**Psychosocial Adjustment**

PSYC 2480 Section 001

T/TH 12:30Pm to 1:50Pm

Terrill Hall 121

**Course Instructor: Crystal Lockett, M.Ed., LPC-S, NCC, BC-TMH**

Email: Crystal.Lockett@unt.edu

Office Hours: Via Zoom or by appointment

**Course TA: Claire Bailey**

Email: Claire.Bailey@my.unt.edu

Office Hours: Terrill Hall, Rm 215 Tuesday 12-1pm, Wednesday 11am-12pm

In-person or Zoom by appointment

**Course TA: Lindsey Jones**

Email: lindseyryan-jones@my.unt.edu

Office Hours: Terrill Hall, Rm 215, Monday 10am-12pm

In-person or Zoom by appointment

***TA’s are primarily responsible for grading and should be the first point of contact for grading assignments, and course-content issues/questions.***

**Course Description:**

This course covers the processes involved in adjustment of individuals to their personal and social environments; role of conflict, frustration and healthy and pathological strategies of adjustment.

**Course Learning Objectives:**

1. Understand the basic introduction to psychosocial adjustment and how individuals perceive change.
2. Understand the impact of culture and individual differences on how we react to and understand the world.
3. Become familiar with psychological theories and their approaches to conceptualizing psychological adjustment.
4. Understand how psychopathology influences adjustment.
5. Be able to identify various factors that promote or impede psychological adjustment.



**Textbook**

Moritsugu, J., Vera, E. M., Jacobs, J. H., & Kennedy, M., 1st edition (2016). Psychology of adjustment: The search for meaningful balance. SAGE Publications.

**Materials**

Computer/Laptop, Access to Canvas

I-Clicker (https://www.iclicker.com/)

Technical Requirements/Assistance with Canvas and UNT Technology

For issues with Canvas or other UNT-issued technology and software, you will contact the [University Information Technology Help Desk](https://aits.unt.edu/support)

The University of North Texas provides student technical support using Canvas and support resources. The student help desk may be via emailat helpdesk@unt.eduor by phone at 940.565.2324

University North Texas Information Technology Helpdesk Hours:

Monday-Thursday 8 am-midnight

Friday 8:00 am.-8:00 p.m.

Saturday 9:00 am.-5:00 p.m.

Sunday 8:00 am.-midnight

**What to do if Canvas fails**

Canvas is an online technology and, therefore, can crash. If this happens to you, **EMAIL ME IMMEDIATELY.** I can access the system, review your Canvas attempt, and reset your assessment. However, I will not check my email between 5:00 pm, and 9:00 am Central Time or Friday through Saturday, so I highly recommend that you complete and submit your work in advance.

**Software**

Microsoft Word or another word processor such as Google Documents

PowerPoint or another presentation processor such as Google Slides

Adobe Reader or another .pdf document reader

**Minimum Technical Skills Needed**

Familiarity with how to use the Canvas Application

Familiarity with using email and opening email attachments

Familiarity with creating, uploading and submitting files in commonly used word processing programs

Familiarity with downloading and installing software

Ability to follow and apply the lessons taught through video tutorials

**Student Academic Support Services**

[Academic Resources](https://www.unt.edu/academics): where to buy textbooks and supplies, access academic catalogs and programs, register for classes, and more

[Dean of Students:](https://studentaffairs.unt.edu/dean-of-students/resources/temporary-illness) Temporary Illness/Family Emergency

[Code of Student Conduct](https://studentaffairs.unt.edu/dean-of-students): provides a Code of Student Conduct along with other helpful links

[Office of Disability Accommodation](https://studentaffairs.unt.edu/office-disability-access): exists to prevent discrimination based on disability and to help students reach a higher level of independence

[Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services): provides counseling services to the UNT community, as well as testing services, such as admissions testing, computer-based testing, career testing, and other tests

[UNT Libraries](https://library.unt.edu/): Library services

[UNT Learning Center](https://learningcenter.unt.edu/home): provides various services, including tutoring, to enhance the student's academic experience

[UNT Writing Center](https://writingcenter.unt.edu/): offers free writing tutoring to all UNT students, undergraduate, and graduate students.

