

# Assignment 2 – Due Week 8

## Adjustment Case Study – 230 pts.

Write a two to three (2-3) page paper in which you complete the following:

1. Select one article from NPR's StoryCorps website <http://www.npr.org/series/4516989/storycorps> published in the last two (2) months focusing on **major adjustment issues**
2. Using your textbook and Strayer library, **research** adjustment strategies based on scientific evidence. Consider adjustment strategies that relate to stress, coping, stages of life, gender, cultural and social issues, and health.
3. **Summarize** your article's story in **your own words** (one paragraph).
4. **Describe** the major adjustment issue discussed in your story (one paragraph).
5. **Examine** and **explain** three (3) scientifically based strategies (one paragraph per each strategy).
6. **Recommend ONE** scientifically based strategy from the three you discussed, and **provide your rationale** explaining why you believe this one scientifically-based strategy is the BEST one suited for the person/people in your story (one to two paragraphs).
7. Reference at least two (2) scientifically based credible sources using in-text citations and on your reference page (one source is your article). **Wikipedia and blog sources are not credible.**

# Assignment 2 – Due Week 8

## Sources & Formatting

- Use at least two (2) quality academic resources in this assignment.
  - **NOTE:** Wikipedia and other websites that are not credible (about.com, blogs) do not qualify as academic resources and should NOT be used.
  - **Your article is one source and your textbook can be another source,** or you may use another source. Be sure, though, that your sources are credible and from scientific journals.

### 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.
- Include a **cover page** containing the title of the assignment, the student's name, the professor's name, the course title, and the date.
  - Cover page not included in the required assignment page length.
- Include a **reference page** containing APA-formatted references for all sources used in your paper.
  - Reference page is not included in the required assignment page length

# Steps to Make an A on Assignment 2

Running head: CASE STUDY

1

Assignment #2: Adjustment Case Study

Jane Doe

PSY100 – Psychology of Adjustment

Dr. Jacquot

May 29, 2017

1. Create a cover page that follows APA style: double spaced, Times New Roman font, size 12 point, 1" margins on all sides
2. In the center of the page (horizontally & vertically), provide the assignment title, your name, my name (Dr. Jacquot), and the due date
3. Also, include a header at the top with a running head and page #
4. Follow my instructions on the next four pages

Notice the information on your cover page is centered horizontally and vertically

# Steps to Make an A on Assignment 2, cont.

Your running head & page number belong here

Running head: CASE STUDY

2

Repeat title here and center it.

Indent 0.5" before each paragraph

## Assignment #2: Adjustment Case Study

In this article, no author is provided. Therefore, put an abbreviated title in quotation marks

In this first paragraph, provide the title and author of the first article you chose that focused on individuals with major adjustment issues ("A homeless teen," 2016). Be sure to provide an in-text citation of your article. In the rest of the paragraph, summarize the article. Remember to write at the 20,000 mile level (big points, not details) when summarizing.

In your second paragraph, describe the major adjustment issues in your first article. For example, you could discuss stages of life, cultural and social issues, gender, stress and coping, and health. Define the adjustment issue using a credible source, and describe how your article shows evidence of that issue.

Do not provide extra lines between paragraphs

In your third paragraph, describe one of your three scientifically based strategy from your article that could help individuals enhance their adjustment skills. Be sure to provide a definition of the strategy in your own words. Also, use a credible source to support this strategy.

Continue writing the rest of your paper on the remaining pages.

Your entire paper should follow APA style: double space, Times New Roman font, size 12 point, and 1" margins on all sides (top, bottom, left, & right).



# Steps to Make an A on Assignment 2, cont.

Your running head & page number belong here

Running head: CASE STUDY

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## References

Center the title, References, here

Indent 0.5" on your second and subsequent lines of each reference.

A homeless teen finds solace in a teacher and a recording [Audio file].

(2016, April 8). Retrieved from

<http://www.npr.org/2016/04/08/286921391/a-homeless-teen-finds-solace-in-a-teacher-and-a-recording>.

Finding a suitable career. [Audio file]. (2016, May 9). Retrieved from

<http://www.npr.org/2016/05/09/286921391/a-homeless-teen-finds-solace-in-a-teacher-and-a-recording>.

Do not add extra lines between each entry. Double-space each entry and between every entries.

Jacquot, C. (2016). *Social psychologists are the best*. Atlanta, GA: Pearson.

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