Course Outline for Psychology 33

PERSONAL AND SOCIAL ADJUSTMENT

Catalog Description:
PSY 33 - Personal and Social Adjustment 3.00 units
Personality and behavior theory, personality assessment, and techniques of increasing personal effectiveness; basic human nature and the development of human potentialities through genetic inheritance, maturation and learning in a physical and socio-cultural environment; dynamics of individual and group behavior, motivation, stress, adjustive and maladjustive behavior and group and individual interaction.

Strongly Recommended: ENGL 1A

Grading Option: Letter Grade

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<tr>
<th>Discipline</th>
<th>Units</th>
<th>Contact Hours</th>
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<td></td>
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<td>Week</td>
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<tr>
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Prerequisite Skills:
None

Measurable Objectives:
Upon completion of this course, the student should be able to:
1. identify and explain the concepts of the human organism which have been emerging from experimentation and theory in psychology and the related fields of physiology and sociology;
2. provide overview of the human organism's behavior in the interaction between its own physical and psychological needs and the demands and opportunities of its environment;
3. evaluate the success of adjustive behavior in terms of the individual's satisfaction of various physical and social needs.

Course Content:
1. Basic human nature and the development of human potentialities through maturation and learning in a physical and sociocultural environment
2. The dynamics of individual and group behavior; motivation, stress, adjustive and maladjustive behavior; group-individual interaction with primary emphasis upon family and peer group influences on behavior
3. Principles of personality dynamics and their relationship to the improvement of personal effectiveness, through a study of personality theories and concepts of effective personal growth

Methods of Presentation
1. Lecture/Discussion
2. Demonstrations and video presentations
3. Personality tests
4. Small group project and student presentations

Assignments and Methods of Evaluating Student Progress
1. Typical Assignments
   A. Read required text
   B. Participate in classroom exercises
   C. Prepare an abstract of journal articles on personality
   D. Complete various projects—e.g. Design two masks. A public mask and a private mask to represent what we show to the world and how we really see ourselves. These masks will be shown and explained to the class.
2. Methods of Evaluating Student Progress
   A. Exams/Tests
   B. Quizzes
   C. Oral Presentation
   D. Written article abstracts
   E. Final Examination
3. Student Learning Outcomes
   Upon the completion of this course, the student should be able to:
   A. Identify, compare, and contrast the key themes in adjustive behavior, including sociocultural, biological, and cognitive-behavioral influences.
   B. Explain basic human nature and the development of human potentialities through maturation and learning in a physical and sociocultural environment.
   C. Identify the principles of personality dynamics and their relationship to the improvement of personal effectiveness.

Textbooks (Typical):
Special Student Materials

1. Computer access

Abbreviated Class Schedule Description:

Personality and behavior theory, personality assessment, and techniques of increasing personal effectiveness; basic human nature and the development of human potentialities through genetic inheritance, maturation and learning in a physical and socio-cultural environment; dynamics of individual and group behavior, motivation, stress, adjustive and maladjustive behavior and group and individual interaction.

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