

PSY 100 – Psychology of Adjustment

Course Description

This course emphasizes how psychological concepts can be applied to everyday life. It covers prominent theories in major areas of psychology and discusses their relevance to one's life. The course discusses strategies for improving coping skills, handling stress, building self-esteem, enhancing interpersonal communication, and understanding relationships. Workplace issues, human sexuality, mental health, and physical health are also covered.

Instructional Materials

Santrock, J. (2006). *Human adjustment: 2007 custom edition*. Boston, MA: McGraw-Hill.

Course Learning Outcomes

1. Define psychology and psychological adjustment.
2. Identify contextual variables (e.g., culture) that impact psychological adjustment.
3. Describe self-concept, self-esteem, and identity.
4. Define stress, stressors, and coping strategies, and contemplate their relationship to health and wellness.
5. Identify and describe social psychological phenomena.
6. Describe adult relationships, lifestyles, and issues of parenting and longevity.
7. Identify gender differences and explore gender role stereotypes.
8. Identify and describe the various psychological disorders.
9. Evaluate the multiple approaches to therapy.
10. Use critical thinking skills to reflect on personal experiences with adjustment and identify new strategies for personal growth.
11. Use technology and information resources to support learning issues of psychology adjustment.
12. Write clearly and concisely about psychological adjustment using proper writing mechanics.