PSY 033: PERSONAL & SOCIAL ADJUSTMENT

Originator
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Co-Contributor(s)

Name(s)
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Justification / Rationale
The course is being modified to allow online presentation based on the current pandemic.

Effective Term
Fall 2021

Credit Status
Credit - Degree Applicable

Subject
PSY - Psychology

Course Number
033

Full Course Title
Personal & Social Adjustment

Short Title
PERS/SOCIAL ADJUST

Discipline

Disciplines List
Psychology

Modality
Face-to-Face
100% Online
Hybrid

Catalog Description
This course examines the development of personality and places emphasis upon the process of adjustment encountered in such areas as self development, school, family, intimate relationships, vocation and community. In particular, the course focuses on the development of well being and understanding process of learning and applying adequate methods of coping in problematic situations. This course is offered in the Spring semester of odd-numbered years.

Schedule Description
This introductory course in adjustment and personal relationships focuses on personality development, interpersonal relationships, human motivation, and the applicability of psychology to daily living, critical developmental issues and social processes. Advisory: ENG 061

Lecture Units
3
Lecture Semester Hours
54

Lab Units
0

In-class Hours
54

Out-of-class Hours
108

Total Course Units
3
Total Semester Hours
162

Prerequisite Course(s)
Advisory: ENG 061

Required Text and Other Instructional Materials
Resource Type
Book

Author
Duffy, K.G. Atwater, E.

Title
Psychology for Living: Adjustment, Growth, and Behavior Today

Edition
11th

City
Upper Saddle River, NJ

Publisher
Prentice-Hall

Year
2014

College Level
Yes

Flesch-Kincaid Level
12

Class Size Maximum
30

Entrance Skills
Synthesize ideas and information from multiple sources.

Requisite Course Objectives
ENG 061-Use theses to organize paragraphs into coherent analyses.
ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.
ENG 061-Demonstrate the ability to use research skills including library resources such as books, periodicals, electronic databases and online resources such as the internet.
ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

Entrance Skills
Form a controlling idea in writing.

Requisite Course Objectives
ENG 061-Use theses to organize paragraphs into coherent analyses.
ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

Entrance Skills

Evaluate and use specific data to support general ideas.

Requisite Course Objectives

ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.
ENG 061-Demonstrate the ability to use research skills including library resources such as books, periodicals, electronic databases and online resources such as the internet.
ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

Course Content

a. Self Direction in a Changing World

b. Childhood

c. Affirmative Aging-Adulthood

d. Seeking Selfhood

e. Health

f. Taking Charge

g. Motives and Emotions

h. Friendships

i. Leader or Follower

j. Work and Leisure

k. Sexuality

l. Love and Committment

m. Stress

n. Mental Disorders

o. Treating Mental Disorders

p. Grief, Death and Dying

Course Objectives

	Objectives
Objective 1	Evaluate one's own adjustment and growth in reference to clearly defined personal and societal values.
Objective 2	Identify specific problem-solving techniques for dealing with common difficulties encountered when interacting with others.
Objective 3	Identify, analyze and critically assess common techniques for coping with stress occurring in the context of employment, common human relationships, society at large, physical illness and mental illness.
Objective 4	Identify the essentials of the most widely accepted scientific theories of personal and social development and demonstrate the ability to apply them in relevant contexts.
Objective 5	Identify and assess personal characteristics with regard to their impact upon the development of self-esteem.
Objective 6	Identify those concepts and techniques which facilitate effective participation in group interaction and to demonstrate skill in their application through participation in specific group activities.
Objective 7	Identify and evaluate those personality characteristics and skills which are essential to effective leadership in specific types of situations.
Objective 8	Synthesize the nature and importance of intimacy in one's personal and social development.
Objective 9	Examine the process of communication, identifying those characteristics which maximize effective communication as well as those which interfere with successful communication.
Objective 10	Assess the effectiveness of different listening styles in relation to specific listening situations.
Objective 11	Demonstrate an understanding and accepting one's self and show why gaining such an understanding is of critical importance in one's personal and social development.

Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Identify the major theories, concepts, and perspectives as related to personal and social adjustment.
Outcome 2	Identify major physical, environmental, and cultural influences on adjustment.
Outcome 3	Demonstrate attitudes and behaviors needed to adjust and cope with potential problems that take place in human adjustment.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Activity	Students will form part of various activities to identify major physical, environmental, and cultural influences on adjustment and the major theories, concepts, and perspectives related to personal and social adjustment. Course concepts and the various theories will be covered to help identify attitudes and behaviors needed to adjust and cope with potential problems in human adjustment.
Technology-based instruction	Documentaries, films, and short clips will be utilized to reinforce course concepts.
Participation	Participation will be part of the required part of the course grade, including asking and answering questions in class, participating in both in-class and group discussions, completing in-class activities and worksheets, and sharing perspectives to reinforce learning.
Lecture	The instructor will deliver major course concepts and theories pertinent to personal and social adjustment through slides, videos/documentaries, articles, and websites.
Discussion	Discussion questions will be utilized and threaded throughout the lecture to encourage students to articulate the causes and consequences of personal and social adjustment theories to real-life situations.
Collaborative/Team	Students will work collaboratively in a group to study attitudes and behaviors needed to adjust and cope with potential problems that take place in human adjustment (i.e., coping with stress, physical illness, mental illness, development of self-esteem, communication in common human relationships, etc.). They will articulate and apply the major theories, concepts, concepts, and perspectives related to personal and social adjustment.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
College level or pre-collegiate essays	Choose a personal and social adjustment relevant to major physical, environmental, and cultural influences on adjustment. Students will write a detailed research paper on the topic chosen.	In and Out of Class
Student participation/contribution	Students will discuss individually and in small groups, various topics covered in the class.	In and Out of Class
Mid-term and final evaluations	There will be a midterm and a final exam using true/false multiple-choice and short-answer questions.	In and Out of Class
Tests/Quizzes/Examinations	Weekly quizzes will be taken via Canvas covering the various issues discussed in class and the reading assigned that week.	In and Out of Class
Group activity participation/observation	Students will discuss in small groups various topics covered in the class.	In and Out of Class

Presentations/student demonstration observations	Groups of students will present a final project related to types of behavior needed to adjust and cope with potential problems that take place in human adjustment; chosen by the student group (i.e., affirmative aging-adulthood, seeking selfhood, taking charge, motives and emotions, leader or follower, etc.). Students will be required to discuss the cultural and social relevance as well as articulate major applicable theories.	In and Out of Class

Assignments

Other In-class Assignments

Listen to lecture(professor and/or guest speaker) and take notes.

View film clips and critique.

Presentations by students, either individually or as a group.

Review reading in textbook and ancillary handouts.

Small group discussions.

Examinations.

Other Out-of-class Assignments

a. Readings in the textbook and in recommended supplementary literature. b. Viewing of films and video clips, including the taking of notes thereon. d. Listening to sound recordings and taking notes thereon. e. Special reports by students, in panel or singly. f. Participation in class research projects involving the collection, compilation and interpretation of data, including the composition of written or oral reports thereon. g. Examinations of various types, such as essay and multiple choice.

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

N/A

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

N/A

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Online quizzes and examinations
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Video or audio feedback
Weekly announcements

External to Course Management System:

Direct e-mail
Posted audio/video (including YouTube, 3cmediasolutions, etc.)
Teleconferencing
Telephone contact/voicemail

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

We believe the strategies discuss above are the best and most common way to maintain regular effective contact with students. There will be discussions in which the students will interact with each other and the instructor. Moreover, students will be encouraged

to interact with each other. Additionally, watching and commenting on videos, creating group projects, weekly announcements, quizzes, and timely feedback ensures students get the optimal level of interaction with the instructor and class.

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.
N/A

Other Information

COD GE

C2 - Social and Behavioral Science
C5 - Personal Growth and Development

CSU GE

D9 - Psychology
E - Lifelong Understanding and Self-Development

MIS Course Data

CIP Code

42.0101 - Psychology, General.

TOP Code

200100 - Psychology, General

SAM Code

E - Non-Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transferable to both UC and CSU

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

C-ID

PSY 115

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Files Uploaded

Attach relevant documents (example: Advisory Committee or Department Minutes)

PSY 033 CO approval letter.pdf

Approvals

Curriculum Committee Approval Date

11/18/2021

Academic Senate Approval Date

12/09/2021

Board of Trustees Approval Date

01/21/2022

Chancellor's Office Approval Date

03/11/2010

Course Control Number

CCC000245875

Programs referencing this course

Psychology AA-T Degree (http://catalog.collegeofthedesert.eduundefined/?key=19)
Psychology AA Degree (http://catalog.collegeofthedesert.eduundefined/?key=21)
Liberal Arts: Social and Behavioral Sciences AA Degree (http://catalog.collegeofthedesert.eduundefined/?key=30)