

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Psychology of Personal Adjustment
COURSE NUMBER	PSYC 0112
DIVISION	Social & Behavioral Sciences and Public Services
DEPARTMENT	Psychology
CIP CODE	24.0101
CREDIT HOURS	3
CONTACT HOURS/WEEK	Class: 3
PREREQUISITES	None

COURSE PLACEMENT Students must meet the correct placement measure for this course. Information may be found at:
<https://www.kckcc.edu/admissions/information/mandatory-evaluation-placement.html>

COURSE DESCRIPTION

This course is an introduction to the basic concepts, theories, and research findings in the evolving field of psychology. By learning to think psychologically, students gain insight into themselves and the dynamics of human thinking, behavior, and emotions.

KANSAS SYSTEMWIDE TRANSFER: PSY 1010

The learning outcomes and competencies detailed in this course outline or syllabus meet or exceed the learning outcomes and competencies specified by the Kansas Core Outcomes Groups project for this course as approved by the Kansas Board of Regents.

Institutional Learning Outcomes

- Communication
- Computation and Financial Literacy
- Critical Reasoning
- Technology and Information Literacy
- Community and Civic Responsibility
- Personal and Interpersonal Skills

TEXTBOOKS

<http://kckccbookstore.com/>

METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

- I. Exploring self and relationships

- A. Self-discovery and self-disclosure
- B. Developing new relationships
- II. Self-awareness
 - A. Self-image development
 - B. Personality development theories
- III. Control issues
 - A. Internal and external control
 - B. Social learning, classical conditioning and reinforcement
- IV. Emotions
 - A. Emotions: types and development of
 - B. Guidelines for dealing with emotions
- V. Interpersonal communications
 - A. Verbal and non-verbal communications
 - B. Listening and styles of responding
- VI. Developing close relationships
 - A. Becoming friends
 - B. Love, commitment, marital adjustment
- VII. Resolving interpersonal conflict
 - A. Conflict: causes and effects
 - B. Conflict management and resolution
- VIII. Managing stress and wellness
 - A. Stress: types, causes, effects
 - B. Tips for managing stress
- IX. Meaning and Values
 - A. Values: types and development of
 - B. Classifying and clarifying personal values
- X. Where do I want to go with my life?
 - A. What motivates you
 - B. Setting goals and effective life planning

COURSE OUTCOMES:

1. The student will be able to identify aspects of self and identity.
2. The student will be able to discuss guidelines for dealing with emotions.
3. The student will be able to identify verbal and non-verbal communications.
4. The student will be able to discuss interpersonal conflict and resolution.
5. The student will be able to identify tips for managing stress.
6. The student will be able to classify and clarify personal values.
7. The student will be able to explain the importance of goal setting and life planning.

ASSESSMENT OF COURSE LEARNING OUTCOMES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.