



Course Syllabus

General Psychology

CLP 1001 / CRN: 84298 / Fall 2026

A Session (8/17/26 – 12/10/26)

Credit Hours: 3

Pre-requisites: None

Contact Information

Instructor

Bethany Young, PhD.
Adjunct Professor
byoung9@gulfcoast.edu

Office Hours: By Request
Response Time: 24-48 hours

Division Chair

Robert Saunders, Jr., PhD.
Professor and Chair
rsaunder2@gulfcoast.edu
850-872-3826

Division Administrative Assistant

Ms. Jody Walton
Senior Administrative Assistant
jwalton1@gulfcoast.edu
850-872-3825

Course Information

Important Note

For any syllabus posted prior to the beginning of the term, the instructor reserves the right to make minor changes prior to or during the term. The instructor will notify students via e-mail or Canvas announcement when changes are made in the requirements and/or grading of the course.

Catalog Description:

This course centers on understanding and improving psychological adjustment and quality of life issues. Major topics include stress and coping, interpersonal relationships, personality, and emotions. Additional topics include social influence and pressure, relationships with others, career preparation, work, and adjusting through the stages of life. The desired outcome is for students to actively take charge of their own lives while adjusting effectively to an ever-changing world.

Student Learning Outcomes:

- Acquire a broad knowledge base about topics related to psychology, adjustment, and mental health.
- Apply problem-solving skills to socioemotional challenges confronted in daily life.
- Learn how to synthesize knowledge of psychological principles with critical thinking skills to apply information and principles creatively to an individual's unique life circumstances.

Course Materials & Resources:

Becoming Aware: A Text-Workbook for Human Relations and Personal Adjustment

Author(s): *Katherine Barwick-Snell, Velma Walker*

Edition: 15

Copyright: 2024

Found at: <https://he.kendallhunt.com/product/becoming-aware-text-workbook-human-relations-and-personal-adjustment-2>

Delivery Method:

This is a web-based course. All online courses at GCSC utilize the Canvas Learning System. Students should read all information presented in the Canvas course site and should periodically check for updates—at least every 48 hours.

Remember: This course is not one in which students may work at their own pace. Each week there are learning modules, assignments, online lectures, online discussions, and/or online exams with due dates. Refer to the schedule within this syllabus and within Canvas for more information.

Attendance and Make-Up Policies for this Course

Attendance Policy:

Although physical class meetings are not part of this course, participation in all interactive learning activities is required. Students “attend” class by listening to each of the lectures as assigned and taking thorough notes on each of them.

Late Work Policy:

Assignments are expected to be submitted by the posted due date and time. To promote accountability and fairness, late submissions will incur a grade reduction.

- **A deduction of 5% of the maximum possible grade will be applied for each weekday (Monday–Friday) that the assignment is late.**
- Weekends (Saturday and Sunday) are not counted toward late penalties; however, the assignment will still be considered late if not submitted by the deadline.
- Late penalties accumulate each weekday until the assignment is submitted.

Example:

An assignment worth 100 points submitted two weekdays late will receive a maximum possible score of 90 points before grading.

Students are encouraged to communicate proactively if unforeseen circumstances arise. Extensions may be considered in rare cases at the instructor’s discretion.

Make-Up Work Policy:

Missing any part of this schedule may prevent completion of the course. If you foresee difficulty of any type (i.e., an illness, employment change, etc.) which may prevent completion of this course, notify the instructor as soon as possible. Failure to do so will result in failure for an assignment and/or failure of the course. If I have not heard from you by the deadline dates for assignments, exams, or forums, no make-up work will be allowed (unless extraordinary circumstances exist, such as hospitalization). Requests for extensions must be made in advance and accompanied by appropriate written documentation. “Computer problems” is not an acceptable excuse.

AI Policy for this Course

Students may use basic assistive technologies for spelling, grammar, and formatting (e.g., PaperRater or SpellCheckPlus). Generative AI tools (e.g., ChatGPT, Copilot, Grammarly's AI function, etc.) may also be used for classes and/or assignments where instructors have given explicit permission. Students must clearly disclose and properly cite any AI-generated content used in their work, following course guidelines. Students are permitted to use AI only in the manner and means described by the instructor. Unacknowledged or unauthorized AI use will be treated as a violation of academic integrity and may result in penalties, including a zero on the assignment and additional disciplinary actions as outlined in the college's academic integrity policy.

