PSYCH 33
Psychology of Personal and Social Adjustment
Spring 2010

Section: 66302       Date/Time:  TTh 12:40–2:00 pm
Room:  1091
Instructor:  Jan Tice      email:  jatrice@cabrillo.edu      Phone: 427-0469
Office:  11-12:30 T-Th   Office Hours: TBA

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, develop and sustain 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 your thoughts and ideas developed from your life experiences and reactions to 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; value is given for attending and 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: 2/9- Introduction to Course, Chapter 1, pp. 9-12
- Introduction to the course material and expectations
- Paradox of Progress- The roots of happiness
- The business of Applied Psychology
**Assignments: On-line testing "Authentic Happiness Scale"

2/11- Chapter 1, pp. 12-24
- Scientific Approach to Behavior--what's worth paying attention to
- Introduction to Personality Theories--Freud and neo-Freudians

Week 2: 2/16- Chapter 2 Theories of Personality, pp. 33-55
- Personality and Psychological Theories-- Behaviorists to Biological Perspectives
  **Assignments: Myers-Briggs Type Indicator/Big 5 Personality Test**
2/18- Chapter 2, pp. 55-67
- Social-Cognitive Theory and discussion on Personality Testing

Week 3: 2/23- Chapter 11 Development in Adolescence and Adulthood, pp. 337-344
- The Transition of Adolescence
- Erikson’s Stages of Psychosocial Development
  **Assignments: Bring in 3 magazines with many photos**
2/25- Chapter 5 The Self, pp. 141-161
- Self-Concept and Self-Esteem
- Basic Principles of Self-Perception
  **Assignments: Self-Esteem Scale**

Week 4: 3/2- Chapter 5, pp 161-169
- Self-Regulation and Self-Presentation
- Principles of Self Perception
3/4- Chapter 3, Stress and Its Effects- pp. 72-79
- Film "Stress"
  **Assignment: Berkeley Stress Inventory**

Week 5: 3/9- Chapter 3 Stress and Its Effects- pp. 80-97
- Identifying your stressors
- Stress Management
3/11- Chapter 4 Coping Processes, pp. 106-120
- Defense Mechanisms
- The nature of constructive coping
  **Assignment: Beliefs Questionnaire; Change Plan**
Week 6: 3/16 - Chapter 4 Coping Processes, pp. 115-137
  • Problem-Focused Constructive Coping
  • Emotion-Focused Coping
  • Behavior Modification
**Assignments: The Barnes-Vulcano Rationality Test**
3/18 - Coping skills - Practical Exercises
  • Mindfulness
  • Breath work
  • Cognitive-Behavioral training

Week 7: 3/23 - Prep and review for Mid-Term Exam
3/25 - Mid-Term Exam

Week 8: Spring Break

Week 9: 4/6 - Chapter 6 Social Thinking and Social Influences, pp. 173-188
  • Forming Impressions
  • Problems of prejudice
4/8 - Chapter 6, pp. 189-201
  • Power of Social Pressure
  • Seeing Through Compliance Tactics
**Assignments: Gender Roles; Sexuality Scale**

Week 10: 4/13 - Chapter 10 Gender and Transitions, pp. 302-317;
  • Gender Stereotypes; Key aspects of sexual identity
  • Gender Differences and role expectations
4/15 - Chapter 13 Expression of Sexuality, pp. 407-415
  • The Human Sexual Response
  • Sexual Expression

Week 11: 4/20 - Chapter 8 Friendship and Love, pp. 236-260
  • Film
4/22 - Friendship and Love (cont.)
  • Initial attraction and relationship development
  • Friendship and Romantic Love
**Assignments: Family Genogram**

Week 12: 4/27 Chapter 9 Marriage and Intimate Relationships, pp. 269-283
  • Moving to marriage
  • Adjustment to marriage and the family life cycle
4/29 - Chapter 9, pp. 284-299
  • Divorce
  • Alternatives to marriage
  • Violence in relationships
Week 13: 5/4- Chapter 7 Interpersonal Communication, pp. 205-215
- The process of interpersonal communication
- Film- nonverbal communication
5/6- Chapter 7, pp. 216-229
- Toward more effective communication
- Interpersonal conflict and assertive communications

Week 14: 5/11- Chapter 7, Communications (Continued)
- Conflict Resolution
- Seven Challenges
Assignments: Assertive Job Hunting Survey
5/13- Chapter 12, Careers and Work, pp. 373-380
- Choosing a career
Assignments: Health Habits Questionnaire; Chronic Self-Destructiveness Scale

Week 15: 5/18- Chapter 14 Mental and Physical Health, pp. 450-475
- Habits, lifestyles and health
- Seeking treatment
- Alcohol and other drugs
5/20-- Psychological Disorders, pp. 479-511
- Anxiety Disorders
- Dissociative Disorders
- Mood Disorders
- Psychotic Disorders
- Eating Disorders

Week 16: 5/25- Chapter 16 Psychotherapy, pp. 515-545
- Elements of the treatment process
- Best practices and therapies
- Choosing a therapist
5/27- Preparation for Final Exam
- Check Journals

Week 17: 6/1-6/5- Final Exam (check final exam schedule)

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<thead>
<tr>
<th>Date</th>
<th>Reading Assignment</th>
<th>Handouts</th>
<th>Activity</th>
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<tbody>
<tr>
<td>10/27</td>
<td>-Review Midterm</td>
<td>-Chapter outline</td>
<td>-Shades of Youth (15 min)</td>
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<td>-Chapter 6- Social Thinking and Influence</td>
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<tr>
<td>Date</td>
<td>Chapters</td>
<td>Topics</td>
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<td>11/3</td>
<td>10 &amp; 13</td>
<td>Gender role and sexuality</td>
<td>- Chapter outline - Sexuality Scale (Journal) - How do you feel about Gender roles (Journal)</td>
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<td>11/10</td>
<td>8 &amp; 9</td>
<td>Attractions and Marriage</td>
<td>- Chapter outline - Family Genogram (Journal)</td>
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<td>11/17</td>
<td>7</td>
<td>Communications</td>
<td>- Chapter outline - Seven Challenges - DO IN CLASS COMMUNICATIONS WORK - Non-Verbal communications (50 minutes)</td>
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<td>11/24</td>
<td>14</td>
<td>Mental and Physical Health</td>
<td>- Chapter outline - Health Habits Questionnaire (Journal) - Chronic Self-Destructiveness (Journal) - Manifest Anxiety Scale (Journal) (chose a film on AOD)</td>
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<td>15</td>
<td>Psychological Disorders</td>
<td>- Chapter Outline</td>
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