

PSYC110 : The Psychology of Personal and Social Adjustment

General Information

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Course Code (CB01) :	PSYC110
Course Title (CB02) :	The Psychology of Personal and Social Adjustment
Department:	PSYCH
Proposal Start:	Fall 2025
TOP Code (CB03) :	(2001.00) Psychology, General
CIP Code:	(42.0101) Psychology, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	Yes
Course Control Number (CB00) :	CCC000325691
Curriculum Committee Approval Date:	11/27/2024
Board of Trustees Approval Date:	01/21/2025
Last Cyclical Review Date:	11/27/2024
Course Description and Course Note:	PSYC 110 teaches students how to apply psychology in everyday life. The course surveys psychological perspectives and theoretical foundations and how they are used across a person's life. It emphasizes the influence of culture, gender, ethnicity, historical cohort, and socio-economic status. A broad understanding of how scientists, clinicians, and practitioners study and apply psychology is emphasized.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	<ul style="list-style-type: none">In-PersonRemoteHybridOnline
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Psychology
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to CSU only

Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	No value	No Comparable Course defined.
D-Social Sciences	Social Sciences	Approved	08/28/2023	

C-ID	Area	Status	Approval Date	Comparable Course
PSY	Psychology	Approved	02/18/2014	PSY 115 - Psychology of Personal and Social Adjustment

Units and Hours

Summary

Minimum Credit Units (CB07)	3
Maximum Credit Units (CB06)	3
Total Course In-Class (Contact) Hours	54
Total Course Out-of-Class Hours	108
Total Student Learning Hours	162

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

 Variable Credit Course**Funding Agency Category (CB23)**

Not Applicable.

 Cooperative Work Experience Education Status (CB10)
Weekly Student Hours

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours**Course Duration (Weeks)** 18**Hours per unit divisor** 0**Course In-Class (Contact) Hours**

Lecture 54

Laboratory 0

Studio 0

Total 54**Course Out-of-Class Hours**

Lecture 108

Laboratory 0

Studio 0

Total 108**Time Commitment Notes for Students**

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation**Advisory**

ENGLC1000 - Academic Reading and Writing (in-development)

Objectives

- Analyze stylistic choices in their own writing and the writing of others.
- Write timed, in-class essays exhibiting acceptable college-level control of mechanics, organization, development, and coherence.
- Integrate the ideas of others through paraphrasing, summarizing, and quoting without plagiarism.

- Find, evaluate, analyze, and interpret primary and secondary sources, incorporating them into written essays using appropriate documentation format.
- Proofread and edit essays for presentation so they exhibit no disruptive errors in English grammar, usage, or punctuation.

Entry Standards

Entry Standards	Description
No value	No value

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Specifications

Methods of Instruction	
Methods of Instruction	Lecture
Methods of Instruction	Discussion
Methods of Instruction	Multimedia
Methods of Instruction	Collaborative Learning
Methods of Instruction	Demonstrations
Methods of Instruction	Field Activites (Trips)

Methods of Instruction	Guest Speakers			
Methods of Instruction	Presentations			
Out of Class Assignments <ul style="list-style-type: none"> • Homework assignments that apply class concepts (e.g., keep track and analyze your stress over a week) • Essay demonstrating use of sources and critical thinking skills (e.g., a paper contrasting different coping skills) • Individual projects (e.g., PowerPoint presentation that explains different problem-solving skills) • Group projects (e.g., PowerPoint presentation that explains effective coping skills) 				
Methods of Evaluation	Rationale			
Exam/Quiz/Test	Four to five in-class object and essay tests requiring demonstration of course exit standards			
Writing Assignment	Research paper demonstrating the use of sources and the ability to think critically and apply concepts			
Exam/Quiz/Test	Homework assignments			
In-Class Activity (answering journal prompt, group activity)	Individual and group projects			
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
Weiton, Wayne	Psychology Applied to Modern Life: Adjustment in the 21st Century	Cengage	2024	9780357798010
Other Instructional Materials (i.e. OER, handouts)				
No Value				

Learning Outcomes
Course Objectives
Define and use basic biological, physiological, and psychological terminology to describe adjustment and psychosocial development across the lifespan.

Generate and explain concrete examples of psychological perspectives and applications underlying personal growth and psychosocial adjustment.

Describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the peer-review process in science.

Apply psychological principles and develop new interpersonal, occupational and social skills for life-long personal growth.

Differentiate between individual and sociocultural differences as applied to psychology of adjustment.

SLOs

Apply psychological concepts as they relate to everyday life.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
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	Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.
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<i>PSYCH</i> Psychology - AA-T	Communicate how genetics and environmental factors interact to affect behaviors. Students will be able to critically analyze research articles.
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<i>ILOs</i> General Education	apply methodologies used by social and behavioral scientists
	recall, analyze, and synthesize theories and real-world issues and topics related to social, political, and/or economic institutions

Identify appropriate ways to solve personal problems.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.
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<i>ILOs</i> General Education	recall, analyze, and synthesize theories and real-world issues and topics related to social, political, and/or economic institutions
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Identify effective ways to manage social and personal relationships.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.
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<i>ILOs</i> General Education	recall, analyze, and synthesize theories and real-world issues and topics related to social, political, and/or economic institutions
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Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Models of Human Nature (4 hours)

- Creative or destructive
- Rational or irrational
- Free or determined

Psychological Theories of Human Development/Adjustment (10 hours)

- The psychoanalytic model: Sigmund Freud
- The behavioristic model: B. F. Skinner
- The humanistic model: Rogers and Maslow

The Self (6 hours)

- Self-awareness
- Sensory apparatus for external and internal data
- Development of self-concept, self-ideal, and self-image
- Information from others and from self-observation
- Emotions: source, adaptive expression, and maladaptive expression

The Self in Relation to Others (6 hours)

- Attraction and selection
- Growth and development of relationships
- Communication and assertiveness skills
- Problem-solving skills and workable compromise
- Methods for corrective action
- Ending relationships

The Nature of Stress (8 hours)

- Sources of stress and its measurement
- Factors that influence reactions to stress
- Maladaptive response to stress and the consequences
- Effective management of stress
- Stress as a source of personal growth

Making Decisions (3 hours)

- Gathering information and predicting consequence
- Weighing alternatives and choosing

Conflict and Its Management (6 hours)

- Sources of conflict
- Ownership of a conflict
- Responses to conflict
- Reassessment

Crisis: Definition and Description (6 hours)

- Maturation, situational, and catastrophic sources of crisis
- Complicating factors
- Danger and opportunity: maladaptive and adaptive responses

Effective Self-Management as the Key to Management of Life (5 hours)

- Education and employment/career
- Marriage and its alternatives
- Parent: to be or not to be
- Maturing and aging

Total Hours: 54

Additional Information

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liason?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value