5 hours of engagement per credit hour can be satisfied in fully online, internship, or other specialized courses through several means, including (a) regular online instruction or interaction with the faculty member and fellow students and (b) academic engagement through extensive reading, research, online discussion, online quizzes or exams; instruction, collaborative group work, internships, laboratory work, practica, studio work, and preparation of papers, presentations, or other forms of assessment. This policy is in accordance with federal regulations and regional accrediting agencies.

Scientific Method Definitions

The **METHODS OF SCIENCE** are only tools, tools that we use to obtain knowledge about phenomena.

The **SCIENTIFIC METHOD** is a set of assumptions and rules about collecting and evaluating data. The explicitly stated assumptions and rules enable a standard, systematic method of investigation that is designed to reduce bias as much as possible. Central to the scientific method is the collection of data, which allows investigators to put their ideas to an empirical test, outside of or apart from their personal biases. In essence, stripped of all its glamour, scientific inquiry is nothing more **THAN A WAY OF LIMITING FALSE CONCLUSIONS ABOUT NATURAL EVENTS.**

Knowledge of which the credibility of a profession is based must be objective and verifiable (testable) rather than subjective and untestable.

SCIENCE is a mode of controlled inquiry to develop an objective, effective, and credible way of knowing.

The assumptions one makes regarding the basic qualities of human nature (that is, cognitive, affective, behavioral, and physiological processes) affect how one conceptualizes human behavior.

The two basic functions of scientific approach are 1) advance knowledge, to make discoveries, and to learn facts in order to improve some aspect of the world, and 2) to establish relations among events, develop theories, and this helps professionals to make predictions of future events.

Research Design in Counseling

Heppner, Kivlighan, and Wampold

A **THEORY** is a large body of interconnected propositions about how some portion of the world operates; a **HYPOTHESIS** is a smaller body of propositions. **HYPOTHESES** are smaller versions of theories. Some are derived or born from theories. Others begin as researchers' hunches and develop into theories.

The **PHILOSOPHY OF SCIENCE** decrees we can only falsify, not verify (prove), theories because we can never be sure that any given theory provides the best explanation for a set of observations.

Research Method In Social Relations

Kidder

THEORIES are not themselves directly proved or disproved by research. Even **HYPOTHESES** cannot be proved or disproved directly. Rather, research may either support or fail to support a particular hypothesis derived from a theory.

Scientific research has four general goals: (1) to describe behavior, (2) to predict behavior, (3) to determine the causes of behavior, and (4) to understand or explain behavior.

Methods In Behavioral Research; Cozby

In order to verify the reliability and validity of scientific research it is important to replicate the results. It is the preponderance of evidence that establishes/supports the theory.

<http://allpsych.com/researchmethods/replication.html> (Links to an external site.)

Marianist Educational Values

Chaminade University is a Catholic, Marianist University. The five characteristics of a Marianist education are:

Educate for Formation in Faith

Catholic Universities affirm an intricate relationship between reason and faith. As important as discursive and logical formulations and critical thinking are, they are not able to capture all that can be and ought to be learned. Intellectual rigor coupled with respectful humility provide a more profound preparation for both career and life. Intellectual rigor characterizes the pursuit of all that can be learned. Respectful humility reminds people of faith that they need to learn from those who are of other faiths and cultures, as well as from those who may have no religious faith at all.

Provide an Excellent Education

In the Marianist approach to education, “excellence” includes the whole person, not just the technician or rhetorician. Marianist universities educate whole persons, developing their physical, psychological, intellectual, moral, spiritual and social qualities. Faculty and students attend to fundamental moral attitudes, develop their personal talents and acquire skills that will help them learn all their lives. The Marianist approach to education links theory and practice, liberal and professional education. Our age has been deeply shaped by science and technology. Most recently, information and educational technologies have changed the way faculty and students research and teach. At Marianist Universities, two goals are pursued simultaneously: an appropriate use of information technology for learning, and the enhancement of interaction between students and teachers. As Catholic, Marianist Universities seek to embrace diverse peoples and understand diverse cultures, convinced that ultimately, when such people come together, one of the highest purposes of education is realized: a human community that respects every individual within it.

Educate in Family Spirit

Known for their strong sense of community, Marianists have traditionally spoken of this sense as “family spirit.” Marianist educational experience fosters the development of a community characterized by a sense of family spirit that accepts each person with loving respect, and draws everyone in the university into the challenge of community building. Family spirit also enables Marianist universities to challenge their students, faculty and staff to excellence and maturity, because the acceptance and love of a community gives its members the courage to risk failure and the joy of sharing success.

Educate for Service, Justice, and Peace

The Marianist approach to higher education is deeply committed to the common good. The intellectual life itself is undertaken as a form of service in the interest of justice and peace, and the university curriculum is designed to connect the classroom with the wider world. In addition, Marianist universities extend a special concern for the poor and marginalized and promote the dignity, rights and responsibilities of all people.

Educate for Adaptation to Change

In the midst of rapid social and technological change, Marianist universities readily adapt and change their methods and structures so that the wisdom of their educational philosophy and spirituality may be transmitted even more fully. “New times call for new methods,” Father Chaminade often repeated. The Marianist university faces the future confidently, on the one hand knowing that it draws on a rich educational philosophy, and on the other fully aware for that philosophy to remain vibrant in changing times, adaptations need to be made.

