
SECTION HEADING

PSYC 1111: Psychology of Self Adjustment

Description

Psychology of Self Adjustment uses a cognitive-behavioral approach to achieve personal growth and manage common problems of daily living. Topics include reflection on childhood, development of self-esteem and assertiveness, personal health and wellness, relationships, loneliness and solitude, anger management, and handling death and loss.

Credits

3

Prerequisite

None

Corequisite

None

Topics to be Covered

1. Childhood, adolescence, and adulthood
2. Love and relationships
3. The body and wellness
4. Work and recreation
5. Values
6. Personal growth
7. Death and loss
8. Jungian psychology and the MBTI
9. Genealogy

Learning Outcomes

1. Define, explain and apply significant concepts central to human growth and adjustment.
2. Explain healthy and unhealthy ways of dealing with an issue.
3. Explain methods and techniques used in the cognitive-behavioral and humanistic school of thought, to assist in personal growth and adjustment.
4. Assess and summarize the information as it relates to the individual gleaned from the readings.
5. Demonstrate understanding through behavior change.
6. Identify and explain the impact on culture and diversity on personal development.

Credit Details

Lecture: 3

Lab: 0

OJT: 0

MnTC Goal Area(s): Goal Area 05 - History and the Social and Behavioral Sciences Goal Area 07 - Human Diversity

Minnesota Transfer Curriculum Goal Area(s) and Competencies

Goal Area 05: History and the Social and Behavioral Science

1. employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. examine social institutions and processes across a range of historical periods and cultures.
3. use and critique alternative explanatory systems or theories.

Goal Area 07: Human Diversity

1. Understand the development of and the changing meanings of group identities in the United States' history and culture.

Section Heading

2. demonstrate an awareness of the individual and institutional dynamics of unequal power relations between groups in contemporary society.
3. analyze their own attitudes, behaviors, concepts and beliefs regarding diversity, racism, and bigotry.
4. describe and discuss the experience and contributions (political, social, economic, etc.) of the many groups that shape American society and culture, in particular those groups that have suffered discrimination and exclusion.
5. demonstrate communication skills necessary for living and working effectively in a society with great population diversity.