

PSYC-124: PSYCHOLOGY OF ADJUSTMENT

Effective Term

Fall 2021

CC Approval

02/05/2021

AS Approval

02/23/2021

BOT Approval

03/11/2021

COCI Approval

N/A

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Psychology (Master's Degree)	

Subject Code

PSYC - Psychology

Course Number

124

Department

Psychology

Division

Social Sciences (SOCS)

Full Course Title

Psychology of Adjustment

Short Title

Psychology of Adjustment

CB03 TOP Code

2001.00 - Psychology, General

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Update DEI and prerequisite.

SECTION B - Course Description

Catalog Course Description

This course addresses several major topics in the field of psychology with an emphasis on personal application. Topics covered include personality theory, stress and coping, the self, social cognition and influence, communication, attraction, gender and sexuality, human development, psychological disorders, and psychotherapy.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

Prerequisite(s)

Eligibility for ENGL-C1000 or appropriate placement.

Requisite Justification

Requisite Description

Course Not in a Sequence

Subject

ENGL

Course

C1000

Level of Scrutiny

Content Review

Upon entering this course, students should be able to:

Show eligibility to enroll in ENGL-C1000 or have achieved appropriate placement for English.

SECTION D - Course Standards

Is this course variable unit?

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent
Online with Proctored Exams	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Understand, evaluate, and apply the key psychological theories and research relevant to human adjustment.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Define and use basic biological, physiological, and psychological terminology to describe adjustment and psychosocial development across the lifespan.
2.	Generate and explicate concrete examples of psychological perspectives and applications underlying personal growth and psychosocial adjustment.
3.	Describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the peer-review process in science.
4.	Apply psychological principles and develop 'new' interpersonal, occupational and social skills for life-long personal growth.
5.	Differentiate between individual and sociocultural differences as applied to psychology of adjustment.

Course Content

1. Understanding the self, identity, coping, and adjustment in becoming a social person
2. Adjusting to modern life
 - a. Personality theories
 - b. Stress and coping
 - c. Improving performance
3. The Self and understanding interpersonal adjustment
4. Developmental adjustment throughout life
 - a. Biopsychosocial influences on adjustment
5. Psychological perspectives:
 - a. Biological perspective
 - b. Psychoanalytic perspective
 - c. Humanistic and Existential perspective
 - d. Behavioral Learning perspective
 - e. Cognitive perspective
6. Clinical Assessment procedures and research methodology: Scientist-Practitioner Model
7. The Nature of Self
8. Social pressure, power of persuasion, and conformity
9. Interpersonal communication and conflict resolution
10. Psychosocial development across the lifespan
 - a. Adolescence to adulthood
 - b. Career choice and development
11. Sexual and gender identity
12. Habits, lifestyles, and health
13. Outcomes and issues of psychological intervention

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Discussion	Class discussions related to the psychology of adjustment
Lecture	Lecture topics in the field of psychology of adjustment

Online Adaptation

Types	Examples of learning activities
Activity	
Discussion	Canvas discussion boards
Group Work	
Lecture	Lectures either live or over Zoom

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Final Exam Mid Term 1. Objective examination questions For example: a) Humanistic psychology is most associated with which of the following people? - John Watson - Albert Bandura - Carl Rogers - John Garcia b) When a person repeatedly encounters a negative, uncontrollable situation and stops trying to change their circumstances, this is called - proactive interference - operant conditioning - repression - learned helplessness 2. Essay examination questions For example: a) Integrate the basic principles of Freud's psychoanalytic personality theory with the two basic impulses that he discussed. b) Analyze and give examples of the three types of conflict stress.
Quizzes	
Essays/Papers	

Assignments

Reading Assignments

1. Textbook chapter readings

For example:

- a) Chapters 3 & 4 of the Weiten & Lloyd textbook covering the topics relating to health psychology
 - b) Chapters 15 & 16 of the Weiten & Lloyd textbook covering topics relating to clinical psychology
2. Additional academic articles, book excerpts, and webpage references of the instructor's choosing

Writing Assignments

1. Critical analysis papers (3 to 8 papers)

For example:

- a) Discuss a time when you personally used each of the major coping strategies discussed in class and analyze the effectiveness of each of these strategies based on your personal experiences.
 - b) Apply your understanding of the types of psychotherapy discussed in class to the following psychological disorders: depression, bipolar disorder, and generalized anxiety disorder. Discuss how these different perspectives on psychotherapy might attempt to treat each of these psychological disorders.
2. Essay exam questions (See Section E, Item 4 for examples)

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Weiten, W., Dunn, D., & Hammer, E

Title

Psychology Applied to Modern Life

Edition/Version

12th

Publisher

Cengage

Year

2018

SECTION G - Diversity, Equity and Inclusivity

How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?

The course will include real-world applications, and students will be able to apply course content to their personal experiences. Material will be presented via multiple modalities in support of varying student preferences. Course assignments will include formative assessments that prioritize conceptual understanding and application of the course material.

Course Codes (Admin Only)

CB00 State ID

CCC000338352

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No