Student Expectations

Communication and feedback within the course will occur through various channels, including GCSC email, Canvas Inbox, Canvas Announcements, Canvas Discussions, Microsoft Teams or Zoom, assignment feedback, and/or instructor office hours.

Additionally, as a student at Gulf Coast State College, you are expected to:

- **Adhere to Course Guidelines:** Follow the instructions within the course syllabus along with any additional instructions provided by the instructor. Be certain you understand the course objectives, grading criteria, and academic policies.
- **Maintain Regular Contact:** Keep in touch with your instructor via your GCSC email or other designated communication channels. Regular contact helps clarify doubts, share ideas, and foster a collaborative learning environment.
- **Active Participation:** Engage actively in the course and submit assignments on time. Your active participation is crucial for your academic success and contributes to a deeper learning experience.

As your instructor, my commitment to you is to:

- **Provide Timely Feedback:** I will review and provide feedback on your assignments and submissions promptly. My goal is to help you understand your strengths and areas for improvement.
- **Respond Via Canvas Inbox:** I will respond to your emails or messages within 24-48 hours unless otherwise noted. I understand the importance of clear and timely communication in addressing your questions and concerns.
- **Post Regular Announcements:** Announcements will be posted to keep you updated and help you manage your time. These reminders will include important dates, upcoming assignments, and any changes to the course schedule.
- **Maintain Weekly Office Hours:** I am available by appointment. This is to ensure I'm available for any questions or concerns that may come up during the week.

Course Requirements:

Students enrolled in this course will be required to:

- Read all of the textbook pages assigned with each Learning Module;
- Listen to and take thorough notes on the digital lectures assigned with each Learning Module—I cannot overstate the importance of the digital lectures;
- Complete the quiz embedded within each lecture;
- Complete all four exams AS SCHEDULED (see the course schedule below).
- Contact the instructor via email at once with any problems or issues. I cannot handle problems unless you make me aware of them.

Assignments/Assessment Instruments

I. Online Student Guidelines Quiz

The main purpose of this assignment is to review the student guidelines for this class, as well as make sure that LockDown Browser is working before the completion of the Final Exam. Complete the Online Students Guidelines Quiz on Canvas no later than 11:59 PM on 23 August 2026. (10 points)

II. Final Exam

- There will be one Final Exam that will be comprised of multiple-choice, true-false, and matching questions, worth 100 points.
- Each exam will require the use of Respondus Lockdown Browser and will be available for a specific time period. See the course Canvas for information regarding Respondus and the course schedule in this syllabus (and within Canvas) for the dates during which time the exams will be available.
- The exams will be delivered online via Canvas.
- There is no time limit for the exams.

III. Weekly Quizzes

There will be short quizzes throughout the semester worth 10 points each to help you prepare for the final exam. Quizzes will be multiple choice and due Sundays at 11:59 PM.

IV. Midterm Project

For this midterm project, students will use an AI platform to create an original song that incorporates concepts from Chapters 1–6 of the Psychology of Adjustment course. The assignment is designed to encourage creativity while demonstrating understanding and

application of psychological concepts related to adjustment, coping, personality, stress, emotions, and well-being. In addition to submitting the AI-generated song and lyrics, students will reflect on the psychological themes included in the song, evaluate the effectiveness of the AI tool, and discuss their experience using AI as a creative and educational resource. The goal of this project is to combine psychology, critical thinking, and modern technology in an engaging and meaningful way.

Course Schedule

| Dates | Module | Module Assignments |
|------------------------------------|--------|---|
| 17 August – 23 August | 1 | “Getting Acquainted with Ourselves and Others” Textbook Readings: Chapter 1 Quiz: Due 23 August 2026 Online Student Guidelines Quiz: Due 23 August 2026 |
| 24 August – 30 August | 2 | “Self-Awareness Textbook Readings: Chapter 2 Quiz: Due 30 August 2026 |
| 31 August – 6 September | 3 | “Who's In Control?” Textbook readings: Chapter 3 Quiz: Due 6 September 2026 |
| 7 September – 13 September | 4 | “Who's In Control?- Part 2” Textbook readings: Finish Chapter 3 Quiz: Due 13 September 2026 |
| 14 September – 20 September | 5 | “Dealing with Emotions” Textbook Readings: Chapter 4 Quiz: Due 20 September 2026 |
| 21 September – 27 September | 6 | “Interpersonal Communication” Textbook Readings: Chapter 5 Quiz: Due 27 September 2026 |
| 28 September – 4 October | 7 | “Interpersonal Communication – Part 2” Textbook Readings: Finish Chapter 5 Quiz: Due 4 October |
| 5 October – 11 October | 8 | “Developing Relationships” Textbook Readings: Chapter 6 Quiz: Due 11 October Midterm Project: Due 11 October |

