San José State University
College of Social Sciences/Psychology Department
PSYC 112 (Psychology of Adolescence) Sec 03 & 04

Spring 2019

Course and Contact Information

Instructor: Dr. Mildred Alvarez
Office Location: DMH 323
Telephone: (408) 924-5640
Email: mildred.alvarez@sjsu.edu.

- Please write PSYC 112 on the subject line when communicating with me by email.
- While I try to check email regularly, please allow 1 business day for a response. Please note that I do not regularly check email after 5:00pm or on weekends.

Office Hours: Tuesdays & Thursdays 1:45-2:45pm and by appointment

You are encouraged to see me during office hours or to contact me whenever a need arises. Please discuss with me any concerns you may have regarding our class as soon as possible and before the date of a quiz, exam, etc.

Class Days/Time: Tuesdays & Thursdays 3:00-4:15PM (sec 03) & Tuesdays & Thursdays 9:00-10:15AM (sec 04)

Classroom: DMH 356 (sec 03) & Hugh Gillis Hall (HGH) 118 (sec 04)

Prerequisites: General or Introductory Psychology (PSYC 001 or equivalent)

Course Canvas Site

The course Canvas site is an online resource supplement for this course. Use of this site and the information provided is not a substitute for attending lectures. The site will be updated periodically and as needed throughout the semester. This site will be used to provide:

- Syllabus and tentative, planned course schedule
- Handouts (test review sheets)

Please note that lecture notes/slides will NOT be posted on the course Canvas site. Therefore, it is your responsibility to get lecture notes from one of your classmates if you miss class for any reason. When new material (e.g., review sheets) has been posted on the site, I will announce this in class. Check this site regularly for any class announcements or updates.
Accessing Course Canvas site

To access the Canvas site, go to [http://www.sjsu.edu/at/ec/canvas/](http://www.sjsu.edu/at/ec/canvas/) and click on the Canvas link on the right side of the page which logs you into Canvas. You can also access Canvas at [http://sjsu.instructure.com](http://sjsu.instructure.com)

**Username** = *SJSU 9-digit ID*

**Password** = *your current SJSUOne password*

For additional information or help with logging in, please see the Canvas Student Tutorial: [http://www.sjsu.edu/at/ec/canvas/](http://www.sjsu.edu/at/ec/canvas/)

**Note:** Clearing your browsing history may help if you have trouble logging into the site.

Course Description

**SJSU Course Catalog Description:** Psychological development of adolescents and young (emerging) adults emphasizing normative (typical) development in the context of cognitive, socioemotional, biological, and cultural processes.

Prerequisite: PSYC 001.

**Specific Course Description:** The purpose of this course is to provide information about a variety of important issues and possible challenges often faced during adolescence. There will be a few recurring themes throughout several portions of the course. One of the themes of the course (highlighted in the text) is the diversity of cultural practices and beliefs about adolescence. A second general theme is whether and how adolescence may serve as a “transitional” period between childhood and later development. Finally, a third general theme will involve a consideration of the importance of the adolescent years for the development of gender roles. The textbook and lectures will be the main source of information. The readings and lectures will sometimes coincide; however, there will also be unique information from each source for which you will be responsible. It is expected that you will have completed assigned readings before each class meeting.

Learning Outcomes and Course Goals

**Course Learning Outcomes (CLO)**

Upon successful completion of this course, students will be able to:

**CLO1:** Identify and describe psychological theories and concepts relevant to cognitive, social, and emotional development during the adolescent years

**CLO2:** Have an appreciation for the historical and cultural factors that may affect societal perceptions of adolescence as a period of development

**CLO3:** Recognize and understand the potential impact of various developmental changes (e.g., biological, cognitive, social) on adolescents’ perceptions of themselves and their relationships with others

Theoretical frameworks will be introduced at the beginning of the course and elaborated on throughout the semester (CLO1); information on historical and cultural factors affecting adolescent development is distributed in the readings and lectures throughout the course (CLO2); information about developmental changes influencing adolescent behavior is organized topically and distributed throughout the course (CLO3). Course Learning Outcomes will be met through quizzes, exams, and class activities/writing assignments.
Program Learning Outcomes (PLO)

Upon successful completion of the Psychology Major requirements, the following are expected:

PLO1: Knowledge Base of Psychology – students will be able to identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.

PLO2: Research methods in Psychology – students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations.

