



## PSYC 124 - Psychology of Adjustment Course Outline

Approval Date: 03/11/2021

Effective Date: 08/13/2021

### SECTION A

**Unique ID Number** CCC000338352

**Discipline(s)** Psychology

**Division** Social Sciences

**Subject Area** Psychology

**Subject Code** PSYC

**Course Number** 124

**Course Title** Psychology of Adjustment

**TOP Code/SAM Code** 2001.00 - Psychology, General / E - Non-Occupational

**Rationale for adding this course to the curriculum** Updating textbooks and revising examples in the "methods of evaluation" and "assignments" sections only

**Units** 3

**Cross List** N/A

**Typical Course Weeks** 18

**Total Instructional Hours**

#### Contact Hours

**Lecture** 54.00

**Lab** 0.00

**Activity** 0.00

**Work Experience** 0.00

**Outside of Class Hours** 108.00

---

**Total Contact Hours** 54

**Total Student Hours** 162

**Open Entry/Open Exit** No

**Maximum Enrollment**

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus

### SECTION B

## General Education Information:

### SECTION C

#### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** This course addresses several major topics in the field of psychology with an emphasis on personal application. Topics covered include personality theory, stress and coping, the self, social cognition and influence, communication, attraction, gender and sexuality, human development, psychological disorders, and psychotherapy.

**Schedule Description**

### SECTION D

#### Condition on Enrollment

**1a. Prerequisite(s):** *None*

**1b. Corequisite(s):** *None*

**1c. Recommended**

- ENGL 90 with a minimum grade of C or better or equivalent

**1d. Limitation on Enrollment:** *None*

### SECTION E

#### Course Outline Information

##### 1. Student Learning Outcomes:

- A. Understand, evaluate, and apply the key psychological theories and research relevant to human adjustment

##### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Define and use basic biological, physiological, and psychological terminology to describe adjustment and psychosocial development across the lifespan.
- B. Generate and explicate concrete examples of psychological perspectives and applications underlying personal growth and psychosocial adjustment.
- C. Describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the peer-review process in science.
- D. Apply psychological principles and develop interpersonal, occupational and social skills for life-long personal growth.
- E. Differentiate between individual and sociocultural differences as applied to psychology of adjustment.
- F.

##### 3. Course Content

- Understanding the self, identity, coping, and adjustment in becoming a social person
- Adjusting to modern life
  - Personality theories
  - Stress and coping
  - Improving performance
- The Self and understanding interpersonal adjustment
- Developmental adjustment throughout life
  - Biopsychosocial influences on adjustment
- Psychological perspectives:
  - Biological perspective

- Psychoanalytic perspective
- Humanistic and Existential perspective
- Behavioral Learning perspective
- Cognitive perspective
- Clinical Assessment procedures and research methodology: Scientist-Practitioner Model
- The Nature of Self
- Social pressure, power of persuasion, and conformity
- Interpersonal communication and conflict resolution
- Psychosocial development across the lifespan
  - Adolescence to adulthood
  - Career choice and development
- Sexual and gender identity
- Habits, lifestyles, and health
- Outcomes and issues of psychological intervention
- 

#### 4. Methods of Instruction:

**Discussion:**

**Lecture:**

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

#### Typical classroom assessment techniques

Exams/Tests --

Quizzes --

Papers --

Final Exam --

Mid Term --

Additional assessment information:

1. Objective examination questions

For example:

a) Humanistic psychology is most associated with which of the following people?

- John Watson
- Albert Bandura
- Carl Rogers
- John Garcia

b) When a person repeatedly encounters a negative, uncontrollable situation and stops trying to change their circumstances, this is called

- proactive interference
- operant conditioning
- repression
- learned helplessness

2. Essay examination questions

For example:

a) Integrate the basic principles of Freud's psychoanalytic personality theory with the two basic impulses that he discussed.

b) Analyze and give examples of the three types of conflict stress.

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

1. Textbook chapter readings

For example:

- a) Chapters of the Weiten, Dunn, & Hammer textbook covering the topics relating to health psychology
- b) Chapters of the Weiten, Dunn, & Hammer textbook covering topics relating to clinical psychology

2. Additional academic articles, book excerpts, and webpage references of the instructor's choosing

B. Writing Assignments

1. Critical analysis papers (3 to 8 papers)

For example:

- a) Discuss a time when you personally used each of the major coping strategies discussed in class and analyze the effectiveness of each of these strategies based on your personal experiences.
- b) Apply your understanding of the types of psychotherapy discussed in class to the following psychological disorders: depression, bipolar disorder, and generalized anxiety disorder. Discuss how these different perspectives on psychotherapy might attempt to treat each of these psychological disorders.

2. Essay exam questions

(See Section E, Item 4 for examples)

C. Other Assignments

-

**7. Required Materials**

**A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: Weiten, W., Dunn, D., & Hammer, E

Title: Psychology Applied to Modern Life

Publisher: Cengage

Date of Publication: 2018

Edition: 12th

**B. Other required materials/supplies.**