| | | |
|----------------------------------|----|---|
| 12 October – 18 October | 9 | “Resolving Interpersonal Conflict” Textbook Readings: Chapter 7 Quiz: 18 October 2026 |
| 19 October – 25 October | 10 | “Managing Stress and Wellness” Textbook Readings: Chapter 8 Quiz: Due 25 October 2026 |
| 1 November – 8 November | 11 | “Managing Stress and Wellness – part 2” Textbook Readings: Finish Chapter 8 Quiz: Due 8 November |
| 9 November – 15 November | 12 | “Values, Ethics, and Choices Textbook Readings: Chapter 9 Quiz: Due 15 November |
| 16 November – 22 November | 13 | “Life Planning” Textbook Readings: Chapter 10 Quiz: Due 22 November |
| 23 November – 29 November | 14 | Thanksgiving Break – no classes – begin studying for final exam |
| 30 November – 3 December | 15 | No new material – study for final exam |
| 4 December – 10 December | 16 | Final Exam: Due 10 December 2026 |

Grading

Grading Scale

All grades will be posted in the student grade book in Canvas and will be assigned according to the following scale:

- A 90%-100%
- B 80%-89%
- C 70%-79%
- D 60%-69%
- F 59% and below

Calculation of Grades

Online Student Guidelines Quiz
Lecture Quizzes

10 Points (3%)
130 Points (37%)

| | |
|-----------------|-------------------|
| Midterm Project | 100 Points (30%) |
| Final Exam | 100 Points (30%) |
| Total | 340 Points (100%) |

Incomplete Grades

Grades of Incomplete in any course can only be assigned to students who have an emergency arise during the last two weeks of the course. To receive an Incomplete, students must:

- Submit a written request to the instructor prior to the last face-to-face class meeting. For online courses, a written Incomplete request must be received no later than the week before the Final Exam period begins.
- Have completed no less than sixty percent of the course requirements and be passing the course at the time the request for an Incomplete is submitted.

Important Note: The Incomplete option provides 30 days from the date grades are due to make up any missing work; if all remaining work is not submitted during this period, the grade will automatically change to an “F.”

General GCSC Course Policies

Accessibility Statement

Gulf Coast State College supports an inclusive learning environment for all students. If there are aspects of the instruction or design of this course that hinder your full participation, reasonable accommodations can be arranged. Prior to receiving accommodations, you must register with Student Accessibility Resources. Appropriate academic accommodations will be determined based on the documented needs of the student. Please visit [GCSC's Student Accessibility Resource \(SAR\) webpage](#) to learn more. For information regarding the registration process, email sar@gulfcoast.edu or call 850-747-3243.

GCSC Attendance Policy

Regular class attendance and participation are significant factors that help to promote success in college. Students are expected to attend all class meetings of all courses for which they are registered.

You are expected to know the instructor's specific attendance policy as stated in the syllabus for each course. In the event of absence, you should contact your instructor as soon as possible to indicate the reason and to inquire whether make-up work is possible. (Make-up work is offered solely at the discretion of your professor.)

If your absences in a class become excessive, as stated in the course syllabus, your professor can withdraw you from the course for excessive absences without your permission.

Instructors will monitor attendance at the beginning of each semester. If you are not in attendance during this period, you may be withdrawn from the course. You will be financially responsible for the course, and a "W or NS" will appear on your transcript. Withdrawal from a course may also have implications for financial aid.

Withdrawal Policy

Two withdrawals are permitted per credit course. After that, a grade will be assigned. Please be concerned about withdrawals. When admitting students into certain programs, universities may calculate withdrawals as grades. It is your responsibility to verify the effects of enrollment and/or withdrawal upon your financial assistance (financial aid, scholarships, grants, etc.). There are two kinds of withdrawals: student and administrative.

- **Student Withdrawal (W1)** - Students wishing to withdraw must complete the online Student Withdrawal Form before the scheduled withdrawal deadline as published in the College catalog. Student withdrawals initiated prior to the scheduled withdrawal deadline will be recorded as a grade of "W." The withdrawal deadline for an off-term or condensed term is one week after midterm.
- **Administrative Withdrawal (W2)** – A faculty member may withdraw a student up to the published withdrawal deadline for violation of the class attendance policy, in which case the student will receive a grade of "W." The withdrawal deadline for an off-term or condensed term is one week after midterm.

