

**HIBBING COMMUNITY COLLEGE
COURSE OUTLINE**

COURSE NUMBER & TITLE: PSYC 1010 - Psychology of Adjustment
CREDITS: 2 (Lecture 2 / Lab 0)
PREREQUISITES: None

CATALOG DESCRIPTION:

Psychology of Adjustment focuses upon applications of psychological principles to human development and adjustment. Emphasis is on self-concept and healthy adjustment versus maladjustment as applied to casual, work, and intimate relationships. The importance of effective communication, problem-solving skills, and maximizing human potential is also stressed. MNTC goal area:(5)History/Social/Behavioral Sciences.

OUTLINE OF MAJOR CONTENT AREAS:

- I. Understanding and Managing Self
 - A. Theories and psychological principles of human development and adjustment
 - B. Self concept and boundaries
 - C. Self esteem and self confidence
 - D. Self motivation and goal setting
 - E. Emotional Intelligence: Attitudes and happiness
 - F. Values and ethics
 - G. Problem solving and creativity
- II. Achieving Personal Success
 - A. Wellness, stress management and personal problems
 - B. Money management, budgeting and investing
 - C. Long term relationships
- III. Dealing Effectively with Others
 - A. Social interaction, perception and influence
 - B. Workplace success
 - C. Relationships with Manager, coworkers and customers
 - D. Conflict management
 - E. Diversity and cross cultural competence
- IV. Career Success
 - A. Becoming an effective leader
 - B. Motivating others
 - C. Developing teamwork
 - D. Career advancement

- E. Developing good working habits: time management, procrastination, shift work, attitudes
- F. Learning strategies, perception and life changes

COURSE GOALS/OBJECTIVES/OUTCOMES:

The students will

1. identify and apply theories of behavior to adjustment.
2. identify self-concept and self-efficacy, self respect, self esteem and self control.
3. identify personal problems and self defeating behaviors including addictions and mental health in light of psychological theories of adjustment.
4. identify social and environmental influences on stress levels.
5. list methods of stress reduction and relaxation.
6. write and implement personal goal and steps of achievement.
7. identify personal spending habits and develop a budget.
8. identify workplace problems and suggest possible solutions.
9. demonstrate techniques of effective oral and written communication.
10. demonstrate active listening skills.
11. identify characteristics of healthy relationships in families, marriage and work.
12. describe signs and symptoms of adjustment versus maladjustment in adulthood.
13. suggest solutions for social relationship problems.
14. demonstrate awareness and personal self discovery during the semester.
15. identify the necessary skills for career success.

MNTC GOALS AND COMPETENCIES MET:

History and the Social and Behavioral Sciences

HCC COMPETENCIES MET:

Working Productively and Cooperatively
Communicating Clearly and Effectively
Thinking Creatively and Critically
Social/Civic Responsibility

STUDENT CONTRIBUTIONS:

Students are expected to attend all lectures and working sessions, participate in and contribute to class discussions, complete all assignments and tests on time and request assistance when needed. Students should spend at least four hours per week preparing for class. Attendance is critical in this class.

METHODS FOR EVALUATING STUDENT LEARNING:

Students' performance will be evaluated through tests, reaction papers, class presentation, homework assignments and participation in classroom activities.

SPECIAL INFORMATION: (SPECIAL FEES, DIRECTIVES ON HAZARDOUS MATERIALS, TEXTBOOK USED, ETC.)

AASC APPROVAL DATE: December 19, 2007

REVIEW DATE: December 2012

PSYC 1010: so
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