

PSY 231 - PSYCHOLOGY OF ADJUSTMENT

Course Description

First, this course will provide the student with a broad introduction to the psychology of adjustment that investigates the processes involved in the dynamic interactions of the individual with his or her environment. Second, this course is designed to present procedures by which the student can harness the principles of learning and rational self-counseling in order to achieve personal goals. Group 1 course.

Credit Hours

3

Contact Hours

3

Lecture Hours

3

Required Prerequisites

PSY 101

Recommended Prerequisites or Skills Competencies

Placement into ENG 111

General Education Outcomes supported by this course

Critical Thinking - Direct

Course Learning Outcomes

Knowledge:

- Describe social psychological theories and concepts.
- Describe research design in social psychology.

Application:

- Work on projects to help enlighten their understanding on the effects of social influence in the world.

Integration:

- Critically analyze social psychological theories and methods to apply to real world issues.

Human Dimension:

- Correlate the relationship between social psychology concepts and theories and their influence on society and personal lives.

Caring - Civic Learning:

- Describe the value of being an informed consumer of psychological knowledge.
- Describe the impact social influence creates in the world.

Learning How to Learn:

- Apply effective study and test-taking strategies to real-life situations.