DEPT.: Psychology  

COURSE NUMBER: 1111

NUMBER OF CREDITS: 3  
Lecture: 3  
Lab: 0

Course Title: 
Psychology of Adjustment

Catalog Description: 
Uses a cognitive-behavioral approach to achieve personal growth and manage common problems of daily living. Topics include development of self-esteem and assertiveness, health and wellness, relationships, loneliness and solitude, anger management, and handling death and loss.

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable) 
Goal 1: Communication: ____ by meeting the following competencies:

Goal 2: Critical Thinking: ____ by meeting the following competencies:

Goal 3: Natural Sciences: ____ by meeting the following competencies:

Goal 4: Mathematics/Logical Reasoning: ____ by meeting the following competencies:

Goal 5: History and the Social and Behavioral Sciences: X 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 6: The Humanities and Fine Arts: ____ by meeting the following competencies:

Goal 7: Human Diversity: X 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.

Goal 8: Global Perspective: ____ by meeting the following competencies:

Goal 9: Ethical and Civic Responsibility: ____ by meeting the following competencies:

Goal 10: People and the Environment: ____ by meeting the following competencies:

**Prerequisites or Necessary Entry Skills/Knowledge:**
PSYC 1101 Introduction to Psychology or consent of Instructor.

**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

**Learning Outcomes**

1. Define, explain and apply the major concepts central to human growth and adjustment.
2. Explain health and unhealthy ways of dealing with an issue.
3. Explain methods and techniques used in the cognitive-behavioral and humanistic school of thought, to assist in personal growth and adjustment.
4. Assess and summarize the information as it relates to the individual gleaned from the readings.
5. Demonstrate understanding through behavior change.

**Is this course part of a transfer pathway:** Yes No X

**All syllabi must include the following statement:**

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, high school students are encouraged to notify their counselor and instructor. This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or via your preferred Telecommunications Relay Service.

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