

**PSYC 124**  
**Psychology of Adjustment**

3 Units  
54 hours lecture; 54 hours total

Recommended Preparation: ENGL 90 with a C or better.

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.

**CSU, UC**

**Student Learning Outcomes:**

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