Outline of Instruction

Division: Science/Mathematics
Area: Psychology

Course Number: PSYCH 152
Course Name: Psychology of Personality and Adjustment

Prerequisite: PSYCH 151
Corequisite: NONE

Hours Required: Class: 45 Lab: 0 Credits: 3 (three)

Course Description/Purpose

This course applies psychological principles to the problems of the individual’s adjustment to everyday life. Topics include adjustment processes, personality development, theories of personality, behavior disorders, psychotherapy techniques, human relationships, defense mechanisms and mental health.

Major Units

• Basic Issues, Background, and Review
• Conditions of Life Requiring Adjustment
• Biological Factors in Adjustment and Personality
• The Nature of Personality
• Psychological Assessment
• Adjustment to Threat, Frustration, and Stress
• The Treatment of Adjustive Failures
• Failures of Adjustment
• The Healthy Personality

Educational/Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

Cognitive Each student will be expected to Identify/Recognize . . .

• the scientific method in order to enhance one’s appreciation of human adjustment as a process following regular patterns, thus being amenable to observation, manipulation, and modification;

• the significance of the major psychological models as tools in understanding and examining the adjustment process;

• the varieties of adjustive, and maladjustive behavior, how they are acquired, how they are used, and how they may be relinquished;

• personality development, assessment and its relationship to other major psychological concepts, especially adjustment;
Cognitive  Each student will be expected to Identify/Recognize . . . (continued)

- the major sources of psychological information including periodicals, reference works, and specialized material dealing with “real life” topics such as stress, career development, relationships, physical health, and psychological disorders.

Performance  Each student will be expected to Demonstrate/Practice . . .

- the ability to use rational emotive therapy, behavior modification, reflective listening, and other cognitive intervention techniques.