PLO3: Critical Thinking in Psychology – students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes.

PLO4: Application of Psychology – students will be able to apply psychological principles to individual, interpersonal, group, and societal issues.

PLO5: Values in Psychology – students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society.

Required Texts/Readings

Required Textbook


- Revel: Revel is an online resource provided by Pearson. This online resource includes access to the textbook (eText) as well as supplementary materials. The textbook is required, but the supplementary materials are for your personal study purposes only and I will NOT require any assignments, quizzes, etc. that may be provided through Revel.

- Revel access to the textbook can be purchased in one of two ways: (1) through the University (Spartan) Bookstore where you can purchase an “access card with an access code” that you can use to register/redeem at Pearson to gain access to the eText; or (2) you can purchase Revel access to the eText directly from Pearson.

- Course Invitation Link & Instructions to access the eText through Revel:
  1. Go to https://console.pearson.com/enrollment/dnmuqd
  2. Sign in to your Pearson Account or create one
  3. Redeem your access code or purchase instant access directly from Pearson online

- Note: For those of you who would like a print version of the textbook, the Pearson Representative explained that once you access the eText through Revel, that you will be offered an upgrade to buy a loose-leaf print version of the textbook at reduced cost.

- Once you purchase access to Revel, you can download the Pearson Revel app on your mobile device so that you can access the eText offline (you can go to your app store and search for “Pearson Revel”).

- If you have any issues accessing the textbook, please contact Pearson Tech Support at 855-875-1801.

Other Required Reading


- The above journal is available at King Library and the article can be accessed/downloaded from the King Library system.
Other Material Requirements

- You will need to purchase two (2) 882E SCANTRON forms to use on Exams 1 and 2 (you will not need a SCANTRON form for quizzes). Bring #2 pencils and a good quality eraser on test dates. Because there may not be a working pencil sharpener in the classroom, please bring additional sharpened pencils. Bring a blank form to class on the two exam dates. You will receive instructions about how to complete specific parts of the form on the test day. Please note that SCANTRON forms that have folds, tears, stains, stray marks, etc. may not scan properly and can result in errors in scoring, so please keep your forms clean and unfolded.

Course Requirements and Assignments

SJSU classes are designed such that in order to be successful, it is expected that students will spend, for each unit of credit, a minimum of forty-five (45) hours over the length of the course (normally three hours per unit per week) for instruction, reading/preparing/studying, participation in course related activities, and so on.

Evaluation and Percentage of Grade from Course Requirements:

(1) QUIZZES = 40%

You will be required to take 3 quizzes for a total of 40% of the course grade. Quiz 1 is worth 15%, Quiz 2 is worth 10%, and Quiz 3 is worth 15% of the course grade. Quiz dates are indicated on the Course Schedule located at the end of the syllabus along with an estimate of the course material to be included on each quiz. Course material consists of required readings, class lectures, and other information from additional sources (e.g., videos) that may be required. Quizzes will consist of multiple-choice, fill-in-the-blank, or short answer questions – or a combination of these formats.

- Quizzes 1 & 3 are closed book and notes are NOT allowed.
- Quiz 2 is based on your reading of an assigned, required journal article and a few short sections of your textbook to be specified in class. The research article you are required to read is concerned with brain development during adolescence and the implications for the self-control capabilities of adolescents. The article is listed under the “Required Texts/Readings” section of the syllabus (see “Other Required Reading” subsection). Quiz 2 is open article and you will be allowed to use your personal copy of the article during the quiz. Note that it is very important that you read the article in advance, so that you will be prepared to make good use of the class time provided to clearly and thoughtfully write your answers to the questions.

(2) EXAMS = 50%

You will be required to take 2 exams for a total of 50% of the course grade; each exam is 25% of the course grade. Exam dates are indicated on the Course Schedule and an estimate of the course material that will be included on each exam is also shown on the course schedule. Each exam will consist of 50 multiple-choice questions. The Final (Exam 2) will NOT be cumulative. Exams are closed book and notes are NOT allowed.

(3) CLASS ACTIVITIES/IN-CLASS WRITING ASSIGNMENTS = 10%

You will be required to participate in and complete three (3) class activities/in-class writing assignments worth 10% of the course grade. Please be sure to have blank, standard size (8 ½ x 11), lined paper to use when these assignments are given in class.

