

# PSY 033: PERSONAL & SOCIAL ADJUSTMENT

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**Changes saved but not submitted****Originator**

Linda Emerson

**Justification / Rationale**

English 71 to English 61

**Effective Term**

Fall 2018

**Credit Status**

Credit - Degree Applicable

**Subject**

PSY - Psychology

**Course Number**

033

**Full Course Title**

Personal &amp; Social Adjustment

**Short Title**

PERS/SOCIAL ADJUST

**Discipline****Disciplines List**

Psychology

**Modality**

Face-to-Face

**Catalog Description**

This course examines the development of personality and places emphasis upon the process of adjustment encountered in such areas as self development, school, family, intimate relationships, vocation and community. In particular, the course focuses on the development of well being and understanding process of learning and applying adequate methods of coping in problematic situations. This course is offered in the Spring semester of odd-numbered years.

**Schedule Description**

This introductory course in adjustment and personal relationships focuses on personality development, interpersonal relationships, human motivation, and the applicability of psychology to daily living, critical developmental issues and social processes. Advisory: ENG 061

**Lecture Units**

3

**Lecture Semester Hours**

54

**Lab Units**

0

**In-class Hours**

54

**Out-of-class Hours**

108

**Total Course Units**

3

**Total Semester Hours**

162

**Prerequisite Course(s)**

Advisory: ENG 061

**Required Text and Other Instructional Materials****Resource Type**

Book

**Author**

Duffy, K.G. Atwater, E.

**Title**

Psychology for Living: Adjustment, Growth, and Behavior Today

**Edition**

11th

**City**

Upper Saddle River, NJ

**Publisher**

Prentice-Hall

**Year**

2014

**College Level**

Yes

**Flesch-Kincaid Level**

12

**Class Size Maximum**

30

**Entrance Skills**

Synthesize ideas and information from multiple sources.

**Requisite Course Objectives**

ENG 061-Use theses to organize paragraphs into coherent analyses.

ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.

ENG 061-Demonstrate the ability to use research skills including library resources such as books, periodicals, electronic databases and online resources such as the internet.

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

**Entrance Skills**

Form a controlling idea in writing.

**Requisite Course Objectives**

ENG 061-Use theses to organize paragraphs into coherent analyses.

ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

**Entrance Skills**

Evaluate and use specific data to support general ideas.

**Requisite Course Objectives**

ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.

ENG 061-Demonstrate the ability to use research skills including library resources such as books, periodicals, electronic databases and online resources such as the internet.

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

**Course Content**

- a. Self Direction in a Changing World
- b. Childhood
- c. Affirmative Aging-Adulthood
- d. Seeking Selfhood
- e. Health
- f. Taking Charge
- g. Motives and Emotions
- h. Friendships
- i. Leader or Follower
- j. Work and Leisure
- k. Sexuality
- l. Love and Commitment
- m. Stress
- n. Mental Disorders
- o. Treating Mental Disorders
- p. Grief, Death and Dying

**Course Objectives**

	<b>Objectives</b>
Objective 1	Evaluate one's own adjustment and growth in reference to clearly defined personal and societal values.
Objective 2	Identify specific problem-solving techniques for dealing with common difficulties encountered when interacting with others.
Objective 3	Identify, analyze and critically assess common techniques for coping with stress occurring in the context of employment, common human relationships, society at large, physical illness and mental illness.
Objective 4	Identify the essentials of the most widely accepted scientific theories of personal and social development and demonstrate the ability to apply them in relevant contexts.
Objective 5	Identify and assess personal characteristics with regard to their impact upon the development of self-esteem.
Objective 6	Identify those concepts and techniques which facilitate effective participation in group interaction and to demonstrate skill in their application through participation in specific group activities.
Objective 7	Identify and evaluate those personality characteristics and skills which are essential to effective leadership in specific types of situations.
Objective 8	Synthesize the nature and importance of intimacy in one's personal and social development.
Objective 9	Examine the process of communication, identifying those characteristics which maximize effective communication as well as those which interfere with successful communication.
Objective 10	Assess the effectiveness of different listening styles in relation to specific listening situations.
Objective 11	Demonstrate an understanding and accepting one's self and show why gaining such an understanding is of critical importance in one's personal and social development.

**Student Learning Outcomes**

	<b>Upon satisfactory completion of this course, students will be able to:</b>
Outcome 1	Recognize/identify the major theories, concepts and perspectives as related to personal and social adjustment.
Outcome 2	Apply psychological theories, concepts and values to demonstrate awareness of self and others.

Outcome 3	Identify and appreciate major physical, environmental, and cultural influences on adjustment.
Outcome 4	Identify potential problems that take place in human adjustment and demonstrate attitudes and behaviors needed to adjust and cope.
Outcome 5	Identify attitudes and behaviors associated with developing and sustaining successful intrapersonal adjustment and interpersonal/social relationships
Outcome 6	Demonstrate effective skills which improve personal and social adjustment through the use of techniques and strategies presented in class.
Outcome 7	Identify sources of stress, the effects on psychological and physiological well-being and apply effective stress management techniques.

### Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Activity	
Self-exploration	
Participation	
Lecture	
Discussion	
Collaborative/Team	

### Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
College level or pre-collegiate essays		
Student participation/contribution		
Mid-term and final evaluations		
Tests/Quizzes/Examinations		
Group activity participation/observation		
Presentations/student demonstration observations		
Guided/unguided journals		
Critiques		
Written homework		

### Assignments

#### Other In-class Assignments

- Listen to lecture(professor and/or guest speaker) and take notes.
- View film clips and critique.
- Presentations by students, either individually or as a group.
- Review reading in textbook and ancillary handouts.
- Small group discussions.
- Examinations.

#### Other Out-of-class Assignments

- a. Readings in the textbook and in recommended supplementary literature. b. Viewing of films and video clips, including the taking of notes thereon. d. Listening to sound recordings and taking notes thereon. e. Special reports by students, in panel or singly. f. Participation in class research projects involving the collection, compilation and interpretation of data, including the composition of written or oral reports thereon. g. Examinations of various types, such as essay and multiple choice.

#### Grade Methods

Letter Grade Only

#### COD GE

- C2 - Social and Behavioral Science
- C5 - Personal Growth and Development

**CSU GE**

D9 - Psychology  
E - Lifelong Understanding and Self-Development

**MIS Course Data****CIP Code**

42.0101 - Psychology, General.

**TOP Code**

200100 - Psychology, General

**SAM Code**

E - Non-Occupational

**Basic Skills Status**

Not Basic Skills

**Prior College Level**

Not applicable

**Cooperative Work Experience**

Not a Coop Course

**Course Classification Status**

Credit Course

**Approved Special Class**

Not special class

**Noncredit Category**

Not Applicable, Credit Course

**Funding Agency Category**

Not Applicable

**Program Status**

Program Applicable

**Transfer Status**

Transferable to both UC and CSU

**C-ID**

PSY 115

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

**Approvals****Board of Trustees Approval Date**

12/15/2017

**Course Control Number**

CCC000245875

**Programs referencing this course**Psychology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined/?key=19>)Psychology AA Degree (<http://catalog.collegeofthedesert.eduundefined/?key=21>)Liberal Arts: Social and Behavioral Sciences AA Degree (<http://catalog.collegeofthedesert.eduundefined/?key=30>)