

C-ID Descriptor

Psychology of Personal and Social Adjustment

Descriptor Details

- **Descriptor Title:** Psychology of Personal and Social Adjustment
- **C-ID Number:** 115
- **Units:** 3.0
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General Description

This course is designed with 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.

Prerequisites

No information provided

Corequisites

No information provided

Advisories

English, one level below transfer (i.e., eligibility for English composition (C-ID ENGL 100)) and reading (a course with an exiting skill of ability to read a college level text).

Content

Understanding the self, identity, coping, and adjustment in becoming a social person
Adjusting to modern life
 Personality theories
 Stress and coping
 Improving performance
The Self and understanding interpersonal adjustment
Developmental adjustment throughout life
 Biopsychosocial influences on adjustment
Psychological perspectives:
 Biological perspective
 Psychoanalytic perspective
 Humanistic and Existential perspective
 Behavioral Learning perspective
 Cognitive perspective
Clinical Assessment procedures and research methodology: Scientist-Practitioner Model
The Nature of Self
Social pressure, power of persuasion, and conformity
Interpersonal communication and conflict resolution
Psychosocial development across the lifespan
 Adolescence to adulthood
 Career choice and development
Sexual and gender identity
Habits, lifestyles, and health
Outcomes and issues of psychological intervention

Lab Activities

No information provided

Objectives

At the conclusion of this course, the student should be able to:

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.

Evaluation Methods

Tests, written assignments, , and class participation

Textbooks

Weiten, W., Lloyd, M.A., Dunn, D.S., & Hammer, E.Y. *Psychology Applied to Modern Life: Adjustment in the 21st Century* (Thomson Wadsworth)

Duffy, K. G., & Atwater, E. *Psychology for Living: Adjustment, Growth, and Behavior Today* (Pearson, Prentice-Hall)