

**PSYCH 35 Course Outline as of Spring 2016****CATALOG INFORMATION**

Dept and Nbr: PSYCH 35 Title: PSYCH OF IDENTITY

Full Title: Psychology of Identity

Last Reviewed: 12/12/2023

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |       |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 3.00 | Lecture Scheduled     | 3.00 | 17.5         | Lecture Scheduled  | 52.50 |
| Minimum | 3.00 | Lab Scheduled         | 0    | 6            | Lab Scheduled      | 0     |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 3.00 |              | Contact Total      | 52.50 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

This course examines the psychological principles, concepts, and processes that underlie the formation and development of human identity. Major emphases of study will be on human relations, personal adjustment, and identity development.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 1A or equivalent

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course examines the psychological principles, concepts, and processes that underlie the formation and development of human identity. Major emphases of study will be on human relations, personal adjustment, and identity development. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                   |                      |  |           |
|-------------------|----------------------|--|-----------|
| <b>AS Degree:</b> | <b>Area</b>          | Effective:                             | Inactive: |
| <b>CSU GE:</b>    | <b>Transfer Area</b> | Effective:                             | Inactive: |
|                   | E                    | Lifelong Learning and Self Development | Fall 1981 |

|               |                      |                               |           |
|---------------|----------------------|-------------------------------|-----------|
| <b>IGETC:</b> | <b>Transfer Area</b> | Effective:                    | Inactive: |
|               | 4                    | Social and Behavioral Science | Fall 1981 |
|               | 4I                   | Psychology                    |           |

|                      |              |            |           |           |
|----------------------|--------------|------------|-----------|-----------|
| <b>CSU Transfer:</b> | Transferable | Effective: | Fall 1981 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

|                     |              |            |           |           |
|---------------------|--------------|------------|-----------|-----------|
| <b>UC Transfer:</b> | Transferable | Effective: | Fall 1981 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

### **CID:**

|                            |  |
|----------------------------|--|
| CID Descriptor:PSY 115     | Psychology of Personal and Social Adjustment |
| SRJC Equivalent Course(s): | PSYC35                                       |

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. Describe the process of understanding the “inner self” and relationships.
2. Distinguish between the “self” and evolvment of personality.
3. Apply skills and techniques to control one’s life and change one’s behavior.
4. Identify skills to achieve a balance between emotional expression and control.
5. Demonstrate effective communication skills for establishing and maintaining more satisfying relationships with others.
6. Explain the evolution of a relationship: finding friends, becoming intimate, and discovering love.
7. Identify and utilize interpersonal conflict resolution strategies.
8. Identify life stressors and effective ways of coping with stress.
9. Distinguish between prioritizing values and defining meaning and purpose in life.
10. Compare and contrast the research and methodology on the myths and truths of happiness and life success.

### **Topics and Scope:**

1. Introduction to understanding “self” and others
  - a. Self-discovery
  - b. Self-disclosure
  - c. Perceptual awareness
  - d. Developing new relationships
  - e. Research methodologies
2. Self-Awareness

- a. Personality development
- b. Stages of adult development
- c. Self-esteem
- d. Individualism and collectivism
- 3. Capacity to Control Behavior
  - a. Self-control and external control
  - b. Social learning theory
  - c. Learning theory
  - d. Reinforcement and self-change
- 4. Dealing with Emotions
  - a. Development of emotions
  - b. Emotional intelligence
  - c. Understanding culture and emotion
  - d. Benefits of expressing feelings
- 5. Interpersonal Communication
  - a. One- and two-way communication
  - b. Gender and communication
  - c. Active and empathetic listening
  - d. Person-to-person communication
- 6. Developing Close Relationships
  - a. Dating and mating
  - b. Becoming committed
  - c. Communication problems
  - d. Growing together or apart
- 7. Resolving Interpersonal Conflict
  - a. Dimensions of conflict
  - b. Behavior styles
  - c. Gender, culture and conflict management
  - d. Methods of conflict resolution
- 8. Managing Stress and Wellness
  - a. Physical and behavioral effects of stress
  - b. Personality types
  - c. Gender, culture, and stress
  - d. Irrational and rational self-talk
- 9. Meaning and Values
  - a. Classifying and clarifying personal values
  - b. Value indicators
  - c. Personal ethics, character, and integrity
  - d. Perceptions of significance
- 10. Life Goals, Happiness, and Well-being
  - a. Motivation
  - b. Effective life planning
  - c. Contributors to success
  - d. Myths and truths about happiness

**Assignment:**

- 1. Read approximately 25-35 pages per week and recapitulate assigned material in the textbook and supplements.
- 2. Term, interview, or research paper; journal writing, portfolio, or projects may be used for the purpose of learning research skills, enhancing course knowledge, and improving writing skills.
- 3. Oral presentations and/or group projects may be assigned.

#### 4. Midterms and Finals

##### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework, term, interview, or research papers; journals. A minimum of 1,250 words for the course.

Writing  
10 - 25%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations  
0 - 0%

**Exams:** All forms of formal testing, other than skill performance exams.

Midterms exams and final or portfolio for examination purposes

Exams  
75 - 90%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Class discussion that may include group projects and oral presentations.

Other Category  
0 - 15%

##### Representative Textbooks and Materials:

Becoming Aware: a Text/Workbook for Human Relations and Personal Adjustment. Velma Walker. Kendall/Hunt: 2009.

I Never Knew I Had a Choice: Explorations in Personal Growth. Gerald Corey, and Marianne Schneider Corey. Brooks/Cole: 2010.

Psychology and Personal Growth. Nelson H. Goud. Pearson Education: 2009.

Psychology and the Challenges of Life: Adjustment and Growth. Jeffrey S. Nevid and Spencer A. Rathus. Wiley: 2010.