Selected from *Characteristics of Marianist Universities: A Resource Paper*, Published in 1999 by Chaminade University of Honolulu, St. Mary's University and University of Dayton

Each of these characteristics is integrated, to varying degrees, in this course however, the main focus is on the value of educating for adaptation and change. Psychology, by its nature, looks at how people adapt and change depending on the environment and circumstances that they are in. The inability to adapt and change can often lead to psychological problems or disorders. These disorders will be explored in this course.

Native Hawaiian Values

Education is an integral value in both Marianist and Native Hawaiian culture. Both recognize the transformative effect of a well-rounded, value-centered education on society, particularly in seeking justice for the marginalized, the forgotten, and the oppressed, always with an eye toward God (Ke Akua). This is reflected in the 'Olelo No'eau (Hawaiian proverbs) and Marianist core beliefs:

1. Educate for Formation in Faith (Mana) E ola au i ke akua ('Olelo No'eau 364) May I live by God
2. Provide an Integral, Quality Education (Na'auao) Lawe i ka ma'alea a kū'ono'ono ('Olelo No'eau 1957) Acquire skill and make it deep
3. Educate in Family Spirit ('Ohana) 'Ike aku, 'ike mai, kōkua aku kōkua mai; pela iho la ka nohana 'ohana ('Olelo No'eau 1200) Recognize others, be recognized, help others, be helped; such is a family relationship
4. Educate for Service, Justice and Peace (Aloha) Ka lama kū o ka no'eau ('Olelo No'eau 1430) Education is the standing torch of wisdom
5. Educate for Adaptation and Change (Aina) 'A'ohe pau ka 'ike i ka hālau ho'okahi ('Olelo No'eau 203) All knowledge is not taught in the same school

Academic Conduct Policy

From the 2018-2019 Undergraduate Academic Catalog (p. 42):

Any community must have a set of rules and standards of conduct by which it operates. At Chaminade, these standards are outlined so as to reflect both the Catholic, Marianist values of the institution and to honor and respect students as responsible adults. All alleged violations of the community standards are handled through an established student conduct process, outlined in the Student Handbook, and operated within the guidelines set to honor both students' rights and campus values.

Students should conduct themselves in a manner that reflects the ideals of the University. This includes knowing and respecting the intent of rules, regulations, and/or policies presented in the Student Handbook, and realizing that students are subject to the University's jurisdiction from the time of their admission until their enrollment has been formally terminated. Please refer to the Student Handbook for more details. A copy of the Student Handbook is available on the Chaminade website.

For further information, please refer to the Student Handbook: <https://studentaffairs.chaminade.edu/wp-content/uploads/sites/28/2018-19-NEW-STUDENT-HANDBOOK.pdf> (Links to an external site.)

Course Calendar

*Unless otherwise noted on the Connect website, all of the work on the Connect website is due each week by Sunday night at 11:59 pm.

Week 1: April 12

Read: Chapter 1 - Introduction

Complete the Chapter 1 Learnsmart module

Take Chapter 1 Exam

Week 2: April 19

Read: Chapter 2 - Puberty, Health, and Biological Foundations (Links to an external site.)

Complete the Chapter 2 Learnsmart module

Take Chapter 2 Exam

Week 3: April 26

Read: Chapter 3 - The Brain and Cognitive Development (Links to an external site.)

Complete the Chapter 3 Learnsmart module

Take Chapter 3 Exam

Read: Chapter 4 - The Self, Identity, Emotion, and Personality (Links to an external site.)

Complete the Chapter 4 Learnsmart module

Take Chapter 4 Exam

Week 4 – May 3

Read: Chapter 5 - Gender (Links to an external site.)

Complete the Chapter 5 Learnsmart module

Take Chapter 5 Exam

Read: Chapter 6 - Sexuality (Links to an external site.)

Complete the Chapter 6 Learnsmart module

Take Chapter 6 Exam

Week 5 – May 10

Read: Chapter 7 - Moral Development, Values, and Religion (Links to an external site.)

Complete the Chapter 7 Learnsmart module

Take Chapter 7 Exam

Read: Chapter 8 - [Families \(Links to an external site.\)](#)

Complete the Chapter 8 Learnsmart module

Take Chapter 8 Exam

Week 6 – May 17

Read: Chapter 9 - [Peers, Romantic Relationships, and Lifestyles \(Links to an external site.\)](#)

Complete the Chapter 9 Learnsmart module

Take Chapter 9 Exam

Week 7 – May 24

Read: Feldman: Chapter 10 - [Schools \(Links to an external site.\)](#)

Complete the Chapter 10 Learnsmart module

Take Chapter 10 Exam

Week 8 – May 31

Read: Chapter 11 - [Achievement, Work, and Careers \(Links to an external site.\)](#)

Complete the Chapter 11 Learnsmart module

Take Chapter 11 Exam

Week 9 – June 7

Read: Chapter 12 - [Culture \(Links to an external site.\)](#)

Complete the Chapter 12 Learnsmart module

Take Chapter 12 Exam

Week 10 – June 14

Read: Chapter 13 - [Problems in Adolescence and Emerging Adulthood \(Links to an external site.\)](#)

Complete the Chapter 13 Learnsmart module

Take Chapter 13 Exam

Work on Final Paper and submit in Canvas by June 16