

PSY 100 – Assignments and Rubrics

Assignment 2: Adjustment Case Study

Due in Week 8 and worth 230 points

Go to NPR's StoryCorps Website, located at <http://www.npr.org/series/4516989/storycorps>. Read two (2) articles that were published within the last two (2) months that focus on individuals with major adjustment issues.

Next, use the textbook and research evidence-based strategies to help with adjustment. Consider strategies that relate to stress and coping, gender, stages of life, cultural and social issues, and health.

When referencing the selected stories, please use this format:

- **Standard Format:**

- Title of the story [Audio file]. (Year, Month Day). Retrieved from website url.

- **Example:**

A homeless teen finds solace in a teacher and a recording [Audio file]. (2014, March 7). Retrieved from <http://www.npr.org/2014/03/07/286921391/a-homeless-teen-finds-solace-in-a-teacher-and-a-recording>.

- **In-Text Citation Format:**

- The in-text citation for a selected story is an abbreviated version of the title and the year of publication. The abbreviation contains the first three words of the title.

- **Example:**

("A homeless teen," 2014).

- **Textbook Citation Format:**

- Author's Name. (Date of publication). *Title of the resource*. Publisher information.

- **Example:**

Santrock, J. (2006). *Human adjustment: 2007 custom edition*. Boston, MA: McGraw-Hill.

Write a three to six (3-6) page paper in which you:

1. Summarize the two (2) articles you selected from the NPR Website.
2. Describe the major adjustment issues discussed in each story.
3. Examine at least three (3) evidence-based strategies from the selected articles that could help the individuals enhance their adjustment skills.
4. Recommend the evidence-based strategy that is best suited for the people in the selected articles. Provide a rationale for your response.
5. Use at least four (4) quality academic resources in this assignment. **Note:** Wikipedia and other similar websites do not qualify as academic resources.

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

PSY 100 – Assignments and Rubrics

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:

- Identify contextual variables (e.g., culture) that impact psychological adjustment.
- Define stress, stressors, and coping strategies, and contemplate their relationship to health and wellness.
- Identify and describe social psychological phenomena.
- Describe adult relationships, lifestyles, and issues of parenting and longevity.
- Identify gender differences and explore gender role stereotypes.
- 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 presentation, and language and writing skills, using the following rubric.

Points: 230		Assignment 2: Adjustment Case Study			
Criteria	Exemplary 90%-100%	Proficient 80%-89%	Fair 70%-79%	Meets Minimum Expectations 60%-69% D	Unacceptable Below 60% F
1. Summarize the two (2) articles you selected from the NPR Website. Weight: 20%	Thoroughly summarized two (2) articles selected from the NPR Website.	Satisfactorily summarized two (2) articles selected from the NPR Website.	Partially summarized two (2) articles selected from the NPR Website.	Insufficiently summarized two (2) articles selected from the NPR Website.	Did not identify and/or summarize two (2) articles selected from the NPR Website.
2. Describe the major adjustment issues discussed in each story. Weight: 20%	Thoroughly described the major adjustment issues discussed in their story selection.	Satisfactorily described the major adjustment issues discussed in their story selection.	Partially described the major adjustment issues discussed in their story selection.	Insufficiently described the major adjustment issues discussed in their story selection.	Did not describe the major adjustment issues discussed in their story selection.
3. Examine at least three (3) evidence-based strategies from the selected articles that could help the individuals enhance their adjustment skills. Weight: 20%	Thoroughly examined at least three (3) evidence-based strategies from the selected articles that could help the individuals enhance their adjustment skills.	Satisfactorily examined at least three (3) evidence-based strategies from the selected articles that could help the individuals enhance their adjustment skills.	Partially examined at least three (3) evidence-based strategies from the selected articles that could help the individuals enhance their adjustment skills.	Insufficiently examined at least three (3) evidence-based strategies from the selected articles that could help the individuals enhance their adjustment skills.	Incompletely examined at least three (3) evidence-based strategies from the selected articles that could help the individuals enhance their adjustment skills.

All Rights Reserved. This document contains Confidential and Proprietary information and may not be copied, further distributed, or otherwise disclosed in whole or in part, without the expressed written permission of

PSY 100 – Assignments and Rubrics

4. Recommend the evidence-based strategy that is best suited for the people in the selected articles. Provide a rationale for your response. Weight: 20%	Thoroughly recommended the evidence-based strategy that is best suited for the people in the selected articles. Provide a rationale for your response.	Satisfactorily recommended the evidence-based strategy that is best suited for the people in the selected articles. Provide a rationale for your response.	Partially recommended the evidence-based strategy that is best suited for the people in the selected articles. Provide a rationale for your response.	Insufficiently recommended the evidence-based strategy that is best suited for the people in the selected articles. Provide a rationale for your response.	Incompletely recommended the evidence-based strategy that is best suited for the people in the selected articles. Provide a rationale for your response.
5. Writing / Support for ideas Weight: 5%	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: 5%	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.
7. Information Literacy / Crediting Sources in APA Weight: 5%	Consistently shows correct use of In-text citations with matching references using APA format.	Mostly shows correct use of in-text citations with matching references using APA format.	Partially shows correct (or approximately correct) use of in-text citations, with matching references using APA format.	In-text citations and references are given, but not in APA format.	Lack of citations and / or lack of reference section and / or citations don't correspond to listed references.
8. Information Literacy / Research Weight: 5%	Four (4) or more sources are used and the quality of sources is good.	Three (3) sources are used and the quality of sources is mostly good.	Two (2) sources are used and / or the quality of sources is questionable.	One (1) source is used and / or references are of poor quality.	No sources are used and / or quality of sources are unacceptable.