[Succeed at UNT](https://success.unt.edu/): information regarding how to be a successful student at UNT.

**Communication:**

Inboxing through Canvas is the best way to reach your Instructor or TA. Please do not hesitate to communicate with me! You may ask me questions directly before or after class, during office hours, or via email. Supporting my students and ensuring they have access to the correct resources is important to me. Therefore, please reach out to me if you have questions.

If Canvas fails or you do not have access to it and you have to email me, I will answer emails **sent from your official unt.edu student email account** within 48 hours except on Fridays after 5:00 PM through Mondays at 9:00 AM. **When emailing me, include your first name, last name, and this course ID in the subject header.**Your subject header needs to be specific because it diverts your email into my Inbox instead of another folder such as “Other” or “Junk.” Please frequently check your emails and Canvas for important announcements regarding this class.

Write the email using professional format and professional language. A top complaint from employers is that new hires do not know how to communicate with professionalism and in grammatically correct sentences. Therefore, we will build employable skills while learning about psychology in this course.

To reinforce these employable skills, emails without this information and professionalism will not be answered.

Remember, I am here to help. However, I also want to empower my students to be resourceful. Please read the syllabus *before* contacting me with questions regarding grading, due dates, etc. If you cannot find your answer in the syllabus, you may email me or send me a message through Canvas.

**Netiquette**

Please use appropriate online etiquette while communicating with others during this course. See Albion’s **“**[The Core Rules of Netiquette](http://www.albion.com/netiquette/corerules.html)**.”**

**Office Hours**

I intend on having both in-person and virtual office hours this semester. You may contact me to schedule a time to meet in person or virtually as schedules dictate.

Office Hours: By Appointment

**GETTING COURSE MATERIALS**

**Syllabus**: Click “**Syllabus**” in the Canvas listed on the left side of the screen. You will see a brief discussion about the course and a hyperlinked document for this syllabus.

**Course lectures**: These will be organized in chapters by modules. To access chapter lecture outlines, go to “Modules,” then click on the corresponding chapter/topic you need. Additional files in Modules will be in.pdf or .docx format, so they should be downloaded easily.

**Technical Difficulties**: The University is committed to providing all users with a reliable online course system. However, if any unexpected server outage or any unusual technical difficulty prevents students from completing a time-sensitive assessment activity, the instructor will extend the time windows and provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor and contact the UNT Student Help Desk: helpdesk@unt.eduor 940.565.2324. The instructor and the UNT Student Help Desk will work with the student to resolve any issues at the earliest possible time.

**Teaching Philosophy**

This is a Lecture Class! As such Course meetings include lectures, class discussions, and peer exchanges. Students are responsible for material from lectures and readings. The way you can most benefit from this course is to stay engaged, by thinking critically on the activities, participating in discussions, as well as by doing the readings and attending class. Taking advantage of the opportunities to earn points in this class is your responsibility and will demonstrate the effort you exert in this class.

**Attendance:**

This is a college level course. As such, attendance is **strongly encouraged** and will be reflected in both IClicker and Canvas. I will be providing an in-depth explanation of the book content in class as well as practical real-world examples, so it would benefit you to attend. Additionally, this class is heavily discussion based, and you will receive more from this class by participating in class discussions. Finally, I will take attendance randomly throughout the semester for bonus points, so be mindful that attendance can be beneficial for you.

**Diversity, Respect, and Inclusion:**

As your instructor, I stand against racism, hate, and injustice. I profoundly respect the essential worth of all people and cultures, regardless of race, gender, and ethnicity, and I also recognize the plight of groups of individuals that have been historically marginalized. I am committed to the fight against racism, and to promoting inclusion and diversity in science and in my classroom. Yet, I recognize that we can all and must do more to learn from the experiences of my students, peers, and clients in order to improve diversity, inclusivity, and access moving forward. Through my work and instruction, I strive to incorporate empirical evidence to support change in the status quo concerning historically rigid thinking in the field of psychology, as well as to shine a light on these important issues in and out of the classroom. To foster an environment of growth and respect, I ask that you afford your peers and their ideas respect and a willingness to engage in critical yet thoughtful and productive dialogue.

