

**PSYCH 35 Course Outline as of Fall 2017****CATALOG INFORMATION**

Dept and Nbr: PSYCH 35 Title: PERSONAL &amp; 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:**

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	Fall 1981	
		Lifelong Learning and Self Development	

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

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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### **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 in the discipline of Psychology.
2. Examine the influences of culture, ethnicity, and gender on identity development.
3. Analyze different theoretical approaches to assessing and understanding one's own personality, emotions, and behaviors.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Describe the process of understanding the "inner self" and relationships.
2. Distinguish between the "self" and involvement 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. Identify 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:**

- I. Introduction to understanding “self” and others
  - A. Self-discovery
  - B. Self-disclosure
  - C. Perceptual awareness of culture, ethnicity, and gender
  - D. Developing new relationships
  - E. Research methodologies
- II. Self-Awareness
  - A. Personality development
  - B. Stages of adult development
  - C. Self-esteem
  - D. Individualism and collectivism
- III. Capacity to Control Behavior
  - A. Self-control and external control
  - B. Social learning theory
  - C. Learning theory
  - D. Reinforcement and self-change
- IV. Dealing with Emotions
  - A. Development of emotions
  - B. Emotional intelligence
  - C. Understanding culture and emotion
  - D. Benefits of expressing feelings
- V. Interpersonal Communication
  - A. One- and two-way communication
  - B. Gender, culture, ethnicity, class, and communication
  - C. Active and empathetic listening
  - D. Person-to-person communication
- VI. Developing Close Relationships
  - A. Dating and mating
  - B. Becoming committed
  - C. Communication problems
  - D. Growing together or apart
- VII. Resolving Interpersonal Conflict
  - A. Dimensions of conflict
  - B. Behavior styles
  - C. Gender, culture, ethnicity, and conflict management
  - D. Methods of conflict resolution
- VIII. Managing Stress and Wellness
  - A. Physical and behavioral effects of stress
  - B. Personality types
  - C. Gender, culture, ethnicity, and stress
  - D. Irrational and rational self-talk
- IX. Meaning and Values
  - A. Classifying and clarifying personal values
  - 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

## Assignment:

1. Read approximately 25-35 pages per week and recapitulate assigned material from the textbook and supplements
2. Writing assignments (1-3) such as journal writing, term, or research paper for a minimum of 1250 words
3. Exams and/or projects (1-3) and one final examination or project
4. Oral presentations and/or group projects may also be assigned

## 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. 12th ed. Walker, Velma. Kendall/Hunt. 2013

I Never Knew I Had a Choice: Explorations in Personal Growth. 10th ed. Corey, Gerald and Corey Marianne. Brooks/Cole. 2013

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)

