ORIGINATOR: Maria Chovan  
EFF TERM: Fall 2013  
TITLE: Personal And Social Adjustment  
FORMERLY KNOWN AS:  
DATE OF OUTLINE/REVIEW: 07-19-2013  
CROSS LISTED COURSE:  
TOP NO: 2001.00  
CID: PSY 115  

SEMESTER UNITS: 3.0  
HRS LEC: 54.0  
HRS LAB: 0.0  
HRS OTHER: 0.0  
CONTACT HRS TOTAL: 54.0  
STUDY NON-CONTACT HRS RECOMMENDED: 108.0  
CATALOG DESCRIPTION:  
Recommended for transfer students. Of value to students interested in critical self-understanding. A consideration of the principles of adjustment and self-actualization. Contemporary theories of behavior change and growth are examined and their applications discussed. C-ID PSY 115  
JUSTIFICATION FOR COURSE:  
PREREQUISITES:  
COREQUISITES:  
ADVISORIES:  
ASSIGNED DISCIPLINES:  
Psychology  
MATERIAL FEE: Yes [ ] No [X] Amount: $0.00  
CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]  
GRADING POLICY: Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]  
OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]  
TRANSFER STATUS: CSU Transferable[X] UC/CSU Transferable[ ] Not Transferable[ ]  
BASIC SKILLS STATUS: Yes [ ] No [X]  
LEVELS BELOW TRANSFER: Not Applicable  
CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable  
NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course  
OCCUPATIONAL (SAM) CODE: E  
REPEATABLE ACCORDING TO STATE GUIDELINES: No [X] Yes [ ] NUMBER REPEATS:  
REQUIRED FOR DEGREE OR CERTIFICATE: No [ ] Yes [X]  
Associate of Arts: Liberal Arts: Emphasis in Social and Behavioral Sciences(Associate in Arts) Psychology(Associate in Arts for Transfer)  
GE AND TRANSFER REQUIREMENTS MET:  
CSU GE Area E: Lifelong Understanding and Self-Development  
E1 - Lifelong Understanding and Self-Development  
COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:
1. identify healthy and unhealthy personality traits and behavioral responses.
2. develop a self-development plan.
3. demonstrate more effective communication skills.
4. identify the conditions when psychotherapy is appropriate.

COURSE OBJECTIVES:
1. Develop behavioral skills related to Assertion Training.
2. Identify healthy and unhealthy personality traits and behavioral responses.
3. Develop a self-development plan.
4. Identify and characterize personality traits based on Transactional Analysis.
5. Identify healthy attitudes toward sex, relationships, work, and play.
6. Demonstrate more effective communication skills.
7. Identify the conditions when psychotherapy is appropriate.
8. Develop a basis for distinguishing healthy from self-defeating behavior.
9. Identify and explain the stages of human growth and development.
10. Acquire a healthier self-concept and a healthier approach toward self-actualization.
11. 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.

COURSE CONTENT:

LECTURE CONTENT:
A. Units by Weekly Assignments
   1. What is a Healthy Personality?
   2. Self-Esteem and self-Perception.
   3. Ways to Enhance Self-Esteem
   4. Ego: The Inferred Self
   5. Ego Stages: Parent, Adult, Child
   6. Self-Growth and Development
   7. Self-Protection and Defense Mechanisms
   8. Perception and Identifying Behaviors
   9. Personality Theories
   10. Social Learning Theory
   11. Cognitive Dissonance
   12. Self-Concept
   13. Sexuality and Sexual Behavior
   14. Family Relationships and Communication Styles
   15. Developing a Positive Self-Image

METHODS OF INSTRUCTION:
A. Lecture:
B. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:
Reading Assignments
1. Assigned readings from the Text and ancillary readings
2. Syllabus
3. Discussion assignments
Out-of-class Assignments

n/a

Writing Assignments

1. Demonstrate Assertive Training Skills
2. Develop a Contract for Change
3. Outline the Positive and Negative Aspects of One’s Own Personality
4. Develop and Deliver a Self-Actualization Skit

METHODS OF STUDENT EVALUATION:
Midterm Exam
Written Assignments
Report
Projects (ind/group)
Skills Demonstration

Demonstration of Critical Thinking:
1. Writing a critical paper on one personality theory, with an emphasis on how the theory applies to oneself and to significant others. 2. Develop three strategies for personal growth.

Required Writing, Problem Solving, Skills Demonstration:
1. Demonstrate Assertive Training Skills 2. Develop a Contract for Change 3. Outline the Positive and Negative Aspects of One’s Own Personality 4. Develop an Deliver a Self-Actualization Skit

TEXTS, READINGS, AND RESOURCES:

TextBooks:

LIBRARY:

Adequate library resources include: Print Materials
Non-Print Materials
Online Materials
Services

Comments:

Attachments:

[Attached Files]