

# PSYC A110: PSYCHOLOGY OF ADJUSTMENT

Item	Value
Curriculum Committee Approval Date	02/26/2025
Top Code	200100 - Psychology, General
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 4 Social and Behavioral Sciences 4C Behavioral Science (OD3)
Associate Science Local General Education (GE)	• Area 4 Social and Behavioral Sciences (OSD)
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 4 Social & Behavioral Sciences (4)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 4 Social&Behavioral Sci (4)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

## Course Description

The study of concepts and principles of personal and social adjustment. Theories (e.g., biological, psychodynamic, behavioral, cognitive, humanistic) of healthy adjustment are explored and coupled with personal discipline and responsibility of the individual student. The material is geared to be relevant and applicable to contemporary society. Transfer Credit: CSU; UC.

## Course Level Student Learning Outcome(s)

1. Appropriately explain the relevance of various personality perspectives using real life examples.
2. Use research to explain the value of contemporary perspectives toward personal and social adjustment.
3. Critically evaluate an individual by accurately identifying factors and process of adjustment, and applying accurate knowledge to encourage the process and/or solve problems.

## Course Objectives

- 1. Compare and contrast theories of personality development.
- 2. Use the biopsychosocial model to explain personality.
- 3. Identify primary components of a healthy self-concept.

- 4. Describe the psychological relationship between wellness and illness and the impact of rest, exercise, diet, and spirituality on physical and psychological well-being.
- 5. Describe alternatives to traditional gender roles and relationships.
- 6. Describe developmental changes in personality, activities, and values across the lifespan.
- 7. Explain the stages of grief and dying using the research of Elizabeth Kubler-Ross and other theorists.
- 8. Identify and apply various psychological theories to solve problems of adjustment.

## Lecture Content

Invitation to Personal Learning and Growth The Psychology of Adjustment Defined A Model for Personal Growth: Self-Actualization Multiple Intelligences and Multiple Learning Styles Reviewing Your Childhood and Adolescence The Nature of Personality Biological Perspectives Psychodynamic Perspectives Behavioral Perspectives Humanistic Perspectives Developmental Perspectives Multicultural Perspective Development In Adolescence and Adulthood Key Developmental Concepts The Transition of Adolescence Self-Perception Personality Development in Adulthood Your Body and Wellness Wellness and Life Choices Holistic Health Holistic medicine Physical exercise Integrative Medicine Body Image and Identity Stress and Its Effects Sources of Stress Effects of Stress Type A/B and Hardy Personalities Factors Influencing Stress Tolerance Friendship and Love The Nature of Close Relationships Barriers to Loving and Being Loved Factors Influencing Interpersonal Attraction Friendship Marriage and Intimate Relationships Challenges to the Traditional Model of Marriage Selecting a Mate Predictors of Marital Success Marital adjustment Across the Family Life Cycle Vulnerable Areas in Marital Adjustment Divorce Alternatives to Marriage Becoming the Woman or Man You Want to Be Gender-Role Stereotypes Research on Gender-Role Differences and Similarities Biological Origins of Gender Differences Environmental Origins of Gender Differences Criticism of Traditional Gender Roles Gender in the Past and Future Alternatives to Traditional Gender Roles The Process of Interpersonal Communication Revealing Ourselves to Others: Self Disclosure Basic Principles of Social Perception Development and Expression of Sexuality Becoming a Sexual Person Interaction in Sexual Relationships The Human Sexual Response Practical Issues in Sexual Activity Sexual Abuse and Harassment Work and Recreation Gender-Role Differences in the Workplace Understanding Job Satisfaction Stress in the Workplace Important Considerations in Vocational Choice Work and Recreation in Your Life Loneliness and Solitude The Value of Loneliness and Solitude Learning to confront the Fear of Loneliness Creating our own Loneliness through Shyness Loneliness and Our life stages Death and Loss The fear of death Death and the meaning of Life Suicide Stages of Death and Loss Grieving Death, Separation and other Losses Being Dead Psychologically and Socially Meaning and Values The quest for identity Our Search for Meaning and Purpose The Foundations of Meaning Our Philosophy of Life: Our Values in Action Embracing Diversity

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## **Instructional Techniques**

1. Lecture-discussion regarding textbook materials and contemporary research. 2. Student papers analyzing course material. 3. Student papers researching outside materials contemporary events. 4. Class experiment exercises demonstrating psychological concepts. 5. Class exercises to improve communication skills of writing, listening, and speaking.

## **Reading Assignments**

2 hours per week reading from assigned textbook and supplementary materials

## **Writing Assignments**

2 hours per week writing paper analyzing topics in psychology Analytical papers that appropriately apply concepts to psychological topics. Essay questions. Individual or group writing assignments

## **Out-of-class Assignments**

2 hours per week completing out-of-class homework assignments Analytical papers demonstrating the use of language as applied to psychological topics.

## **Demonstration of Critical Thinking**

Exams consisting of any of the following question formats: true-false, multiple choice, matching, short answer, and/or essay. Analytical papers. Discussions and extemporaneous exercises involving individuals and panels.

## **Required Writing, Problem Solving, Skills Demonstration**

Exams consisting of any of the following question formats: true-false, multiple choice, matching, short answer, and/or essay. Analytical papers. Discussions and extemporaneous exercises involving individuals and panels.

## **Eligible Disciplines**

Psychology: Master's degree in psychology OR bachelor's degree in psychology AND master's degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent. Master's degree required.

## **Textbooks Resources**

1. Required Corey, G., Corey, M. S.. I Never Knew I Had A Choice: Explorations in Personal Growth, 11th ed. Belmont: Wadsworth, Cengage Learning, 2018 Rationale: - 2. Required Weiten, Wayne, Dunn, Dana S., Hammer, Elizabeth Yost. Psychology Applied to Modern Life: Adjustment in the 21st Century, 12th ed. Belmont: Cengage Learning, 2024 Rationale: -

## **Other Resources**

1. Contemporary readings (e.g., journal articles)