



PSY 259: Psychology of Personal Adjustment

This course will provide an opportunity for students to gain insight into their own behavior as well as that of others. Goals for this course include: understanding personal adjustment and growth across the life span, dealing with life changes and developing adequate coping mechanisms for making self-affirming life choices, maintaining health, managing stress, relating to others in social environments, and developing effective interpersonal relationships. Strategies for exploring life options and making effective decisions are emphasized. Importance is placed on the role of beliefs and values in the decision-making process and the problems that arise out of value conflicts. Prerequisite: PSY 101. Three class hours a week.

Course Student Learning Outcomes

1. Compare and contrast psychological theories about the roots of beliefs and values and how they influence the decision-making process.
2. Identify self-defeating beliefs, thoughts, habits, and behaviors and apply psychological strategies to change them into self-affirming ones.
3. Discuss strategies for developing and maintaining effective interpersonal relationships.
4. Demonstrate ability to use creative visualization techniques for managing stress; identifying and achieving high priority life goals; and rehearsing desired behaviors.

Credits: 3

Program: Psychology