

CATALOG INFORMATION

Dept and Nbr: PSYCH 33      Title: GROWTH/COMMUNICATN  
Full Title: Growth & Communications  
Last Reviewed: 12/6/1994

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	17.5	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:**  
Principles of mental hygiene and personality development. Emphasis upon emotions, reactions to frustration, measurement of personality, individual and group differences.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Eligibility for English 100A or equivalent.

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Course originally numbered Psych 33. Renumbered to Psych 53 in Spring 1993. Renumber back to Psych 33 in Spring 1994. UC did not accept as transferrable, so course was renumbered back to Psych 53. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended: Eligibility for English 100A 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>			<b>Effective:</b>	<b>Inactive:</b>
	D	Social and Behavioral Sciences		Fall 1981	Spring 2008
<b>CSU GE:</b>	<b>Transfer Area</b>			<b>Effective:</b>	<b>Inactive:</b>
	E	Lifelong Learning and Self Development		Fall 1981	Spring 2008
<b>IGETC:</b>	<b>Transfer Area</b>			<b>Effective:</b>	<b>Inactive:</b>
	4	Social and Behavioral Science		Fall 1981	Fall 1993
	4I	Psychology			
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	Spring 2008
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	Fall 1993

**CID:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

**AFTER COMPLETING THIS COURSE STUDENTS WILL BE ABLE TO:**

1. Describe the experimental method and discuss the scientific approach to behavior.
2. Summarize the strengths and weaknesses of the psychodynamic, behavioral, humanistic, and biological personality theories.
3. List the major types of stress and discuss the factors influencing our tolerance of stress.
4. Discuss three common coping patterns and explain the strengths and weaknesses of each pattern.
5. Describe three key components in the communication process, discuss the significance of nonverbal messages, and explain why self-disclosure is sometimes inappropriate.
6. Explain the nature of groups and how groups affect individual attitudes and behavior.
7. Discuss three factors that influence interpersonal attraction.
8. Explain at least one theory of childhood development.
9. Describe the four phases of the human sexual response cycle, list the various types of STDs, and describe how each STD is transmitted.
10. Discuss the anxiety disorders, the somatoform disorders, the dissociative disorders, the mood disorders, and the personality disorders.
11. Discuss the insight, behavior, and biomedical therapies and describe the techniques used by therapists in these various schools.

### **Topics and Scope:**

1. The Self.

2. Personality.
3. Learning.
4. Motivation and Emotion.
5. Anxiety and Stress.
6. Conflict, Anger, and Aggression.
7. Psychotherapy.
8. Attitudes and Values.
9. Communication.
10. The Individual and the Group.
11. Love and Friendship.
12. Sex.
13. Marriage and Family.
14. Work and Leisure.
15. Life Cycles.

### Assignment:

Reading and writing assignments, and other homework will be assigned: approximately 2 hours of homework for each hour of class meeting.

### 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.

Term papers

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.

Multiple choice

Exams  
75 - 90%

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

None

Other Category  
0 - 0%

**Representative Textbooks and Materials:**

Bruno, Frank J.

1983, ADJUSTMENT AND PERSONAL GROWTH. Seven Pathways. Wiley.

Adler, Ronald B. and Neil Towne

1987, LOOKING OUT/LOOKING IN. Holt, Rinehart, and Winston.

Hamachek, Don E.

1987, ENCOUNTERS WITH THE SELF. Holt, Rinehart, and Winston.