

Coffeyville Community College

PSYC-120
COURSE SYLLABUS
FOR
PSYCHOLOGY OF HUMAN
ADJUSTMENT

Mike Arpin
Instructor

COURSE NUMBER:	PSYC-120	COURSE TITLE:	Psychology of Human Adjustment
CREDIT HOURS:	3		
INSTRUCTOR:	Mike Arpin		
OFFICE LOCATION:	119 Arts and Sciences Building		
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PREREQUISITE(S):	None		
REQUIRED TEXT AND MATERIALS:	<i>Psychology of Adjustment: An Applied Approach.</i> Thomas Creer. 1997.		
COURSE DESCRIPTION:	A study of factors designed to promote personality characteristics that reflect mental health. Emphasis will be centered on the development of positive, aspect of personality rather than on the correction of negative, undesirable characteristics.		
EXPECTED LEARNER OUTCOMES:	<ol style="list-style-type: none"> 1. To provide a balanced presentation of classic research in psychology and the psychology of adjustment, as well as topics of current, everyday human interest. 2. To provide theoretical as well as practical and applied insights on the topics covered. 3. To provide a well-rounded view of adjustment by viewing it from historical, biological, cultural, psychological, and developmental perspectives. 4. To help foster an appreciation of cultural diversity as it applies to the psychology of adjustment. 5. To provide guidelines to students for becoming more informed consumers of psychological research as well as research in general. 6. To help foster critical and generative thinking skills. 		

**LEARNING TASKS
& ACTIVITIES:**

Section 1 The Study of Psychology and Adjustment...and How to Study It

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 2 Psychological Perspectives

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 3 Health: A Biopsychosocial Perspective

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 4 Gender and Culture

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 5 A Developmental Perspective on Adjustment

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 6 Stress

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 7 Coping

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 8 Abnormal Behavior

1. Read Chapter

2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 9 Therapy

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 10 Interpersonal Relations

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 11 Friendship and Love

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 12 Human Sexuality

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 13 Marriage and Family

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 14 Work, Play, and Retirement

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

Section 15 Adjustment and the Environment

1. Read Chapter
2. Quizzes over Chapter
3. Discuss Chapter
4. See Film(s)

ASSESSMENT OF OUTCOMES:

Exams will consist of objective as well as subjective questions. Questions will be a variety in form. The total evaluation of the student will be based on the following:

2,600-3,000 = A

2,400-2,599 = B

2,200-2,399 = C

2,100-2,199 = D

0 -2,099 = F

GRADING POLICY:

Grades of A, B, C, D, or F will be awarded each student on the basis of a point system. There will be several examinations administered during the semester. Examinations will be over material discussed in class, assigned reading, and audio-visual presentations.

*Any **make-up** work must be done **prior** to the student missing class **and** before the next class meeting. Only excused absences will be considered for make-up work.

It is the student's sole responsibility to contact the instructor regarding all make-up work.

Academic dishonesty will result in no credit given for that particular assignment, project, exam, etc. The instructor also reserves the right to drop a student from the course for any act that may be labeled "academic dishonesty." A student may also be dropped from the course for behavior that is considered "inappropriate" on the part of the instructor. Any behavior that could disrupt an academic atmosphere would be considered "inappropriate", such as excessive tardiness, excessive talking, sleeping, etc. A student may also be given an F in the course if cheating occurs past the last official drop day.

ATTENDANCE:

Each student is required to attend all class sessions. Students with excessive absences from class may be asked to withdraw from the course. See attendance policy in the college catalog.

*Any student with more than six (6) absences will be dropped from the course.

RULES:

Additional class rules and behavior which can result in either a loss of points or dropped from the course.

- ANY cheating
- Use of cell phones (including incoming class/sounds/vibrations....without permission of instructor)
- Text messaging (without permission of instructor)
- Use of laptops (without permission of instructor)
- Listening of music/headphone use during class
- Gum
- Sleeping
- Disruptive talking/behavior
- Use of red ink
- Not putting full name on assignments
- Leaving early
- Arriving late

**SPECIAL
NOTES:**

Any questions at any time are welcome by the student.

THERE IS NO EXTRA CREDIT SYSTEM OF ANY KIND.

COMPETENCIES:

SECTION 1

THE STUDY OF PSYCHOLOGY AND ADJUSTMENT

1. Understand how your value system affects your thoughts, feelings and behavior.
2. Identify how appropriate and inappropriate adjustment are influenced by cultural experience.
3. Explain how adjustment is considered an ongoing process.
4. Explain how technological advances contribute to adjustive demands and challenges.
5. Describe how perspective will influence your perception.

