

Glendale College

Course Outline of Record Report

Course ID 004161
Revision - December 2025

PSYC110 : The Psychology of Personal and Social Adjustment

General Information

Author:	<ul style="list-style-type: none"> Michelle Stonis Torrey-Payne, Megan
Course Code (CB01) :	PSYC110
Course Title (CB02) :	The Psychology of Personal and Social Adjustment
Department:	PSYCH
Proposal Start:	Fall 2026
TOP Code (CB03) :	(2001.00) Psychology, General
CIP Code:	(42.0101) Psychology, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	Yes
Course Control Number (CB00) :	CCC000325691
Curriculum Committee Approval Date:	12/10/2025
Board of Trustees Approval Date:	01/21/2025
Last Cyclical Review Date:	11/27/2024
Course Description and Course Note:	PSYC110 examines the biopsychosocial aspects of personal growth and adjustment. The course surveys different 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 socioeconomic status on coping and adjustment. A broad understanding of how scientists, clinicians, and practitioners study and apply psychology is emphasized.
Justification:	Content Change
Academic Career:	<ul style="list-style-type: none"> Credit
Mode of Delivery:	<ul style="list-style-type: none"> In-Person Remote Hybrid Online
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 both UC and CSU

Transferability Status

Pending

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

Course Student Hours

	In Class	Out of Class	Course Duration (Weeks)	18
Lecture Hours	3	6	Hours per unit divisor	0
Laboratory Hours	0	0	Course In-Class (Contact) Hours	
Studio Hours	0	0	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

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.

OR

Advisory

ENGLC1000E - Academic Reading and Writing

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.

OR

Advisory

ENGLC1000H - Academic Reading and Writing - Honors

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

Requisite Validation

Upload Statistical Validation and/or other documents (if necessary)
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										
<p>Out of Class Assignments</p> <ul style="list-style-type: none"> • Homework assignments that apply class concepts (e.g., keep track and analyze your stress over a week) • Written essay demonstrating the use of evidence-based information in drawing conclusions about issues in psychological adjustment. • Choose a personal and social adjustment topic relevant to major physical, environmental, and cultural influences on adjustment. Students will write a detailed research paper on the topic chosen. 											
Methods of Evaluation	Description of Activity/Interaction										
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										
<p>Textbook Rationale</p> <p>No Value</p>											
<p>Textbooks</p> <table border="1"> <thead> <tr> <th>Author</th> <th>Title</th> <th>Publisher</th> <th>Date</th> <th>ISBN</th> </tr> </thead> <tbody> <tr> <td>Weiton, Wayne</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Author	Title	Publisher	Date	ISBN	Weiton, Wayne				
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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 based on comparative perspectives of Western and Non-Western cultures.

SLOs

Differentiate and apply various biological, psychological, sociocultural theories to explain personal growth and adjustment in Western and Non-Western cultures. Expected Outcome Performance: 70.0

<p><i>ILOs</i> Core ILOs</p>	<p>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.</p> <hr/> <p>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.</p>
<p><i>PSYCH</i> Psychology AA-T Degree</p>	<p>Communicate how genetics and environmental factors interact to affect behaviors.</p>
<p><i>PSYCH</i> Psychology - AA-T</p>	<p>Communicate how genetics and environmental factors interact to affect behaviors. Students will be able to critically analyze research articles.</p>
<p><i>SOC S</i> Social Science A.A. Degree</p>	<p>Developed a broad and critical understanding of the complex interconnections between the human and environmental forces in their world</p>

ILOs apply methodologies used by social and behavioral scientists

General Education

recall, analyze, and synthesize theories and real-world issues and topics related to social, political, and/or economic institutions

Understand the interaction between individual and sociocultural factors as they apply to physiological, psychological, and social adjustment issues throughout the lifespan. Expected Outcome Performance: 70.0

PSYCH Communicate how genetics and environmental factors interact to affect behaviors.

Psychology AA-T
Degree

SOC S Developed a broad and critical understanding of the complex interconnections between the human and environmental forces in their world
Social Science A.A.
Degree

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.
Core ILOs

ILOs recall, analyze, and synthesize theories and real-world issues and topics related to social, political, and/or economic institutions
General Education

Identify, classify, and differentiate psychological disorders and the evolving corresponding treatment protocols. Expected Outcome Performance: 70.0

PSYCH Communicate how genetics and environmental factors interact to affect behaviors.

Psychology AA-T
Degree

SOC S Developed a broad and critical understanding of the complex interconnections between the human and environmental forces in their world
Social Science A.A.
Degree

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.
Core ILOs

ILOs recall, analyze, and synthesize theories and real-world issues and topics related to social, political, and/or economic institutions
General Education

Apply and demonstrate an understanding of the scientific method and research methods employed as it applies to personal adjustment across the lifespan. Expected Outcome Performance: 70.0

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

Adjusting to Modern Life (4 hours)

- Paradox of Progress
- Psychology of Adjustment
- Research on the source of happiness
- Adjustment in Western and Non-Western Cultures
- Career choice and development

Psychological Theories of Human Development Across the Lifespan (5 hours)

- Personality theories
 - Psychoanalytic perspective
 - Behavioral learning perspective
 - Cognitive perspective
 - Humanistic and existential perspective
- Contemporary empirical approaches to personality
- Culture and personality in Western and non-Western societies

The Self (4 hours)

- Research on the development of self-concept, self-ideal, and self-image
- Self-esteem
- Self-awareness
- Identity

Emotions (5 hours)

- Emotions and their effects
- Physiological emotional responses
- Internal and external emotional responses
- Biopsychosocial theories of emotional arousal and response
- Development of emotional regulation across the lifespan
- Cultural and gender differences in emotional response

Stress (4 hours)

- Nature of Stress
- Biopsychosocial sources of stress and its measurement
- Effects of Stress
- Responding to stress
- Factors influencing stress tolerance

Coping (5 hours)

- The Concept of Coping
- Coping Patterns of Limited Value
- Research findings on the Nature of Constructive Coping
 - Appraisal-focused Constructive Coping
 - Problem-focused Constructive Coping
 - Emotion-focused Constructive Coping

Social Thinking and Social Influence (5 hours)

- Social psychology theories
- The Problem of Prejudice
- The Power of Persuasion
- The Power of Social Pressure
- Seeing Through Compliance Tactics

Decision Making (4 hours)

- Gathering information and predicting consequence
- Weighing alternatives and choosing

Interpersonal Communication (4 hours)

- Research of interpersonal communication
- Nonverbal communication
- The components of effective communication
- Communication problems
- Interpersonal conflict

- Development of assertive communication

Relationships (5 hours)

- Culture and relationships
- Theories on initial attraction and relationship development
- Sexual identity and orientation
- Friendship and romantic love
- Marriage and intimate relationships
- Research on vulnerable areas in marital adjustment and divorce
- Nature of loneliness

Psychology and Physical Health (4 hours)

- Stress, Personality, and Illness
- Habits, Lifestyles, and Health
- Reaction to Illness
- Understanding the Effects of Drugs

Problems of Adjustment and Psychological Disorders (5 hours)

- Psychological disorders
- Clinical assessment procedures and research methodology
- Therapy and seeking help
- Current trends and issues in treatment

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

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

No

What term(s) will this course be offered?

Fall/Spring

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