



COURSE OUTLINE : PSYCH 110

D Credit – Degree Applicable

COURSE ID 004161

Cyclical Review: October 2018

Revision: September 2021

COURSE DISCIPLINE : PSYCH

COURSE NUMBER : 110

COURSE TITLE (FULL) : The Psychology of Personal and Social Adjustment

COURSE TITLE (SHORT) : Personal-Social Adjustment

ACADEMIC SENATE DISCIPLINE: Psychology

CATALOG DESCRIPTION

PSYCH 110 has 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.

Total Lecture Units:3.00

Total Laboratory Units: 0.00

Total Course Units: 3.00

Total Lecture Hours:54.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 108.00

Recommended Preparation: ENGL 100 or ESL 151.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	ENGL	100	Writing Workshop	Read, analyze, and evaluate contemporary articles and stories to identify topic, thesis, support, transitions, conclusion, audience, and tone;	Yes
2	ENGL	100	Writing Workshop	read, analyze, and evaluate contemporary articles and stories for the comprehension of difficult content and the identification of main ideas and (topic-based) evidence;	Yes
3	ENGL	100	Writing Workshop	read, analyze, and evaluate student compositions for unity, development, use of evidence, interpretation, coherence, and variety of sentence form;	Yes
4	ENGL	100	Writing Workshop	write a summary of a contemporary article or story with correct citation techniques;	Yes
5	ENGL	100	Writing Workshop	write an argumentative essay that has an introduction, body paragraphs, and a conclusion, demonstrating a basic understanding of essay organization;	Yes
6	ENGL	100	Writing Workshop	write an argumentative essay that addresses the topic, is directed by a thesis statement, uses appropriate textual evidence, develops logical interpretations, and concludes with some compelling observations;	Yes
7	ENGL	100	Writing Workshop	write an argumentative essay that integrates the ideas of others (i.e., authors) through paraphrasing, summarizing, and quoting with correct citation techniques;	Yes
8	ENGL	100	Writing Workshop	write an argumentative essay that generates novel ideas (those that add to the conversation rather than repeating the author's ideas) related to the topic and the readings;	Yes
9	ENGL	100	Writing Workshop	write compositions (e.g., summaries and argumentative essays) that are easy to read and follow, though some errors in grammar, mechanics, spelling, or diction may exist;	Yes
10	ENGL	100	Writing Workshop	proofread and edit essays for content, language, citation, and formatting problems.	Yes
11	ESL	151	Reading and Composition V	Read and critically analyze various academic readings;	Yes
12	ESL	151	Reading and Composition V	summarize readings;	Yes
13	ESL	151	Reading and Composition V	organize fully-developed essays in both expository and argumentative modes;	Yes

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14	ESL	151	Reading and Composition V	compose a 500 to 550-word essay which: summarizes and cites appropriately a reading passage; includes a clear thesis statement; uses evidence to support the thesis; shows clear organization into an introduction, body, and conclusion;	Yes
15	ESL	151	Reading and Composition V	revise writing to eliminate errors in syntax, and grammatical constructions;	Yes
16	ESL	151	Reading and Composition V	employ basic library research techniques;	Yes
17	ESL	151	Reading and Composition V	compose one research paper (1,000 words) or two short research papers (500-700 words each) with citations.	Yes

EXIT STANDARDS

- 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;
- 5 differentiate between individual and sociocultural differences as applied to psychology of adjustment.

STUDENT LEARNING OUTCOMES

- 1 apply psychological concepts as they relate to everyday life;
- 2 identify appropriate ways to solve personal problems;
- 3 identify effective ways to manage social and personal relationships.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Models of Human Nature <ul style="list-style-type: none"> • Creative or destructive • Rational or irrational • Free or determined 	4	0	4
2	Psychological Theories of Human Development/Adjustment <ul style="list-style-type: none"> • The psychoanalytic model: Sigmund Freud • The behavioristic model: B. F. Skinner • The humanistic model: Rogers and Maslow 	10	0	10



3	<p>The Self</p> <ul style="list-style-type: none"> • Self-awareness • Sensory apparatus for external and internal data • Development of self-concept, self-ideal, and self-image • Information from others and from self-observation • Emotions: source, adaptive expression, and maladaptive expression 	6	0	6
4	<p>The Self in Relation to Others</p> <ul style="list-style-type: none"> • Attraction and selection • Growth and development of relationships • Communication and assertiveness skills • Problem-solving skills and workable compromise • Methods for corrective action • Ending relationships 	6	0	6
5	<p>The Nature of Stress</p> <ul style="list-style-type: none"> • Sources of stress and its measurement • Factors that influence reactions to stress • Maladaptive response to stress and the consequences • Effective management of stress • Stress as a source of personal growth 	8	0	8
6	<p>Making Decisions</p> <ul style="list-style-type: none"> • Gathering information and predicting consequence • Weighing alternatives and choosing 	3	0	3
7	<p>Conflict and Its Management</p> <ul style="list-style-type: none"> • Sources of conflict • Ownership of a conflict • Responses to conflict • Reassessment 	6	0	6
8	<p>Crisis: Definition and Description</p> <ul style="list-style-type: none"> • Maturation, situational, and catastrophic sources of crisis • Complicating factors • Danger and opportunity: maladaptive and adaptive responses 	6	0	6



9	Effective Self-Management as the Key to Management of Life	5	0	5
	<ul style="list-style-type: none"> • Education and employment/career • Marriage and its alternatives • Parent: to be or not to be • Maturing and aging 			
				54

OUT OF CLASS ASSIGNMENTS

- 1 homework assignments that apply class concepts (e.g., keep track and analyze your stress over the course of a week);
- 2 essay demonstrating use of sources and critical thinking skills (e.g., a paper contrasting different coping skills);
- 3 individual projects (e.g., PowerPoint presentation that explains different problemsolving skills);
- 4 group projects (e.g., PowerPoint presentation that explains effective coping skills).

METHODS OF EVALUATION

- 1 four to five in-class objective and essay tests requiring demonstration of course exit standards;
- 2 research paper demonstrating the use of sources and the ability to think critically and apply concepts in a collegiate manner;
- 3 class participation in individual or group tasks to practice course exit standards;
- 4 evaluation of homework assignments;
- 5 evaluation of individual and group projects;

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations



TEXTBOOKS

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Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Psychology Applied to Modern Life: Adjustment in the 21st Century		Cengage	12	Print	Weiton, Wayne	9781305968479	2018