**What I ask from you:**

As a student, I ask that you challenge yourself. If you have a question, please raise your hand no matter how simple you think it may be. It is likely that at least one other person has a similar question in mind, and I will not judge you for any questions you may have. If you find yourself in disagreement with the content of the course or with me, please share your dissent in a respectful way. Although the university curriculum naturally has a component of evaluation to it, this is not the sole measure of knowledge in my opinion. Allow this class to be an opportunity to rediscover why you are here. Become curious, inquisitive, and appreciative. Allow yourself the opportunity to grow, and to learn from others as well. I ask that you come to class on time, that you come to class prepared, that you keep up on reading, and that you push the limits of what you know.

**Technology in the Classroom**

Studies show that handwritten notes have been shown to improve student retention of information. Laptops and tablets are allowed to be utilized for the purpose of taking notes in class OR accessing the textbook, or an in class-assignment NOTHING ELSE. Don’t allow yourself to get distracted. Please refrain from accessing any websites, games, or other media that has nothing to do with the course of textbook. Phones should also be put away and remain on silent and no earbuds in during class time. If you need your phone for a medical reason or if you are waiting for an emergency call, please let me know before class. Exceptions will be made when we are doing activities that require their use.

**Readings:**

**You are strongly encouraged to complete the assigned readings before each week of class**. Since this course has a large discussion component, we will be reviewing the assigned readings in class. Going over the readings before class allows you to mull over the content and come to class prepared to ask questions and engage in class discussion, rather than constantly writing notes. If you do not read beforehand, you will likely be unfamiliar with what we discuss. **Additionally, you may be tested on in-text material I don’t go over as in-depth in class**.

**ASSIGNMENTS:**

**Discussion Boards:**

For most weeks without an exam there will be discussion boards that cover the assigned reading for the week. For these discussion boards, I will ask you one question about the assigned reading and ask for your takeaways/opinions/thoughts. Please do not rehash the chapter, I appreciate critical thinking that shows your mental flexibility and ability to apply the concept to your own lives. **These discussion board responses should be at least 300 words but no more than 400 words**, and only one response is required to the question (you will not need to respond to your peers unless you would like). There will be 10 discussion boards, each worth 5 points, for a total of 50 points.These will be **due on Tuesdays at 12:00PM.** Check the course calendar for which weeks there will be a discussion board, and discussion boards will notbe due on exam weeks. No late submissions will be accepted.

**Exams:**

There will be three exams and one optional cumulative final. You can earn up to 100 points for each of the 4 (3 + 1) exams that you take. Exams will consist of **about 50 multiple-choice or true/false questions and will be completed on Canvas. Exams will be available to take on Canvas for the full day from 12am-11:59pm on the test dates provided in the Syllabus. You will have 60 minutes to complete the exam once it is opened.** Emphasis will be on the material covered in class and/or from the textbook. In addition, **you are also responsible for material in the text that we do not discuss in class.** There may also be material on each exam from the class lectures that is not covered in your book; therefore, it is in your best interest to come to class every day. The exams may cover material presented in lecture, supplemental readings, films/movies shown in class, as well as presentations.

Since I am allowing you the full day to complete the exam via Canvas, please do not email me or any TA’s about missing the exam and asking for an extension (unless we have a prearranged agreement); I will likely not allow an extension.

If you miss, fail, or simply don’t like a grade on an exam, you can take the Optional Cumulative Final during Final’s Week. The final will replace your lowest exam grade ONLY if the final exam grade is higher than your lowest grade. If it is not higher than your lowest exam grade, then the final exam grade is ignored. No late or make-up exams are available, with the exception of it being a [university-excused absence.](https://policy.unt.edu/policy/06-039)

If an emergency occurs the day before/on the day of the exam, please email me IMMEDIATELY to set up accommodations. Documentation will be required.