Ten years ago, Sean Carter was a student at Midwestern State University majoring in business administration.

One night, he was riding in a car with a friend who had been drinking. They crashed and Carter was left in a wheelchair with a traumatic brain injury. He's been unable to walk or talk since and his mom, Jenny, has been his caretaker.

"What were you feeling when you found out I had been in a car wreck?" Sean asks his mom during a recent visit to StoryCorps in Dallas. Sean speaks by using his finger to type words onto an iPad. Those words are then translated into audio.

"I was devastated," Jenny says. "It was just so hard seeing your child's lifeless body in a bed for so long. You couldn't do anything for two years."

Over the years, Sam has become more independent, though he says he's not yet ready to do everything alone.

"It's kind of hard living with your mom 24/7 when you're 32 years old," Jenny says, while Sean laughs and replies, "Hell yeah!"

But the hardest things about his life, he says, have been not having friends and not being in love.

"I would be willing to bet I would have been married by now, with kids like my two brothers have," Sean said.

"As your mom, Sean, that's probably one of the hardest things for me. The pain that I have because it hasn't happened for you," says Jenny, 63. She then asks her son, if this was their last conversation, what would Sean want to say?

"Let me stop you right there," Sean tells his mom. "I know you will be here for many years to come."

"But I want you to know how thankful I am for what you have done for me. You gave up your life to give me a life," he continues.

"Yeah. But it's OK," Jenny responds. "Time's really the value commodity that we have, and if you can share time with somebody else, that's probably the most important thing you can do for someone. It's the only thing that matters."

Sean replies, "I don't say this enough. You're the picture of unconditional love. I admire your commitment to be the best damn mom you can be, and you do a damn fine job. I love you beyond the moon and back."

Produced for Morning Edition by Jasmyn Belcher Morris.

StoryCorps is a national nonprofit that gives people the chance to interview friends and loved ones about their lives. These conversations are archived at the American Folklife Center at the Library of Congress, allowing participants to leave a legacy for future generations. Learn more, including how to interview someone in your life, at StoryCorps.org.

Losing A Soul Mate And A Pillar Of St. Louis' Trans Community

JANUARY 25, 2015 8:00 AM ET

NPR Staff

[Listen to the Story](#)

Weekend Edition Sunday

2 min 55 sec

- [Playlist](#)
- [Download](#)
- [Transcript](#)



Shane Fairchild (left) tells his friend Sayer Johnson that his late wife, Blue Bauer, was "the only person I ever met that ever treated me like I was me." **StoryCorps** [hide caption](#)

itoggle caption StoryCorps

StoryCorps' OutLoud initiative records stories from the LGBTQ community.

Shane Fairchild's wife, Blue Bauer, was "very rough around the edges," he says: "Blue was 6-foot tall, weighed about 230 pounds, had red hair and brown eyes, had been a trucker all of her life," Fairchild tells their friend Sayer Johnson during a StoryCorps interview in St. Louis, Mo.

"If I'd get to drinking, and I'd get a little redneck, and I'd get in somebody's face, Miss Blue would step in. And I'd be like, 'Really, I don't need you to take up for me.' She's like, 'Yes, you do, shut up and sit down,' " Fairchild remembers. "She'd also been a biker. Blue was in an all-male motorcycle club, and they had never had a woman, ever. So Blue was the first."

Blue, a transgender woman, made the transition when she was 54 years old; Shane is a transgender man.

"The way that I know you is, you and Blue were sort of the mama and the papa of the trans community," Johnson says. "Did you and Blue intentionally do that?"

"Well, Blue was having problems. Her sisters weren't accepting her," Fairchild says. "Her son wasn't, and then when her grandchild was born, they wouldn't let her see the grandbaby, so, yeah, I think it was a lot to do with what Blue was feeling."



She was "very rough around the edges," Shane Fairchild says of his late wife, Blue Bauer (left). She'd step in for him when things got confrontational in bars. **StoryCorps** **hide caption**

itoggle caption StoryCorps

"I saw so many people coming to your home, trans folks, when your Blue was home and she was dying," Johnson says.

"The day that she died, she had been comatose the whole day, and she kept fighting for every, every breath," Fairchild says. "And then it dawned on me. Three days before, she was on the couch, watching TV, and she started crying. And I said, 'Baby, what's the matter?' And she said, 'I promised you when we got together, I'd never leave you — not even death was gonna take me.' "

On the day she died, Fairchild thought, "Is that why she's fighting so hard? And so I whispered in her ear, 'You're really not leaving me, I know that.' And she took one easy breath, and was gone."

Blue Bauer died of lung cancer on April 12, 2013, at their home in St. Louis.

