

Course discipline/number/title: PSYC 1611: Psychology of Adjustment

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): Goal 5/History and the Social and Behavioral Sciences, Goal 7a/Human Diversity

B. COURSE DESCRIPTION: This course emphasizes personal growth and human adjustment, including topics such as personality, coping with stress, interpersonal communication, intimate relationships, careers, sexuality, and psychological disorders. College level reading and writing skills recommended.

C. DATE LAST REVISED (Month, year): December, 2024

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Theories of Personality
2. Adjustment
  - a) Stress
  - b) Coping
  - c) Psychological disorders
  - d) Therapy
3. Interpersonal Processes (may include but not limited to:)
  - a) Self
  - b) Communication
  - c) Friendships, love relationships, marriage
  - d) Sexuality
  - e) Gender
4. Social Processes
  - a) Social cognition and social influence
  - b) Careers and work
5. Development in Adolescence and Adulthood
6. Psychology and Physical Health

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Demonstrate an understanding of how psychologists use the scientific method,
2. Demonstrate familiarity with the major concepts, theoretical perspectives, and empirical findings in the content areas of the course.
3. Apply this knowledge in ways that promote adjustment.

F. LEARNING OUTCOMES (MNTC):

Goal 5/History and the Social and Behavioral Sciences: The student will be able to:

1. Employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. Use and critique alternative explanatory systems or theories.
3. Develop and communicate alternative explanations or solutions for contemporary social issues.

Goal 7a/Human Diversity: The student will be able to:

1. Demonstrate an awareness of the individual and institutional dynamics of unequal power relations between groups in contemporary society.
2. Analyze their own attitudes, behaviors, concepts, and beliefs regarding diversity, racism, and bigotry.
3. Demonstrate communication skills necessary for living and working effectively in a society with great population diversity.

- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Exams
  2. Projects
  3. Written homework
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None