Psychology of Adolescence, PSYC 112, Spring 2019
The activities/short writing assignments are intended to prompt your reflection on selected course topics. These assignments might include writing a short essay, participating in small group discussion with classmates and completing a short oral or written report/summary of your discussion. Each assignment is worth specific points depending on what you will be asked to do (assignment 1 is worth 15 points, assignment 2 is worth 20 points, and assignment 3 is worth 15 points). Some activities/assignments will require that you prepare ahead of time by reading either certain sections of your textbook or other material to be specified in class. The date of each class activity is NOT indicated on the course schedule. As we approach what I expect to be a reasonable date for an in-class activity/writing assignment to take place, I will announce this IN CLASS. When I announce an upcoming activity, I will also give more information, if necessary, about how you should prepare in advance so that you can have a positive experience participating in the activity.

The written comments you submit in class as part of these activities will not be returned. They will be scored generously and if you are generally on target in your comments, you should receive good credit for each of these assignments. Unless you are notified otherwise within one week after completing the assignment, you can assume that you received full credit on the assignment you submitted.

Extra Credit: I do not plan to offer extra credit opportunities, activities, or assignments. However, if any such opportunities were given, it would be announced IN CLASS so that everyone would have a chance to do such an assignment. Please note that such an assignment would be of limited point value and that there would be no make-ups of any extra credit assignment or activity.

Final Examination

Exam 2 will be the course Final Exam and it will not be cumulative. Exam 2 is closed book and notes are not allowed.

Grading Policy

Points and Grade Scale:

The maximum number of points for each course requirement is 50. Each of the two Exams is worth 50 points (each exam has 50 questions, 1 point per question). Each of the Quizzes is worth 50 points and the points per item will be indicated on each quiz. Completion of the three required Class Activities/In-Class Writing Assignments is worth a total of 50 points (each class activity/writing assignment is worth a specific number of points as explained in the “Course Requirements and Assignments” section). Failure to do a course requirement will result in a score of 0 points for that missing requirement. It is a student’s responsibility to request a make-up for missed class requirements (see make-up policy) and any missed requirement must be completed before the last day of instruction.

Grade Scale:

49 - 50 = A+  
47 - 48 = A  
45 - 46 = A-

43 - 44 = B+  
41 - 42 = B  
40 = B-

38 - 39 = C+  
36 - 37 = C  
35 = C-

33 - 34 = D+  
31 - 32 = D  
30 = D-

0 - 29 = F
**EXAMPLE OF HOW TO CALCULATE YOUR COURSE GRADE:** In calculating your course grade, you will need to take into consideration the points you have earned on each course requirement in terms of its percentage weight of the course grade. Below is an EXAMPLE of how to do this:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points Earned</th>
<th>Multiplied by % of Course Grade</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quiz 1:</td>
<td>40</td>
<td>x .15</td>
<td>= 6.00</td>
</tr>
<tr>
<td>Quiz 2:</td>
<td>43</td>
<td>x .10</td>
<td>= 4.30</td>
</tr>
<tr>
<td>Quiz 3:</td>
<td>38</td>
<td>x .15</td>
<td>= 5.70</td>
</tr>
<tr>
<td>Exam 1:</td>
<td>36</td>
<td>x .25</td>
<td>= 9.00</td>
</tr>
<tr>
<td>Exam 2:</td>
<td>42</td>
<td>x .25</td>
<td>= 10.50</td>
</tr>
<tr>
<td>Three Activities/Writing:</td>
<td>50</td>
<td>x .10</td>
<td>= 5.00</td>
</tr>
</tbody>
</table>

In this example, your TOTAL SCORE would be 40.5 (rounding up) = 41.

Use the Grade Scale shown above to interpret your TOTAL SCORE. In this example, the total is a score of 41, which would be a course grade of B.

**Note about rounding:** A Total Score with a .5 and above will be rounded up (e.g., 40.5 = 41). A Total Score with a .4 or lower will not be rounded up (e.g., 40.4 = 40).

**Make-up Policy:** A make-up or extension on a course requirement will be given under serious and documented circumstances. Where such circumstances exist, **it is your responsibility to notify me by email as soon as possible and no later than three (3) days after the date of the missed class requirement; be ready to provide documentation. Include our class name and section number, your full name, SJSU ID, and telephone number (with area code) in your email.**

Appropriate documentation (e.g., a doctor’s note) is required for a make-up to be able to receive full credit. If you are not able to provide such documentation and you have a serious and extenuating circumstance that has prevented you from fulfilling a course requirement as scheduled, then please discuss this with me and keep in mind the three (3) day contact period noted above. Depending on the circumstance, a make-up or alternative assignment might be given; however, a make-up without appropriate documentation will result in partial credit (i.e., points will be deducted). If you have questions about any aspect of this make-up policy, please see me.

