

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PSYC

COURSE NUMBER: 1111

NUMBER OF CREDITS: 3

Lecture: 3 Lab: 0 OJT 0

Course Title:

Psychology of Self Adjustment

Catalog Description:

Psychology of Self Adjustment uses a cognitive-behavioral approach to achieve personal growth and manage common problems of daily living. Topics include reflection on childhood, development of self-esteem and assertiveness, personal health and wellness, relationships, loneliness and solitude, anger management, and handling death and loss.
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Prerequisites or Necessary Entry Skills/Knowledge:

None

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

☒ Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:

1. employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. examine social institutions and processes across a range of historical periods and cultures.
3. use and critique alternative explanatory systems or theories.

☒ Goal 7: Human Diversity: By meeting the following competencies:

1. Understand the development of and the changing meanings of group identities in the United States' history and culture.
2. demonstrate an awareness of the individual and institutional dynamics of unequal power relations between groups in contemporary society.
3. analyze their own attitudes, behaviors, concepts and beliefs regarding diversity, racism, and bigotry.
4. describe and discuss the experience and contributions (political, social, economic, etc.) of the many groups that shape American society and culture, in particular those groups that have suffered discrimination and exclusion.
5. demonstrate communication skills necessary for living and working effectively in a society with great population diversity.

Topics to be Covered (General)

Childhood, adolescence, and adulthood

Love and relationships
The body and wellness
Work and recreation
Values
Personal growth
Death and loss
Jungian psychology and the MBTI
Genealogy

Student Learning Outcomes

Define, explain and apply significant concepts central to human growth and adjustment.
Explain healthy and unhealthy ways of dealing with an issue.
Explain methods and techniques used in the cognitive-behavioral and humanistic school of thought, to assist in personal growth and adjustment.
Assess and summarize the information as it relates to the individual gleaned from the readings.
Demonstrate understanding through behavior change.
Identify and explain the impact on culture and diversity on personal development.

Is this course part of a transfer pathway: Yes ☐ No ☒

Revised Date: 10/27/2022