HIBBING COMMUNITY COLLEGE
COURSE OUTLINE

COURSE NUMBER & TITLE: PSYC 1010: Psychology of Adjustment
CREDITS: 2 (2 Lec / 0 Lab)
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.

OUTLINE OF MAJOR CONTENT AREAS:

1. Understanding and Managing Self
   A. Major psychological theories of human behavior and overarching goals of psychology
   B. Self-concept, self-esteem, self-motivation
   C. Personal boundaries
   D. Goal-setting
   E. Emotional Intelligence
   F. Problem solving and creativity
   G. Values and ethics

2. Achieving Personal Success
   A. Wellness, stress management and personal problems
   B. Money management
   C. Personal relationships

3. Dealing Effectively with Others
   A. Social interaction, perception and influence
   B. Professional relationships and workplace success
   C. Conflict management
   D. Diversity and cross cultural competence

4. Career Success
   A. Effective leadership
   B. Motivating others
   C. Teamwork
   D. Developing good working habits: time management, procrastination, shift work, attitudes
   E. Career advancement
COURSE GOALS/OBJECTIVES/OUTCOMES
1. Students will define psychology and describe its four major goals.
2. Students will demonstrate self-awareness, assess self-efficacy, and develop personal goals.
3. Students will identify healthy relationships in personal and professional realms of life.
4. Students will analyze personal, relational, and professional problems.
5. Students will develop possible solutions to personal, relational, and professional problems.
6. Students will practice stress management, conflict resolution, teamwork, and effective communication.

MNTE GOALS AND COMPETENCIES MET:
History and the Social and Behavioral Sciences

HCC COMPETENCIES MET:
Working Productively and Cooperatively
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.

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

Curriculum Committee Approval Date: March 12, 2018
AASC APPROVAL DATE: March 21, 2018
REVIEW DATE: March 2023