Students cannot withdraw from developmental studies courses (college-preparatory classes) after the drop/add period without written permission from their instructor and/or their academic advisor.

Academic Integrity

Honest participation in academic endeavors fosters an environment in which optimal learning can take place and is consistent with the college's mission. Academic misconduct, including cheating or plagiarism, is destructive to the spirit of an educational environment. GCSC professors report every instance of student academic misconduct to the college for inclusion on the student's records.

Most course syllabi include an academic honesty policy and the consequences for violating this policy. Familiarize yourself with course policies regarding authorized or unauthorized use of AI to avoid the pitfalls of academic dishonesty.

The following definitions will apply:

"Cheating" includes but is not limited to the use of any unauthorized assistance in taking quizzes, tests, or examinations; dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments; the acquisition without permission of tests or other academic materials belonging to a member of the College's faculty.

"Plagiarism" includes, but is not limited to, the use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgment, as well as the purchase of papers or projects. It can also include overuse of an editing program like Grammarly or submitting work written by an Artificial Intelligence (AI) generator like ChatGPT. Make certain to consult your course syllabi for your instructor's guidelines on AI material.

"Self-plagiarism" occurs when a student submits the same or considerably similar document to fulfill requirements in different classes. For example, if a student submits a term paper in Religion that they originally wrote for an English class, this is self-plagiarism. Once a paper receives a grade in one class, it cannot be submitted again for another class.

"Generative Artificial Intelligence (AI)" is technology that uses machine learning to create new content, such as text, images, or code, based on user input. These systems are trained on vast amounts of data, including large language models and image or code generators. Common examples include ChatGPT, GitHub, Copilot, Google Gemini, Perplexity, and the Grammarly AI function.

Sanctions for incidents of academic misconduct, depending on the severity of the incident and/or its repetition, may range from receiving an F grade (or 0) for the test, assignment, or activity to failure of the course, to suspension or dismissal from the college.

Classroom Recording

In accordance with federal and state privacy laws, students may record class lectures for their own personal educational use, in connection with a complaint to the college, or as evidence in internal or external legal proceedings. Students may not publish or upload the recordings or any components thereof without the knowledge and written permission of the faculty member.

Failure to obtain permission to publish could lead to the students' having to pay damages, attorney fees, and court costs. For more information about what can be recorded, please see the guidelines in the GCSC Student Handbook.

Generative Artificial Intelligence (AI) Policy

The use of generative AI tools in academic work requires clear guidelines to maintain academic integrity. Please review the policy selected for this course regarding the use of AI tools such as

ChatGPT, Copilot, Grammarly's AI features, and similar platforms for assignments, research, and other coursework.

See the student handbook for further information. Students with questions about acceptable use should consult their instructor.

Anti-Discrimination Policy

Gulf Coast State College does not discriminate against any person in its programs, activities, policies or procedures on the basis of race, ethnicity, color, national origin, marital status, religion, age, gender, sex, pregnancy, sexual orientation, gender identity, genetic information, disability, or veteran status.

All questions or inquiries regarding compliance with laws relating to non-discrimination and all complaints regarding sexual misconduct or discrimination may be directed to Amanda Reed, Executive Director of Human Resources/Title II/504/Title IX Coordinator and Employment Equity Officer, Gulf Coast State College, 5230 W. US Highway 98, Panama City, FL 32401; 850-769-1551, ext. 3516. Rules, policies, fees, and courses described in this catalog are subject to change without notice.

Student Support Resources

Gulf Coast State College is committed to providing you with the resources you need for success as a student and beyond. View all the academic and student support resources provided at GCSC on the [Student Services web page](#).

Course Technology & Support

To successfully participate in this online course, students must have basic computer and digital information literacy skills and meet the following technology requirements:

- Computer: Up-to-date web browser that supports the Canvas learning management system; please refer to the system requirements for compatibility and information on using the Canvas app on mobile devices.
- Internet Speed: Minimum bandwidth of 8 Mbps upload/download speed to effectively engage in online activities and access multimedia.
- Office 365 software: Available for free download through GCSC Information Technology Services (ITS).
- If you need technical support, contact the ITS Help Desk, available 24/7 at (850) 913-3303.