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Psychology (PSYC) 2033 Personal and Social Adjustment (3) CSU:UC  
[formerly Psychology 33]

Advisory: Eligibility for English 1500 strongly recommended

Total hours: 48 hours lecture

Catalog Description: This course is designed with an applied focus for students interested in how psychology is used in everyday life and is related to other social sciences. The course surveys different psychological perspectives and theoretical foundations and how these are applied across a person's life taking into account the influence of factors such as culture, gender, ethnicity, historical cohort, and socio-economic status. A broad understanding of how scientists, clinicians, and practitioners study and apply psychology is emphasized. C-ID: PSY 115

Type of Class/Course: Degree Credit

Text: Walker, Velma. *Becoming Aware: A Text/Workbook for Human Relations and Personal Adjustment*. 12<sup>th</sup> Ed. Kendal. 2013.

Walker, Velma. *Becoming Aware: A Text/Workbook for Human Relations and Personal Adjustment*. 13<sup>th</sup> Ed. Kendal. 2017.

Additional Instructional Materials: Relevant web links and resources

Course Objectives:

By the end of the course, a successful student should 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, and
5. Differentiate between individual and sociocultural differences as applied to psychology of adjustment.

Course Scope and Content:

Unit I Introduction to personal growth and self-adjustment

- A. Understanding the self and identity
  - B. Understanding coping
  - C. Understanding adjustment in becoming a social person
- Unit II     Adjusting to modern life
- A. Personality theories
  - B. Stress and coping
  - C. Improving performance
  - D. Interpersonal communication and conflict resolution
  - E. Habits, lifestyles, and health
- Unit III     The Self and understanding interpersonal adjustment
- A. The Nature of Self
  - B. Social pressure, power of persuasion, and conformity
- Unit IV     Developmental adjustment throughout life
- A. Psychosocial development across the lifespan
    - a. Adolescence to adulthood
    - b. Career choice and development
  - B. Biopsychosocial influences on adjustment
  - C. Sexual and gender identity
- Unit V     Psychological perspectives
- A. Biological perspective
  - B. Psychoanalytic perspective
  - C. Humanistic and Existential perspective
  - D. Behavioral Learning perspective
  - E. Cognitive perspective
- Unit VI     Clinical Assessment procedures and research methodology: Scientist-Practitioner Model
- A. Scientist-Practitioner model
  - B. Outcomes and issues of psychological intervention

**Learning Activities Required Outside of Class:**

Students in this class will spend a minimum of 6 hours per week outside of regular class time doing the following:

1. Reading assigned textbook and related materials
2. Participating in discussions
3. Completing written work
4. Studying for assessments



Methods of Instruction:

1. Lectures
2. Class discussions
3. Audiovisual presentations
4. Demonstrations

Methods of Evaluation:

1. quizzes
2. Substantial writing assignments, including:
  - a. essay exam (s)
  - b. term or other papers using APA style
3. Class discussions
4. Exams including
  - a. Multiple-choice
  - b. Matching items
  - c. True/False
  - d. Essay questions