

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

COURSE NUMBER: PSYC 202

COURSE TITLE: PSYCHOLOGY OF ADJUSTMENT

SEMESTER CREDIT HOURS: 3

DEPARTMENT: Psychology

DIVISION: General Education

PREREQUISITE: PSYC 101 General Psychology

COURSE DESCRIPTION:

Psychology of Adjustment is designed to provide a basic understanding and practical application of the psychological principles and concepts that are most relevant to the student as an individual, and as an individual in society. The student will be encouraged to apply these concepts to their life and to develop a fuller understanding of themselves, and their personal and social relationships. Students will look at the theory of adjustment, personal learning style, lifespan influences, managing stress and wellness, social relationships, work and leisure including aspects of solitude. This is an interactive, writing intensive course which requires written assignments as well as personal and group interaction as a major strategy of learning. The objective of this course is to promote psychological adjustment and mental health by personally relating to the psychological principles and studies presented.

Please be aware that personal discussions and open sharing is expected from each student during this class. You will be provided with an ethical contract to maintain confidentiality and professionalism in this course. Each student is viewed as a Learner/Peer/Teacher. Your contributions are valued and are expected as a standard in this class.

COURSE OUTCOMES & COMPETENCIES:

Students who successfully complete this course will be able to:

1. Gain a general understanding of principles of adjustment and the major theoretical models used to define personality development within the life span perspective.

- Describe and compare current adjustment and lifespan perspectives (Humanistic, Psychosocial, Life Scripts, etc) within human development.
- Apply perspectives to develop an insight into how we learn and how past personal experiences may influence current behavior and relationships.

2. Understand the major principles of body image, wellness, stress and stress management.

- Describe wellness factors, effects of body image, and sources and effects of stress and various management techniques.
- Apply principles to gain insight into their own personal struggles with wellness and stress.
- Be able to demonstrate critical thinking skills and communication of the topic within group explorations.

3. Understand the major concepts of love, intimacy, sexual attitudes, and perspectives on the socialization of gender roles.

- Describe the myths and concepts of love, intimacy and sexuality and the major socialization principles of gender role development.
- Apply concepts to gain insight into their own personal issues with intimacy, sexuality and gender stereotypes.
- Be able to demonstrate critical thinking skills and communication of the topic within group explorations.

4. Understand the personality perspectives in career choice, the perspectives on the meaning of work and recreation and the developmental perspectives of loneliness and solitude.

- Describe the Holland's theory of career choice and the factors influencing balance or work and leisure and how the developmental perspectives explain our experience of loneliness.
- Apply theory to gain insight into our personal values and experiences with work and recreation and our own struggles with loneliness and solitude.
- Be able to demonstrate critical thinking skills and communication of the topic within group explorations.

5. Understand the stages of dying and grief and the process of developing values and meaning in life.

- Describe and explain the stages of dying and the grief process and what composes a philosophy of life.

- Apply the principles to gain insight into our own struggles with the concept of death, coping with grief and how we can begin to recognize our own values and purpose in life.
- Be able to demonstrate critical thinking skills and communication of the topic within group explorations.

6. Understand the major topics of adjustment and how resources influence future personal development.

- Integrate the major perspectives and topics within psychology of adjustment with the personal insights gained and opportunities for continued self-exploration.