

PSYC G110: PSYCHOLOGY OF ADJUSTMENT

Item	Value
Curriculum Committee Approval Date	10/20/2020
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)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)
California General Education Transfer Curriculum (Cal-GETC)	• Cal-GETC 4 Social & Behavioral Sciences (4) • Cal-GETC 4I Psychology (4I)
Intersegmental General Education Transfer Curriculum (IGETC)	• IGETC 4 Social&Behavioral Sci (4) • IGETC 4I Psychology (4I)
California State University General Education Breadth (CSU GE-Breadth)	• CSU D9 Psychology (D9) • CSU E1 Lifelong Understanding (E1)

Course Description

This course will study of concepts and principles of personal and social adjustment, with an applied focus on how psychology is used in everyday life. Psychological theories regarding healthy adjustment are explored, including research on stress, coping, personal growth, self-esteem, self-actualization, and healthy vs. unhealthy relationships. Contemporary theories are examined, with an emphasis on how scientists, clinicians, and practitioners study and apply psychology. Transfer Credit: CSU; UC. C-ID: PSY 115. C-ID: PSY 115.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Explain the psychological theories and research regarding personal and social adjustment, and effectively apply them to real-life examples.
3. Analyze concrete examples of personal growth and psychosocial adjustment, using the psychological research to explain different outcomes.
4. Analyze the factors which promote or hinder personal growth and development, in order to apply knowledge to solve both intrapersonal and interpersonal problems.

Course Objectives

1. Describe the scientific method, and identify the principles of psychological research.
2. Compare and differentiate between the major psychological perspectives.
3. Identify the importance of culture, gender, and socioeconomic status in the development of the self and personal adjustment.
4. Explain the impact of stress on health, and the effective vs. ineffective methods of coping with stress.
5. Explain the importance of successful communication and the factors involved in effective versus dysfunctional communication.
6. Improve self-awareness and the ability to reflect on human relations issues, as well as explore strategies for self-improvement and problem solving.
7. Apply the psychological theories and research to critically analyze one's own interpersonal and intrapersonal skills.
8. Describe how constructive behaviors can be used in effectively coping with everyday frustrations and conflicts.
9. Identify and apply various psychological theories of adjustment to solve problems of adjustment.
10. Apply psychological principles to develop new life skills (interpersonal, occupational, social) to promote positive life-long personal growth.

Lecture Content

Understanding the Scientific Method Science vs. Pseudoscience Research Methods and Ethics Understanding Different Psychological Perspectives Biological, behavioral, developmental, humanistic, psychodynamic, cognitive and multicultural perspectives Internal and External Sources of Stress Adjusting to Modern Life Effective vs. Ineffective Methods of Coping with Stress Improving Adjustment and Performance The Self and Self-Esteem Causes of Healthy versus Unhealthy Self Esteem Narcissism Personality Theories Factors which Impact Health, Stress, and Coping Habits, Lifestyles, and Health Adjustment Across the Lifespan Childhood, adolescence, and adulthood Importance of Culture and Family Career Choice and Development Friendship, Love, and Intimate Relationships Healthy versus Unhealthy Relationships Power and Jealousy in Relationships Loneliness Impact of Issues in Modern Society How to Overcome Different Types of Loneliness Marriage and Divorce Successful versus Unsuccessful Relationships Gender Roles and Sexuality Psychological Adjustment Across the Lifespan Interpersonal Communication Conflict Resolution Skills Abusive Relationships Cause of Abuse Why the Victim Stays Mental Health Issues Mood and Anxiety Disorders Suicide and Suicide Prevention Different Psychological Perspectives on Mental Health Therapy Psychotherapy, Pharmacological Therapies, and Group Therapy Outcomes and Issues of Psychological Intervention When and How to Seek Help Setting Goals and Finding Meaning in Life The Impact of Culture and Diverse World-Views Coping with Life's Biggest Challenges Positive Psychology Research on Happiness

Method(s) of Instruction

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

Instructional Techniques

1. Lecture and discussion regarding reading materials and contemporary research.2. Reflective student essays, applying the theories and research to real-life.3. In-class group work, to apply, discuss, and explore psychological concepts.4. Writing assignments evaluating additional materials and contemporary events.5. Out of class assignments, to apply the skills and tools of personal adjustment learned in class.

Reading Assignments

1. Readings assigned from the textbook.2. Additional articles and handouts assigned by the instructor.

Writing Assignments

1. Reflective writing assignments, applying the psychological theories to real-life examples.2. Analytical essays, applying the psychological concepts to concrete examples.3. Essay questions on exams.4. In class writing assignments, individually and in group work.

Out-of-class Assignments

1. Activities which ask students to apply the theories of personal and social adjustment to their own lives.2. Reflective writing assignments, analyzing the real-life impact of these assignments.

Demonstration of Critical Thinking

1. Analytical papers, demonstrating critical analysis of concepts and theories.2. Discussions and in-class activities involving complex application of psychological theories.3. Essay questions on exams, requiring the ability to compare and contrast different theories and research.

Required Writing, Problem Solving, Skills Demonstration

1. Analytical papers, demonstrating critical analysis of concepts and theories.2. Discussions and in-class activities involving complex application of psychological theories.3. Essay questions on exams, requiring the ability to compare and contrast different theories and research.

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 Weiten, Dunn Hammer. Psychology Applied to Modern Life: Adjustment in the 21st Century, 12th ed. Cengage, 2018 2. Required Moritsugu, Vera, Jacobs Kennedy. Psychology of Adjustment: The search for meaningful balance, ed. Sage, 2016

Other Resources

1. Instructor Prepared Materials