PSYCH 33
Psychology of Personal and Social Adjustment
Fall 2010

Section: 68658     Date/Time: T 12:40-3:45
Room: 1091      Phone: 427-0469
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Office: TBA   Office Hours: T 4:00-5:00 or by appointment

Purpose:
This course focuses on the application of contemporary psychology to facilitate insight into the self, and to explore techniques for personal growth and building healthy relationships. Through lecture, small group discussions, experiential exercises, and structured activities, the course makes use of various theories of personality and research-based tools to help students better understand themselves, improve communication with others, and maintain healthy patterns of thinking and behaving.

Requisites- Recommended Preparation: Eligibility for ENGL 100 and READ 100

Core Cabrillo Competencies:
• Communication
• Critical Thinking and Information Competency
• Global Awareness
• Personal Responsibility and Professional Development

Learning Objectives

1. Develop an ability to critically discuss personality and human trait development and measurement from a theoretical and research perspective;
2. Understand and develop practical skills in the identification and management of stress;
3. Using a developmental perspective, describe key aspects of the self, identifying positive methods to increase self-awareness, improve self-esteem, and develop positive life-skills and coping strategies;
4. Compare and contrast interpersonal communication and attachment styles, identifying and practicing methods to improve interpersonal communications, describing the developmental and relationship impacts of attachment styles;
5. Identify how relationships form and develop over time with an ability to discuss the individual, cultural, and collective factors which affect contemporary relationships; and,
6. Understand the risk and protective factors which influence human development; identifying personal risk factors, protective factors and ways to improve personal psychosocial wellness and resiliency.
Course Outline and Weekly Readings- The required text is: Psychology Applied to Modern Life, 9th ed., Wayne Weiten and Margaret Lloyd. Reading assignments are from the course text and handouts from the instructor. The expectation is that reading assignments will be read before the class meets and that classroom discussion will reflect this level of preparation. Generally written work should be turned in during the class time. I do have a mail box in the faculty lounge and in the division office.

Evaluation- Requirements for passing the course include:
1. Personal Journal (30%)- The journal is a reflection of personal thoughts and ideas developed from your life experience and reflections on the materials presented in class. This is a tool to begin the process of self-examination as well experience the personal application of human sciences principles and practices.

   The Personal Journal includes:
   - Personal Journal pages, a series of guided inquiries, and
   - Credit assignment pages, which are comprised of classroom handouts and surveys.

   The focus will be on your personal thoughts and expression; there are not “right or wrong” answers, however the work should clearly demonstrate you understand the materials presented in class and are demonstrate the requisite skills to apply them.

2. Attendance and classroom discussion participation (30%)- You are expected to attend all regularly scheduled class meetings and participate in classroom discussions and activities. Each class is valued at 20 points; 10 points for attending, 10 points for participating in classroom discussions. The total of points earned as a percentage of points possible will determine a student’s attendance and participation grade. Absences will severely reduce your ability to pass this course. Students leaving class before class is dismissed must have instructor permission or 50% attendance credit for that class will be deducted. See the instructor if you have more than 2 absences.

3. Mid-term (20%) and Final Exam (20%)- These are brief essay, multiple choice and true/false exams constructed from the reading and classroom discussion materials.

Grading- Letter Grade or CR/NC. You can take this course for credit or on a pass/fail basis whereby upon successful completion of the course you will receive the appropriate number of credits with no grade attached. Grading will be as follows:

   90-100% - A
   80-89%  - B
   70-79%  - C
   60-69%  - D
   0-59%   - F
PSYCH 33- Reading Assignment Guide

Week 1:  Introduction to Course, Chapter 1, pp. 1-24
8/31/10    Introduction to course materials, goals and objective
  • the Search for Direction and Paradoxes of Progress
  • Some history and the business of applied psychology
  • The scientific approach to behavior- What's worth paying attention to?

Week 2:  Chapter 2 Theories of Personality, pp. 33-67
9/7/10    • Personality and Psychological Theories- How do we become the way we are; how do we change
  • Personality Tests- Myers-Briggs; The Big 5; Projective Tests

Week 3:  Chapter 11 Development in Adolescence and Adulthood, pp. 337-359
9/14/10    Perspectives on Development- Childhood to Adulthood
  • Stages of Psychosocial Development
  • The Transition of Adolescence
  • The Expanse of Adulthood
  • The Aging process

Week 4:  Chapter 5 The Self, pp. 141-169; Wherever You Go, There You Are, intro 9/21/10 through page 18.
  Assignment: Self Image Collage (Bring 3 magazines to class)
  • Core characteristics of Self-Concept
  • Basic Principles of Self-Perception
  • Self-Regulation and Self-Presentation

Week 5:  Chapter 3 Stress and Its Effects- pp. 72-97; Wherever You Go, There You Are, 9/28/10 page 21 through page 96.
  Assignment: Review Berkeley Stress Survey
  • Nature of Stress
  • Stress Management strategies
  • Film- “Stress”

Week 6:  Chapter 4 Coping Processes, pp. 106-137; Wherever You Go, There You Are, 10/5/10 intro 101 through page 170.
  Assignment: Beliefs Questionnaire/Change Plan
  • Defense Mechanisms
  • The nature of constructive coping/Cognitive-Behavioral Techniques
  • Understanding Motivation and Emotions
  • Exercise in Behavior Modification
Week 7: Chapter 6 Social Thinking and Social Influences, pp. 173-201
10/12/10
• Forming Impressions
• Problems of prejudice
• What goes on in Groups
• Power of Social Pressure
• Seeing Through Compliance Tactics

Week 8: Mid-Term Exam- 10/19/10

Week 9: Chapter 10 Gender and Transitions, pp. 302-326;
10/26/10 Chapter 13 Expression of Sexuality, pp. 407-415
• Gender Stereotypes; Key aspects of sexual identity
• Gender-Role Expectations
• Development and Expression of Sexuality
• Film “Sexual Chemistry”

Week 10: Chapter 8 Friendship and Love, pp. 236-260
11/2/10
• Meeting People-Keeping Friends
• Initial attraction and relationship development
• Friendship and Romantic Love

Week 11: Chapter 9 Marriage and Intimate Relationships, pp 269-299
11/9/10
• Moving to marriage
• Adjustment to marriage and the family life cycle
• Divorce
• Alternatives to marriage
• Violence in relationships

Week 12: Chapter 7 Interpersonal Communication, pp. 205-229
11/16/10
• The process of interpersonal communication
• Film- nonverbal communication
• Toward more effective communication
• Interpersonal conflict and assertive communications

Week 13: Chapter 14 Mental and Physical Health, pp. 450-475
11/23/10
• Habits, lifestyles and health
• Seeking treatment
• Alcohol and other drugs
Week 14: Chapter 15, Chapter 15, Psychological Disorders, pp. 479-511
11/30/10
- Anxiety Disorders
- Dissociative Disorders
- Mood Disorders
- Psychotic Disorders
- Eating Disorders
Discussion on effective treatment modalities; choosing a therapist

Week 15: Preparation and Review for Final Exam; Check Journals- 12/7/10

Week 16: FINAL EXAM