

PSY 304 Psychology of Adolescence

Chaminade University

Spring DUG term

January 9 – May 5, 2023

**Course Information**

Course title: Adolescent Development

Course number: PSY 304

Course discipline: Psychology

Course date: January 9 - May 5, 2023

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

Biography: Dr. Fryxell is the Dean of the School of Education and Behavioral Sciences 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.
- 2. discuss the developmental aspects of growth including physical, cognitive, social, and emotional development.
- 3. express research based views on the conditions necessary for optimal development during adolescence.

### 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. New York, NY: McGraw-Hill, You can purchase access to the Connect based ebook and materials by going to <https://connect.mheducation.com/class/d-fryxell-spring-dug-2023>

### 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
<b>Total Points</b>	<b>= 490 points</b>

There are no graded discussions for this class but there is a "Discussion and Open Forum" space which you can find by clicking on "Discussions" on the menu over on the left hand side of this page. Feel free to post questions, thoughts, or ideas to the class in this forum.

\* 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 (must be at least 13-years-old and under 20-years-old) 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

### **Marianist Values**

This class represents one component of your education at Chaminade University of Honolulu. An education in the Marianist Tradition is marked by five principles and you should take every opportunity possible to reflect upon the role of these characteristics in your education and development:

1. Education for formation in faith
2. Provide an integral, quality education
3. Educate in family spirit
4. Educate for service, justice and peace
5. Educate for adaptation and change

### **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 (‘Ōlelo No‘eau 1430)  
Education is the standing torch of wisdom

Educate for Adaptation and Change (Aina) ‘A‘ohe pau ka ‘ike i ka hālau ho‘okahi (‘Ōlelo No‘eau 203) All knowledge is not taught in the same school.

### **Technical Assistance for Canvas Users:**

- Search for help on specific topics or get tips in [Canvas StudentsLinks to an external site.](#)
- [Live chat with Canvas Support for studentsLinks to an external site.](#)
- Canvas Support Hotline for students: +1-833-209-6111
- Watch this [video to get you startedLinks to an external site.](#)
- [Online tutorials Links to an external site.](#): click on “Students” role to access tutorials
- Contact the Chaminade IT Helpdesk for technical issues: [helpdesk@chaminade.edu](mailto:helpdesk@chaminade.edu) or call (808) 735-4855

### **Tutoring and Writing Services**

Chaminade is proud to offer free, one-on-one tutoring and writing assistance to all students. Tutoring and writing help is available on campus at Kōkua ‘Ike: Center for Student Learning in a variety of subjects (including, but are not limited to: biology, chemistry, math, nursing, English, etc.) from trained Peer and Professional Tutors. Please check Kōkua ‘Ike’s website ([https://chaminade.edu/advising/kokua-ike/ Links to an external site.](https://chaminade.edu/advising/kokua-ike/)) for the latest times, list of drop-in hours, and information on scheduling an appointment. Free online tutoring is also available via Smarthinking. Smarthinking can be accessed 24/7 from your Canvas account. Simply click Account – Notifications – Smarthinking. For more information, please contact Kōkua ‘Ike at [tutoring@chaminade.edu](mailto:tutoring@chaminade.edu) or 808-739-8305.

### **Disability Access**

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 the Counseling Center 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](mailto: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.

### **Attendance Policy**

The following attendance policy is from the 2019-2020 Academic Catalog (p. 54-55). Faculty members should also check with their divisions for division-specific guidelines.

Students are expected to attend regularly all courses for which they are registered. Student should notify their instructors when illness or other extenuating circumstances prevents them from attending class and make arrangements to complete missed assignments. Notification may be done by emailing the instructor's Chaminade email address, calling the instructor's campus extension, or by leaving a message with the instructor's division office. It is the instructor's prerogative to modify deadlines of course requirements accordingly. Any student who stops attending a course without officially withdrawing may receive a failing grade.

Unexcused absences equivalent to more than a week of classes may lead to a grade reduction for the course. Any unexcused absence of two consecutive weeks or more may result in being withdrawn from the course by the instructor, although the instructor is not required to withdraw students in that scenario. Repeated absences put students at risk of failing grades.

Students with disabilities who have obtained accommodations from the Chaminade University of Honolulu ADA Coordinator may be considered for an exception when the accommodation does not materially alter the attainment of the learning outcomes.

Federal regulations require continued attendance for continuing payment of financial aid. When illness or personal reasons necessitate continued absence, the student should communicate first with the instructor to review the options. Anyone who stops attending a course without official withdrawal may receive a failing grade or be withdrawn by the instructor at the instructor's discretion.

### **Academic Conduct Policy**

From the 2019-2020 Undergraduate Academic Catalog (p. 39):

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://chaminade.edu/wp-content/uploads/2019/08/NEW-STUDENT-HANDBOOK-19-20-Final-8.20.19.pdf> [Links to an external site.](#)

### **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.

### **Course Calendar**

**Important: You should complete the work for each week by Sunday night at midnight of the week below that it is assigned.**

**Week 1: January 9**

Read: Chapter 1 - Introduction

Complete the Chapter 1 Learnsmart module

Take Chapter 1 Exam

**Week 2: January 16**

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: January 23**

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

Complete the Chapter 3 Learnsmart module

Take Chapter 3 Exam

**Week 4 – January 30**

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 5 – February 6**

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

Complete the Chapter 5 Learnsmart module

Take Chapter 5 Exam

**Week 6 – February 13**

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

Complete the Chapter 6 Learnsmart module

Take Chapter 6 Exam

**Week 7 – February 20**

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

Complete the Chapter 7 Learnsmart module

Take Chapter 7 Exam



**Week 8 – February 27**

Read: Chapter 8 - Families[Links to an external site.](#)  
Complete the Chapter 8 Learnsmart module

Take Chapter 8 Exam

**Week 9 – March 6**

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

Take Chapter 9 Exam

**Week 10 – March 13**

Read: Feldman: Chapter 10 - Schools[Links to an external site.](#)  
Complete the Chapter 10 Learnsmart module

Take Chapter 10 Exam

**March 20 - 24 Spring Break****Week 11 – March 27**

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

Take Chapter 11 Exam

**Week 12 – April 3**

Read: Chapter 12 - Culture[Links to an external site.](#)  
Complete the Chapter 12 Learnsmart module

Take Chapter 12 Exam

**Week 13 – April 10**

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

Take Chapter 13 Exam

**Week 14 – April 17 Work on Final Paper**

**Week 15 – April 24 Work on Final Paper and submit in Canvas by April 30**