SECTION 2

PSYCHOLOGICAL PERSPECTIVES

1. Explain what a construct is.
2. Identify the various psychological theories of personality.
3. Distinguish between physical and psychological traits.

SECTION 3

HEALTH: A BIOPSYCHOSOCIAL PERSPECTIVE

1. Explain what is meant by the biopsychosocial perspective.
2. Describe how advances in biotechnology have implications for ethical, medical, social, and legal issues.
3. Explain how the "nature, nurture" question is related to human behavior.
4. Discuss how the study of the nervous system of humans and animals is important to the study of human behavior.

SECTION 4

GENDER AND CULTURE

1. List the effects different male and female hormones have on the behavior of men and women.
2. Explain the relationship between sex role behavior and cultural expectations of men and women.
3. Describe how values are related to specific behavior within a culture and behavioral differences between cultures.
4. List how socioeconomic issues interact with the problems of adjustment.
5. Explain the various factors that contribute to racism, prejudice, and discrimination.

SECTION 5

A DEVELOPMENTAL PERSPECTIVE ON ADJUSTMENT

1. Explain how prenatal influences can affect the health of a baby.
2. Distinguish the sequential acquisition of motor abilities developed by children.
3. Identify the physical and emotional signs of child abuse.
4. List the characteristics and features of social development during the preschool years.
5. Explain the factors that contribute to adolescence and acts of violence.
6. Explain the factors that contribute to adolescence and drug abuse.

SECTION 6

STRESS

1. Explain the physical reactions to stress.
2. Describe how adjustment to physical stress varies.
3. Explain the components of stress.
4. Distinguish between internal and external aspects of stress.

SECTION 7

COPING

1. Distinguish between direct action and indirect action coping strategies.
2. Identify the various adaptive and maladaptive cognitive coping strategies.
3. Explain the relationship of exercise and stress.
4. Explain the role human relationships have on coping with external and internal issues.

SECTION 8

ABNORMAL BEHAVIOR

1. Define the characteristic features and limitations of the statistical perspective for defining abnormal behavior.
2. Identify the characteristic features and limitations of the sociocultural perspective for defining abnormal behavior.
3. List how various biology-related factors can play a role in producing abnormal behavior.
4. Distinguish how the various personality theories explain abnormal behavior.

SECTION 9

THERAPY

1. List the general features of psychotherapy.
2. List the different types of professionals who provide therapy.
3. Explain what variables need to be considered when evaluating the effectiveness of psychotherapy.
4. Distinguish between the various schools of therapy.

SECTION 10

INTERPERSONAL RELATIONS

1. Relate the relationship between the need for consistency and cognitive dissonance.
2. Be able to describe the nature and determinants of the self-concept.
3. Explain the nature of the errors in self-perception and the effect they can have on self-concept.
4. Relate how self-esteem is related to interpersonal relationships.
5. Explain an individual's personality in relationship to groups.

SECTION 11

FRIENDSHIP AND LOVE

1. Explain what the need for affiliation is and its relationships to social support.
2. List the benefits of friendship.
3. Explain the cultural reasons to explain what is sexy.
4. Describe the characteristic features of passionate, companionate, and romantic love.
5. List the factors that have affected dating patterns over the years.
6. List the characteristic features of effective verbal and non-verbal communication.

SECTION 12

HUMAN SEXUALITY

1. Describe the various factors that affect typical sexual development.
2. Identify the various structures of male and female anatomy.
3. Describe the male and female sexual response.
4. Distinguish between the theories of sexual orientation.
5. Explain the role of culture in sexuality.

SECTION 13

MARRIAGE AND FAMILY

1. Describe the recent trends in marriage and the factors that may be affecting these trends.
2. Describe the aspect children have in marriage.
3. List the various methods for contraception.
4. Describe the aspects related to divorce and families.
5. Explain the nature of adjustment demands in step-families.

SECTION 14

WORK, PLAY AND RETIREMENT

1. Explain the behavior perspective of work-related motivation.
2. Distinguish how interests and values are related to career decisions.

3. Describe the different types of management styles.
4. Describe adaptive and maladaptive uses of leisure.

SECTION 15

ADJUSTMENT AND THE ENVIRONMENT

1. Describe how present adjustment demands can impact the health of future generations.
2. Describe the factors that contribute to the consequences of overpopulation.
3. Describe how various pollutions can affect personal well being.

This syllabus is subject to revision with prior notification to the student by the instructor.