If you are caught communicating with another student during the administration of an exam, you will receive a zero. Zeros assigned for these reasons cannot be replaced.

**Exam Make Up Policy:**

Makeup exams are permitted only in the following circumstances. All exam arrangements are made with the instructor. Exams must be made up within 1 weekof the original exam date; otherwise, a grade of 0 will be assigned.

1. *Documented emergency:* Students who miss an exam without preapproval must provide valid documentation of an emergency (e.g., doctor’s note, etc).

All makeup exams must be completed up to 1 week after the original exam date. If the exam is not completed after 1 week of the original exam date, a grade of ZERO will be assigned. Please reach out to the instructor only to schedule a make-up exam.

**Incomplete Policy:**

Incompletes will only be given in rare circumstances on a case-by-case basis. In the event an “I” is granted it is the student’s responsibility to complete the required course material within one year after which the “I” will become “F”.

**Course Requirements:**

Exam 1 100 points

Exam 2 100 points

Exam 3 100 points

Discussion boards 50 points

Attendance 100 points

Optional cumulative final exam\* 100 points

**Total 450 points**

**\***You can choose to take the optional cumulative final exam to replace your lowest exam grade.

**Extra Credit:** As mentioned above, **I will randomly take attendance** throughout the semester towards the end of class outside of normal attendance to count for extra credit I will award **3 points** extra credit for each of these days. The other extra credit opportunities will be announced in class. If you receive all extra credit points, this amounts to **at least** 15 points added to your grade at the end of class just for attending lecture!

I will also sprinkle random extra credit opportunities throughout the semester. There may be other opportunities for extra credit as deemed appropriate by the instructor, so pay attention to any announcements made during lecture or on Canvas for any other extra credit opportunities.

**SPOT Evaluation:** If 75% or more of the class completes the SPOT evaluation at the end of the course, I will add 10 points to everyone’s final class grade. The survey will be made available during weeks 13, 14 and 15 of the long semesters to provide students with an opportunity to evaluate the methodologies and effectiveness of my pedagogy.

**Grade Ranges:**

**A**: 405-450 points

**B**: 360-404 points

**C**: 315-359 points

**D**: 270-314 points

**F**: 269 points and below

*\*Please be advised, I will not round up any grades\**

**COURSE CALENDAR:**

*\*This is subject to change! Some classes move faster through the material and some move slower. Come to class and check Canvas announcements regularly to keep up to date about any possible changes.\**

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| --- | --- | --- | --- | --- |
| **Week** | **Dates** | **Important Info** | **Readings** | **Topics** |
| Week 1 | 1/13 – 1/17 | N/A | Chapter 1 for 1/16 | Intro and Adjustment: A Life Process |
| Week 2 | 1/20 – 1/24 | Chapter 2 **Discussion Board #1 due 1/21** | Chapter 2 | Purpose in Life |
| Week 3 | 1/27 – 1/31  | Chapter 3 **Discussion Board #2 due 1/28** | Chapter 3 | Community Contexts  |
| Week 4 | 2/3 – 2/7 | Chapter 4**Canvas Exam 1 (Ch. 1-4): Due 2/6 at 11:59PM** | Chapter 4 | Experience and Learning  |
| Week 5 | 2/10 – 2/14 | Chapter 5 **Discussion Board #3 due 2/11** | Chapter 5 | Mindfulness: A Path to Awareness |
| Week 6 | 2/17 – 2/21 | Chapter 6**Discussion Board #4 due 2/18** | Chapter 6 | Stress, Health, and Well-Being |
| Week 7  | 2/24 – 2/28 | Chapter 7 **Discussion Board #5 due 2/25** | Chapter 7 | Social Relationships |
| Week 8 | 3/3 –3/7 | Chapter 8**Canvas Exam 2 (Ch. 4-8): Due 3/6 at 11:59PM** | Chapter 8 | Romance and Intimacy |
| Week 9 | 3/10 –3/14 | **Enjoy Spring Break! Woohoo!** | N/A | N/A |
| Week 10 | 3/17 – 3/21 | Chapter 9**Discussion Board #6 due 3/18** | Chapter 9 | School |
| Week 11 | 3/24 – 3/28 | Chapter 10 **Discussion Board #7 due 3/18** | Chapter 10 | Work and Vocation |
| Week 12 | 3/31 –4/4 | Chapter 11 **Discussion Board #8 due 4/1** | Chapter 11 | Money |
| Week 13 | 4/7 –4/11  | Chapter 12 **Discussion Board #9 due 4/8** | Chapter 12 | Aging |
| Week 14 | 4/14 –4/18 | Chapter 13 **Discussion Board #10 due 4/15** | Chapter 13 | Dysfunction and Maladjustment |
| Week 15 | 4/21 – 4/25 | Principles from Chapter 14/ Course Review | Chapter 14 | The Search for Balance and the Future |
| Week 16 | 4/28 – 5/2 | **Canvas Exam 3 (Ch. 9-13): Due 5/1 at 11:59PM** | N/A | N/A |
| FINALS WEEK | 5/5 – 5/9 | **Optional Cumulative Final Exam: TBD** | N/A | N/A |

