

PSY 231 - PSYCHOLOGY OF ADJUSTMENT

Course Description

First, this course will provide the student with a broad introduction to the psychology of adjustment that investigates the processes involved in the dynamic interactions of the individual with his or her environment. Second, this course is designed to present procedures by which the student can harness the principles of learning and rational self-counseling in order to achieve personal goals. Group 1 course.

Credit Hours

3

Contact Hours

3

Lecture Hours

3

Required Prerequisites

PSY 101

Recommended Prerequisites or Skills

Competencies

Placement into ENG 111

General Education Outcomes supported by this course

Critical Thinking - Direct

Course Learning Outcomes

Knowledge:

- Identify psychological principles, theories and empirical findings in the area of adjustment.

Application:

- Evaluate their own psychological needs.

Integration:

- Compare psychological treatments (strengths and challenges) to outcomes of adjustment.

Human Dimension:

- Assess their own personal strengths and challenges in the area of adjustment.

Caring - Civic Learning:

- Recognize the value of the adjustment process.

Learning How to Learn:

- Have the skills to make changes in their life.