**Classroom Protocol**

**Class Attendance:** You are responsible for all class content and your presence in class is expected. Exams and quizzes will consist of questions from your text, class lectures, and any other information (e.g., videos, activities, assignments) required for class. I sometimes lecture on material that is not included in the text and for which you are responsible. Also, you are responsible for required material from the textbook even if that material is not discussed in class. You are responsible for all information and announcements made in class whether you are present or not. **When you are absent, you will need to talk with a classmate regarding notes for missed lectures; I encourage you to exchange contact information early in the semester with one or two classmates.**

**Recording of Class:** University Policy S12-7, http://www.sjsu.edu senate/docs/S12-7.pdf, requires students to obtain instructor’s permission to record course material.

In accordance with University policy, common courtesy and professional behavior dictates that you notify someone when you are recording him/her. **You must obtain the instructor’s permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.” You may not publicly share or upload any instructor generated material for this course such as lecture notes, test questions discussed in class, etc. without instructor consent. **If you plan to record during class, please let me know in advance.**
Class Courtesy: Out of respect for members of the class, as well as to avoid unnecessary distractions, I ask that everyone remember to follow the guidelines listed below:

1. **Be on time for your classes.** Arriving late can cause a distraction. If you are running late, please enter the classroom quietly and unobtrusively. **On test and in-class activity days, it is expected that you arrive on time.**
2. **Do not use earbuds, headphones or cell phones in class for personal matters (this includes texting).** If you have an emergency and must use your cell phone for this purpose, please step outside the classroom. **Please silence your cell phone for the duration of the class period.**
3. The use of **laptops or tablets is limited to class related purposes such as note-taking.** If a student is found using electronic devices for anything other than class-related purposes, they will lose their privilege to use it in class.
4. **ON TEST DAYS,** be sure to turn off and put away your cell phone and take care of any personal needs before entering the classroom. **Please plan ahead because on test days, you will not be able to leave the classroom during a test & then return and continue taking the test. Also, be sure to have your SJSU ID CARD on test days in case I ask to see it.**
5. **Do not talk unnecessarily** during lecture or when other students are asking questions. Unnecessary and inappropriate conversation during class can make it difficult for students to hear and follow class lectures and discussions. Please **be respectful** of the views and opinions of others even if you do not agree with them.

**University Policies**

Per University Policy S16-9, the office of Graduate and Undergraduate Programs hosts university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. You will find all syllabus related University Policies and resources information listed on GUP’s [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at http://www.sjsu.edu/gup/syllabusinfo/

**SJSU Peer Connections**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at http://peerconnections.sjsu.edu for more information.

**SJSU Writing Center**

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter). For additional resources and updated information, follow the
Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this code.)

SJSU Counseling Services

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit Counseling Services website at http://www.sjsu.edu/counseling.
# PSYC 112 (Psychology of Adolescence) Spring 2019 Course Schedule

The following schedule is approximate. Some topics may take a little more (or less) time to cover than anticipated, so the planned topics for a given week may not always be completed by the expected date; however, I plan to follow the order of the topics as they are listed and we will work to stay on schedule. If there are any changes to the expected content of specific Quizzes/Exams, it will be announced in class. Finally, although I anticipate following the schedule as provided below, the planned schedule is tentative and may need to be changed with fair notice. **It is your responsibility to be aware of where we are in the readings, class lectures, and announcements.**

## Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Required Readings (Arnett Text), Test Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1/24</td>
<td>8/21: Course Introduction</td>
</tr>
<tr>
<td>2</td>
<td>1/29 &amp; 1/31</td>
<td>Historical &amp; Theoretical Issues (Chap. 1)</td>
</tr>
<tr>
<td>3</td>
<td>2/5 &amp; 2/7</td>
<td>Historical &amp; Theoretical Issues (cont.)</td>
</tr>
<tr>
<td>4</td>
<td>2/12 &amp; 2/14</td>
<td>Biological &amp; Pubertal Development (Chap. 2)</td>
</tr>
<tr>
<td>5</td>
<td>2/19 &amp; 2/21</td>
<td>Cognitive &amp; Social-Cognitive Development (Chap. 3)</td>
</tr>
</tbody>
</table>
| 6    | 2/26 & 2/28| **Tuesday, 2/26: QUIZ 1** (on chapters 1 & 2 and related lectures. Specific content of Quiz 1 will be confirmed in class before the quiz date).  
2/26: Quiz 1                                   |
|      |            | **Thursday, 2/27: Cognitive & Social-Cognitive Development (cont.)**                                                     |
| 7    | 3/5 & 3/7  | Cultural Beliefs & Gender Socialization (Chaps. 4 & 5)                                                                   |
| 8    | 3/12 & 3/14| Tuesday, 3/12: (a) Cultural Beliefs & Gender Socialization (cont.), and (b) Come prepared to discuss the **Casey & Caudle (2013) article** with classmates.  
3/14: Quiz 2                                   |
|      |            | **Thursday, 3/14: QUIZ 2** (on Casey & Caudle (2013) article plus selected textbook sections to be specified in class. See syllabus, “Other Required Readings” subsection, for article reference). |
| 9    | 3/19 & 3/21| Cultural Beliefs & Gender Socialization (cont.)                                                                           |
|      |            | Development of the Self (Chap. 6) [Highlight of Selected Issues]                                                          |
| 10   | 3/26 & 3/28| Tuesday, 3/26: Development of Self (cont.)                                                                             |
|      |            | **Thursday, 3/28: EXAM 1** (on chapters 1-6 and related lectures. Specific content of Exam 1 will be confirmed in class before the exam date).  
3/28: Exam 1                                   |
<p>| 11   | 4/2 &amp; 4/4  | <strong>NO CLASSES THIS WEEK – SPRING RECESS!</strong>                                                                               |
| 12   | 4/9 &amp; 4/11 | Parent-Adolescent Relations (Chap. 7)                                                                                        |</p>
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Required Readings (Arnett Text), Test Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>4/16 &amp; 4/18</td>
<td>Tuesday, 4/16 Friendship &amp; Peer Relations (Chap. 8)</td>
</tr>
<tr>
<td></td>
<td>4/18: Quiz 3</td>
<td>Thursday, 4/18: QUIZ 3 (on chapters 7 &amp; 8. Specific content of Quiz 3 will be confirmed in class before the quiz date)</td>
</tr>
<tr>
<td>14</td>
<td>4/23 &amp; 4/25</td>
<td>Love &amp; Sexuality (Chap. 9)</td>
</tr>
<tr>
<td>15</td>
<td>4/30 &amp; 5/2</td>
<td>The Changing Environment of the Adolescent (School, Work and Media issues; Focus on School Context)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Chap. 10 [School – selected subsections only]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt;Read subsection 10.5 under the heading “What works? The characteristics of effective schools” AND subsections 10.10, 10.11, &amp; 10.13 under the heading “Academic achievement in high school: Individual differences”.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Chap. 11 [Work – selected subsections only]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt;Read subsections 11.6, 11.7, &amp; 11.8 under the heading “Adolescent work today”: subsections 11.9 &amp; 11.10 under the heading “From school and part-time work to a ‘real job’”; AND subsections 11.13 &amp; 11.14 under the heading “Occupational choice”.</td>
</tr>
<tr>
<td>16</td>
<td>5/7 &amp; 5/9</td>
<td>The Changing Environment of the Adolescent (cont.)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Chap. 12 [Media]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Chap. 13 [Problems and Resilience]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt;Chapter 13 is strongly recommended, but it is not required.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Conclusion</td>
</tr>
</tbody>
</table>

**Final Exam**

See your class section number for the date, time, and location of your final exam.

**Exam 2 (Final Exam)**

Exam 2 is on chapters 7 – 12 & related lectures. I estimate that the majority of questions on Exam 2 will focus on content from chapters 7 – 10 & related lectures and that relatively fewer questions will come from chapters 11 – 12. The specific content of Exam 2 will be confirmed in class before the exam date.

- **Section 04 (9:00am class) Final Exam:**
  - Friday, May 17th: 8:00-9:30am (HGH 118)
- **Section 03 (3:00pm class) Final Exam:**
  - Tuesday, May 21st: 2:45-4:15pm (DMH 356)

**Note:** You must take the Final Exam with your class section. Final Exam dates and times are determined by the University.