PSYCH 35 Course Outline as of Fall 2024

CATALOG INFORMATION

Dept and Nbr: PSYCH 35 Title: PERSONAL & SOCIAL ADJUST
Full Title: Psychology of Personal and Social Adjustment
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:
In this course, students will examine the psychological principles, concepts, and processes that underlie the formation and development of human identity in its socio-cultural and ecological contexts. Their 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: In this course, students will examine the psychological principles, concepts, and processes that underlie the formation and development of human identity in its socio-cultural and ecological contexts. Their 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:

AS Degree:	**Area**		Effective:	Inactive:
	L4	Social and Behavioral Sciences	Fall 2025	Fall 2025
	L8	Student Success and Wellness		
CSU GE:	**Transfer Area**		Effective:	Inactive:
	E	Lifelong Learning and Self Development	Fall 1981	
IGETC:	**Transfer Area**		Effective:	Inactive:
	4	Social and Behavioral Science	Fall 1981	
	4I	Psychology		

CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
UC Transfer:	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

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Explain major concepts, theoretical perspectives, empirical findings, and historical trends regarding identity development.
2. Examine the influences of culture, ethnicity, and gender on identity development through autobiographical reflections.
3. Analyze different theoretical approaches to assessing and understanding one's own personality, cognitions, emotions, and behaviors.

Objectives:
At the conclusion of this course, the student should be able to:
1. Define and use basic biological, physiological, psychological, and cultural terminology to describe adjustment, balancing, and psychosocial development across the lifespan.
2. Describe the process of understanding the "innerself", its process and its interactions with surrounding contexts. and differentiate between individual and sociocultural differences.
3. Apply skills and techniques to find balance and contentment in one's personal and occupational life and integrate cognitions, emotions, psycho-spiritual needs, and behavior.
4. Identify skills to achieve a balance between emotional expression and control.
5. Identify effective skills for establishing and maintaining more satisfying relationships with all relations (human and other-than-humans).
6. Explain the evolution of human relationships: finding friends, becoming intimate, and

discovering love.
7. Identify and utilize interpersonal conflict resolution strategies using different cultural perspectives.
8. Identify life stressors and effective ways of coping with stress.
9. Critically reflect on personal values and one's understanding of the meaning and purpose in life.
10. Compare and contrast the research and methodology on the myths and truths of happiness, contentment, inner and outer balance, and life success.

Topics and Scope:

I. Introduction to Understanding "Self" and Others
- A. Ethno-autobiographical self-discovery – adjusting to modern life
- B. Self-disclosure
- C. Perceptual awareness of culture, place, ethnicity, and gender
- D. Developing new relationships
- E. Research methodologies

II. Self-Awareness
- A. Personality theories and perspectives on adjustment
- B. Stages of adult development
- C. Self-esteem
- D. Self in individualistic, collectivist, and indigenous societies
- E. Personal and cultural unconscious; the role of shadow material

III. Capacity to Control Behavior
- A. Self-control and external control
- B. Psychobiology of self-control
- C. Social learning theory
- D. Learning theory
- E. Reinforcement and self-change
- F. Holistic and psycho-spiritual approaches
- G. Integration, balance and contentment

IV. Dealing with Emotions
- A. Development of emotions
- B. Emotional intelligence
- C. Understanding culture and emotion
- D. Benefits of acknowledging and expressing feelings

V. Interpersonal Communication
- A. One- and two-way communication
- B. Gender, culture, ethnicity, class, spirituality/religion, and communication
- C. Active and empathic listening; compassion
- D. Person-to-person communication
- E. Communication with non-human relations

VI. Developing Close Human Relationships
- A. Relationality and intimacy
- B. Dating and mating
- C. Varieties of commitment (monogamy, poly, casual)
- D. Communication problems
- E. Growing together or apart

VII. Resolving Interpersonal Conflict
- A. Historical, cultural, gender, and personal dimensions of conflict
- B. Cognitive, emotional, and behavior styles
- C. Gender, culture, ethnicity, and stress

D. Western and non-Western methods of conflict resolution
VIII. Managing Stress and Wellness
A. Physical, psycho-spiritual, and behavioral effects of stress
B. Personality types
C. Gender, culture, ethnicity, and stress
D. Irrational and rational self-talk
E. Spiritual and religious factors in stress
IX. Meaning and Values
A. Classifying and clarifying personal values in socio-cultural contexts
B. Value indicators
C. Personal ethics, character, and integrity
D. Perceptions of significance
X. Life Goals, Happiness, and Well-being
A. Motivation
B. Effective life planning
C. Contributors to success
D. Myths and truths about happiness
E. Happiness vs. contentment

Assignment:

1. Read (25-35 pages per week) and recapitulate assigned material from the textbook and supplements
2. Writing assignments (cumulative total of at least 1500 words) across media such as:
A. Class exercises
B. Personal reflections
C. Reaction papers
D. Research projects
E. Journal entries
F. Online discussions
G. Annotations
H. Media analyses.
3. Quizzes, midterm and final (final may be replaced with portfolio project)
4. Optional assignments, such as:
A. Oral presentations
B. Group projects

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.

Writing assignments	Writing 10 - 70%

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.

Quizzes, midterm and final (final may be replaced with portfolio project)	Exams 30 - 90%

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

Optional assignments; participation	Other Category 0 - 15%

Representative Textbooks and Materials:
Psychology Applied to Modern Life: Adjustment in the 21st Century. 13th ed. Weiten, Wayne et al. Cengage. 2023.
Becoming Aware: A Text/Workbook for Human Relations and Personal Adjustment. 12th ed. Walker, Velma. Kendall/Hunt. 2013 (classic).
I Never Knew I Had a Choice: Explorations in Personal Growth. 10th ed. Corey, Gerald and Corey, Marianne. Brooks/Cole. 2013 (classic).
Psychology and the Challenges of Life: Adjustment and Growth. 12th ed. Nevid, Jeffrey and Rathus, Spencer. Wiley. 2012 (classic).
Personality and Personal Growth. 7th ed. Frager, Robert and Fadiman, James. Pearson. 2012 (classic).
Ethnoautobiography. 2nd ed. Kremer, Jurgen and Jackson-Paton, R. Kendall/Hunt. 2018 (classic).
Psychology for Living: Adjustment, Growth, and Behavior Today. 11th ed. Kirsh, Steven et al. Pearson. 2013 (classic).