

PSY 100 – Assignments and Rubrics

Assignment 1: Personal Reflection Journal Entry

Due in Week 4 and worth 175 points

In this assignment, you will review your current level of adjustment.

Write a one to two (1-2) page paper in which you:

1. Reflect on how well you are:
 - a. adjusting to your life in terms of subjective well-being, diversity, contexts, and / or thinking critically.
 - b. balancing your priorities, specifically with home, work, school, recreation, and / or family.
 - c. developing your identity, specifically self-esteem, self-concept, ethnicity, and / or gender.
 - d. coping with stress, specifically social support, multiple coping strategies, and / or self-control.

Your assignment must follow these formatting requirements:

- Be typed, double-spaced, using Times New Roman font (size 12), with one-inch margins on all sides; Since the only resources you will be using for this assignment are the article and your textbook, you need not include a reference page. Check with your professor for any additional instructions.
- Include a cover page containing the title of the assignment, the student's name, the professor's name, the course title, and the date. The cover page is not included in the required assignment page length.

The specific course learning outcomes associated with this assignment are:

- Define psychology and psychological adjustment.
- Identify contextual variables (e.g., culture) that impact psychological adjustment.
- Describe self-concept, self-esteem, and identity.
- Define stress, stressors, and coping strategies, and contemplate their relationship to health and wellness.
- Use critical thinking skills to reflect on personal experiences with adjustment and identify new strategies for personal growth.
- Use technology and information resources to research issues in psychology.
- Write clearly and concisely about psychology using proper writing mechanics.

Grading for this assignment will be based on answer quality, logic / organization of the paper, and language and writing skills, using the following rubric.

Points: 175		Assignment 1: Personal Reflection Journal Entry			
Criteria	Exemplary 90%-100%	Proficient 80%-89%	Fair 70%-79%	Meets Minimum Expectations 60%-69% D	Unacceptable Below 60% F
1. Reflect on how well you are adjusting to your life in terms of	Thoroughly reflected on how well you are adjusting to your life in	Satisfactorily reflected on how well you are adjusting to your life in terms of	Partially reflected on how well you are adjusting to your life in terms of subjective well-	Insufficiently reflected on how well you are adjusting to your life in terms of	Did not reflect or incompletely reflected how well you are adjusting to your life in terms of

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subjective well-being, diversity, contexts, and/or thinking critically. Weight: 20%	terms of subjective well-being, diversity, contexts, and/or thinking critically.	subjective well-being, diversity, contexts, and/or thinking critically.	being, diversity, contexts, and/or thinking critically.	subjective well-being, diversity, contexts, and/or thinking critically.	subjective well-being, diversity, contexts, and/or thinking critically.
2. Reflect on how well you are balancing your priorities, specifically home, work, school, family, and/or recreation. Weight: 20%	Thoroughly reflected on how well you are balancing your priorities, specifically home, work, school, family, and/or recreation.	Satisfactorily reflected on how well you are balancing your priorities, specifically home, work, school, family, and/or recreation.	Partially reflected on how well you are balancing your priorities, specifically home, work, school, family, and/or recreation.	Insufficiently reflected on how well you are balancing your priorities, specifically home, work, school, family, and/or recreation.	Did not reflect or incompletely reflected balancing priorities specifically home, work, school, family, and/or recreation.
3. Reflect on how well you are developing your identity, specifically self-esteem, self-concept, ethnicity, and/or gender. Weight: 20%	Thoroughly reflected on how well you are developing your identity, specifically regarding self-esteem, self-concept, ethnicity, and/or gender.	Satisfactorily reflected on how well you are developing your identity, specifically regarding self-esteem, self-concept, ethnicity, and/or gender.	Partially reflected on how well you are developing your identity, specifically regarding self-esteem, self-concept, ethnicity, and/or gender.	Insufficiently reflected on how well you are developing your identity, specifically regarding self-esteem, self-concept, ethnicity, and/or gender.	Did not reflect or incompletely reflected on how well you are developing your identity, specifically regarding self-esteem, self-concept, ethnicity, and/or gender.
4. Reflect on how well you are coping with stress, specifically social support, multiple coping strategies, and/or self-control Weight: 20%	Thoroughly reflected on how well you are coping with stress, specifically social support, multiple coping strategies, and/or self-control.	Satisfactorily reflected on how well you are coping with stress, specifically social support, multiple coping strategies, and/or self-control.	Partially reflected on how well you are coping with stress, specifically social support, multiple coping strategies, and/or self-control.	Insufficiently reflected on how well you are coping with stress, specifically social support, multiple coping strategies, and/or self-control.	Did not reflect or incompletely reflected on how well you are coping with stress, specifically social support, multiple coping strategies, and/or self-control.
5. Writing / Support for ideas Weight: 10%	Consistently uses explanations, examples, and evidence that logically support ideas.	Mostly uses explanations, examples, and evidence that logically support ideas.	Partially uses explanations, examples, and evidence that logically support ideas.	Rarely uses explanations, examples, and evidence that logically support ideas.	Never uses explanations, examples, and evidence that logically support ideas.
6. Writing / Grammar and mechanics Weight: 10%	Free of errors in grammar, spelling, and punctuation.	Mostly free of errors in grammar, spelling, and punctuation.	Partially free of errors in grammar, spelling, and punctuation.	Numerous errors in grammar, spelling, and punctuation.	Serious and persistent errors in grammar, spelling, and punctuation.