Her motorcycle was next to her casket at her funeral. "What she wanted was to be embalmed and set on her motorcycle," Fairchild says. "And I'm like, 'No, I'm not gonna do that.' "

"She was dressed how she wanted to be dressed," Johnson says.

"She had her T-shirt on that said, 'You never seen a motorcycle parked outside a psychiatrist's office.' She had her combat boots on. So, yeah, she was good," Fairchild says.

"She's the only person I ever met that ever treated me like I was me," Fairchild says. "You know, they say there's always that one person, your soul mate. And I think Blue was mine. I really do."

Produced for Weekend Edition by Allison Davis and Nadia Reiman.

StoryCorps is a national nonprofit that gives people the chance to interview friends and loved ones about their lives. These conversations are archived at the American Folklife Center at the Library of Congress, allowing participants to leave a legacy for future generations. Learn more, including how to interview someone in your life, at [StoryCorps.org](https://www.storycorps.org).

Chapel Hill Shooting Victims Were 'Radiant,' Teacher Says

FEBRUARY 13, 2015 3:30 AM ET

NPR Staff

[Listen to the Story](#)

Morning Edition

3 min 29 sec

- [Playlist](#)
- [Download](#)
- [Transcript](#)



Flowers sit outside the University of North Carolina School of Dentistry in recognition of dentistry student Deah Barakat, 23, his wife, Yusur Abu-Salha, 21, and her sister, Razan Abu-Salha, 19, on

Wednesday in Chapel Hill. Deah and Yusor grew up together, and both attended Al-Iman School, an Islamic elementary and middle school in nearby Raleigh. **Sara D. Davis/Getty Images hide caption**

itoggle caption Sara D. Davis/Getty Images

Yusor Abu-Salha was one of the young students killed in Tuesday's shooting in Chapel Hill, N.C.

She and her former third-grade teacher, Mussarut Jabeen, spoke to StoryCorps in May. In fact, all three victims in the shooting — Abu-Salha, 21, her husband, Deah Barakat, 23, and her sister, Razan Abu-Salha, 19 — attended the Al-Iman School in Raleigh, N.C., where Jabeen taught.



Yusor Abu-Salha was one of the victims in Tuesday's shooting in Chapel Hill, N.C. She sat down with her teacher, Mussarut Jabeen, at StoryCorps last May. **StoryCorps hide caption**

itoggle caption StoryCorps

Jabeen returned to StoryCorps Wednesday to talk about that 2014 conversation with Abu-Salha.

"She was the first one to come to my mind," said the 55-year-old Jabeen. "She was one student I would like everybody to know about."

When she spoke to StoryCorps in May, Abu-Salha said she knew she stood out as a Muslim in America.

"Growing up in America has been such a blessing, and you know, although in some ways I do stand out, such as the hijab I wear on my head, the head covering," Abu-Salha said, "there's still so many ways that I feel so embedded in the fabric that is, you know, our culture. And that's the beautiful thing here, is that it doesn't matter where you come from. There's so many different people from so many different places of different backgrounds and religions, but here we're all one, one culture."

'We're All One,' Chapel Hill Shooting Victim Said In StoryCorps Talk

Jabeen says she remembers when Abu-Salha was in third grade, "she had this sense of giving that really makes her different from other children."

"I still remember, in third grade, when we asked for something, you used to say, 'Don't put your hand like this,' " Abu-Salha recalled in May. "And you would have your hand facing downward as if you're taking something from someone."

"Oh, my God," Jabeen said. "You still remember?"

"And then you'd flip your hand over, and you'd open your hand upward as, you know, a giving gesture," Abu-Salha said. "You know, be giving, open, compassionate."

Jabeen told StoryCorps on Wednesday that "Deah, Yusor and Razan, these kids, their face was so radiant. They would just bring light to the room. And they treat me like their mother."

Abu-Salha and Jabeen still kept in touch long after the third grade.

"I see you nowadays, and you're always asking, 'How are you?' you know, 'Where are you now in life?' " Abu-Salha said. "And now I'm at NC State University."

"And got married to one of my other student!" Jabeen said.

"Yeah, that was, um, pretty interesting," Abu-Salha said.

"I was so happy when I saw you guys together," Jabeen said. "You know, that these are the two kids that we taught, and you will be together for the rest of your life, *inshallah*."

Jabeen remembers when Deah was growing up, he was getting so tall that he started to outgrow her.

"And because I'm a short person, he would stand behind me and put his hand over my head," she said. "And I just told him, 'Deah, you can never outgrow my heart.' "

Jabeen says she wants people to remember Abu-Salha as "a practicing Muslim, as a daughter and, above all, as a good human being."

"You know, when we write our comments on report cards, we say they 'exceeded our expectations,' " Jabeen said. "She exceeded our expectations."

Produced for Morning Edition by Liyna Anwar and Michael Garofalo.

StoryCorps is a national nonprofit that gives people the chance to interview friends and loved ones about their lives. These conversations are archived at the American Folklife Center at the Library of Congress, allowing participants to leave a legacy for future generations. Learn more, including how to interview someone in your life, at StoryCorps.org.