**University Policies:**

**Social Justice:**

I am committed to creating a positive learning environment based upon open communication, mutual respect, and non-discrimination. I am aware of the different ways events happening within the university, community, the country, and the world at large can impact each of you, and I will make every effort to be considerate of every student. Though UNT aims to minimize instances of discrimination on the basis of race, sex, age, disability, veteran status, religion, sexual orientation, color, or national origin, these events may occur and I am always willing to speak and connect you to appropriate resources. Though you should know that according to [policy](https://www.unt.edu/notices/faculty-staff-student-employee-info-required-discrimination-prevention-training#:~:text=As%20a%20reminder%2C%20all%20faculty,the%20Office%20of%20Equal%20Opportunity.), I am a mandated reporter meaning I would have to report instances that occur within UNT to the Office of Equal Opportunity. Along with discrimination, I am also obligated to [report](https://ied.unt.edu/title-ix-employee-information) any abuse and sexual assault. As students in this course, you are expected to use [bias-free language](https://apastyle.apa.org/style-grammar-guidelines/bias-free-language). As society changes, so does language, which means you should make every effort to continue to grow and learn the ways language also evolves. Racial and ethnic slurs as well as any slurs referring to other marginalized communities (e.g., gender, sexual) will not be taken lightly.

**Special Accommodations:**

If you need any special accommodations or feel there is anything that the instructor needs to know that might improve your learning environment in this class, please discuss this with the instructor as soon as possible. All students should view their instructor as a resource and make appropriate use of her during office hours or scheduled appointments to answer questions, clarify reading or lecture material, etc.

Specifically:

*The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation* ***must first register with the Office of Disability Accommodation (ODA) to verify their eligibility.*** *If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student.  For additional information see the Office of Disability Accommodation website at* [*http://www.unt.edu/oda*](https://webmail.unt.edu/owa/redir.aspx?C=PpeDPW9R6E-ad2gl95wE7NFzQrORvc8IzO-w8PNCgNY7cHDf-jX-dtXhRMeLY929-CHmiX3EXro.&URL=http%3a%2f%2fwww.unt.edu%2foda)*. You may also contact them by phone at 940.565.4323.*

**Academic Integrity:**

According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. Academic misconduct (e.g., cheating, plagiarism) will not be tolerated and is subject to disciplinary action. You are encouraged to become familiar with the University’s Policy of Academic dishonesty found in the Student Handbook. Academic Integrity is defined in the UNT Policy on Student Standards for Academic Integrity. Academic Dishonesty includes cheating, plagiarism, forgery, fabrication, facilitating academic dishonesty, and sabotage. Any suspected case of Academic Dishonesty will be handled in accordance with the University Policy and procedures. Possible academic penalties range from a verbal or written admonition to a 0 for an assignment or a grade of “F” in the course. Plagiarism is the use of another author’s ideas or work without crediting (citing) the author for that idea, or copying work from other students. When in doubt, ask me. More about the UNT’s academic integrity policies and students’ right to appeal may be found at <http://vpaa.unt.edu/academic-integrity.htm>.

