

**I. COURSE INFORMATION**

- A. Psychology 160 Psychology of Adjustment
- B. 3 credit hours
- C. Weiten, Dunn, and Hammer. *Psychology Applied to Modern Life: Adjustment in the 21<sup>st</sup> Century*. 11<sup>th</sup> ed. Kentucky: Cengage, 2014
- D. Prerequisites: None

**II. COURSE DESCRIPTION**

This course is designed to introduce the student to the study of human behavior. Upon completion of this course, the student will have attained a better understanding of psychology as a science and how it relates to affects and cognitive processes.

**III. LEARNING OUTCOMES**

- A. Identify the major perspectives on adjustment, including historical, biological, cultural, psychological and developmental
- B. Describe developmental transitions people face throughout the lifespan
- C. Recognize the various theories of personality
- D. Identify the effects of stress and coping methods on the mind and body
- E. Explain the various components of the self, and how it is influenced by others' behavior
- F. Identify the dynamics involved in interpersonal communication and relationships, including the topics of sexuality, career development, friendship, and love

**IV. MAJOR CONTENT AREAS**

- A. Adjusting to modern life
- B. Theories of personality
- C. Stress and its effects
- D. Coping processes
- E. The self
- F. Social thinking and social influence
- G. Interpersonal communications
- H. Friendship and love
- I. Marriage and intimate relationships
- J. Gender and behavior
- K. Development in adolescence and adulthood
- L. Careers and work
- M. Development and expression of sexuality
- N. Psychology and physical health
- O. Psychological disorders
- P. Psychotherapy

**V. ASSIGNMENTS (may include but are not limited to)**

- A. Reading assignments
- B. Writing assignments
- C. Take home activities
- D. Paper/ project/presentation/essays/journals

**VI. EVALUATION METHODS (may include but are not limited to)**

- A. Attendance and participation
- B. Assignments and activities
- C. Quizzes and exams
- D. Paper/project/presentation/essays/journals