COMMON COURSE OUTLINE: Course discipline/number/title: PSYC 1611: Psychology of Adjustment

A. CATALOG DESCRIPTION
1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): College level reading and writing skills: Appropriate scores on RCTC placement tests or completion of appropriate developmental courses.
4. Co-requisites (Course discipline/number): None

This course emphasizes personal growth and human adjustment, including topics such as personality, coping with stress, interpersonal communication, intimate relationships, careers, sexuality, and psychological disorders.

B. DATE LAST REVISED (Month, year): May, 2008

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Adjusting to modern life
2. Theories of personality
3. Stress & its effects
4. Coping with stress
5. The self
6. Social cognition & social influence
7. Interpersonal communication
8. Friendship & love
9. Marriage & intimate relationships
10. Gender & behavior
11. Development in adolescence & adulthood
12. Careers & work
14. Psychology & physical health
15. Psychological disorders
16. Psychotherapy

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Understand how psychologists use the scientific method,
2. Demonstrate familiarity with the major concepts, theoretical perspectives, and empirical findings in the content areas of the course.
3. Apply this knowledge to their own lives in ways that promote adjustment.

E. LEARNING OUTCOMES (MNTC):
Goal 2/Critical Thinking: The student will be able to:
1. Gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.
2. Imagine and seek out a variety of possible goals, assumptions, interpretations, or perspectives, which can give alternative meanings or solutions to given situations or problems.
3. Analyze the logical connections among the facts, goals, and implicit assumptions relevant to a problem or claim; generate and evaluate implications that follow from them.

Goal 5/History and the Social and Behavioral Sciences: The student will be able to:
1. Employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. Use and critique alternative explanatory systems or theories.
3. Develop and communicate alternative explanations or solutions for contemporary social issues.
E. LEARNING OUTCOMES (MNTC): Continued.
Goal 7/Human Diversity: The student will be able to:
1. Demonstrate an awareness of the individual and institutional dynamics of unequal power relations between groups in contemporary society.
2. Analyze their own attitudes, behaviors, concepts, and beliefs regarding diversity, racism, and bigotry.
3. Demonstrate communication skills necessary for living and working effectively in a society with great population diversity.

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Exams
2. Projects
3. Written homework
4. Papers
5. Group work
6. Presentations
7. Journals
8. Or any other work deemed appropriate by the individual instructor and so indicated in the course syllabus.

G. SPECIAL INFORMATION (if any): None