Professional Conduct is REQUIRED

**Cheating**: I will not tolerate dishonesty. All students are expected to complete reading quizzes and individual assignments on their own. If you are caught cheating, you will receive an automatic zero for the assignment and be reported to the Dean of Students.

o [Student Code of Conduct](https://policy.unt.edu/policy/07-012)

**Plagiarism**: You are NOT allowed to plagiarize. All submitted assignments should reflect a combination of your experiences and the course material. Obviously, I expect that you use your textbook and assigned materials. Make sure you provide quotes and a page number for anything you quote directly from sources and a citation for ideas, definitions, or examples you did not invent yourself. Application to your experiences and your perspectives is KEY! [Owl Purdue](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html) can help you with APA style.

**\*\*No AI should be used in Discussion Board responses and if found being utilized it will result in a zero for that Discussion Board\*\***

**You are responsible for the integrity and correctness of what you submit in your assignments. AI is known to fabricate information and sources, so use AI with caution as any information present in your work is your responsibility.**

**Reporting Grades:**

It is against University policy for me to divulge grade information via e-mail or telephone. If you have concerns about your grade at any point in the semester, please schedule an appointment to meet with me. It is also against University policy for me to discuss your grades with anyone other than you, the student, unless a signed waiver is on file.

**Student Resources:**

**Technical Assistance:**

Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technological issues.

**UIT Help Desk:** http://www.unt.edu/helpdesk/index.htm

**Email:** helpdesk@unt.edu

**Phone**: 940-565-2324

**In Person**: Sage Hall, Room 130

**Walk-In Availability**: 8am-9pm

**Telephone Availability:**

Sunday: noon-midnight

Monday-Thursday: 8am-midnight

Friday: 8am-8pm

Saturday: 9am-5pm

**Laptop Checkout**: 8am-7pm

For additional support, visit Canvas Technical Help (<https://community.canvaslms.com/docs/DOC-10554-4212710328>)

**Student Support Services:**

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

* [Student Health and Wellness Center](https://studentaffairs.unt.edu/student-health-and-wellness-center) (https://studentaffairs.unt.edu/student-health-and-wellness-center)
* [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (https://studentaffairs.unt.edu/counseling-and-testing-services)
* [UNT Care Team](https://studentaffairs.unt.edu/care) (https://studentaffairs.unt.edu/care)
* [UNT Psychiatric Services](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry) (https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)
* [Individual Counseling](https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling) (https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling)

Other student support services offered by UNT include

* Registrar (https://registrar.unt.edu/registration)
* [Financial Aid](https://financialaid.unt.edu/) (https://financialaid.unt.edu/)
* [Student Legal Services](https://studentaffairs.unt.edu/student-legal-services) (https://studentaffairs.unt.edu/student-legal-services)
* [Career Center](https://studentaffairs.unt.edu/career-center) (https://studentaffairs.unt.edu/career-center)
* [Multicultural Center](https://edo.unt.edu/multicultural-center) (https://edo.unt.edu/multicultural-center)
* [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (https://studentaffairs.unt.edu/counseling-and-testing-services)
* [Pride Alliance](https://edo.unt.edu/pridealliance) (https://edo.unt.edu/pridealliance)
* [UNT Food Pantry](https://deanofstudents.unt.edu/resources/food-pantry) (https://deanofstudents.unt.edu/resources/food-pantry)

### Academic Support Services

* [Academic Resource Center](https://clear.unt.edu/canvas/student-resources) (https://clear.unt.edu/canvas/student-resources)
* [Academic Success Center](https://success.unt.edu/asc) (https://success.unt.edu/asc)
* [UNT Libraries](https://library.unt.edu/) (https://library.unt.edu/)
* [Writing Lab](http://writingcenter.unt.edu/) (http://writingcenter.unt.edu/)
* [MathLab](https://math.unt.edu/mathlab) (https://math.unt.edu/mathlab)