

Common Course Outline
PSYC 106
Personality and Adjustment for Mental Well-Being
3 Semester Hours

The Community College of Baltimore County

Description:

Personality and Adjustment for Mental Well Being (PSYC 106) is an introduction to concepts of personality development and methods of adjustment. Topics include an overview of major personality theories, research strategies, the nature and effects of stress, effective and ineffective coping strategies, motivation, personality assessment, and psychotherapy. Cultural influences on personality and different cultural patterns of adjustment are discussed. Emphasis is placed on increasing self-understanding, an understanding of others, and developing mental well-being.

Prerequisite: Nonen

Overall Course Objectives

Upon completion of the course, the student will be able to:

1. Critically assess current personality theories.
2. Give examples of research methods used to study personality and adjustment.
3. Evaluate current research findings related to understandings of personality development.
4. Describe the process of socialization.
5. Assess the impact of culture on personality development.
6. Give examples of techniques available to assess personality.
7. Compare and contrast various theories of motivation.
8. Define stress and give examples of its physical and psychological effects.
9. Explain how the conception of healthy adjustment is related to social and cultural values.
10. Identify the student's own methods of adjustment.
11. Discuss the function of emotion in assisting adjustment.
12. Describe how self-esteem develops from conception until death.
13. Evaluate the role of work in their lives.
14. Discuss various aspects of intimacy.
15. Identify the components of effective communication.
16. Evaluate various forms of psychotherapy intended to enhance adjustment.
17. Increase effectiveness in relating with other people.
18. Demonstrate respect for differences in values and behaviors associated with each individual's unique personality.

Major Topics

1. Research methods used in studying personality and adjustment.
2. Theoretical perspectives in psychology
3. Theories of personality and self
4. Socialization and cultural influences on personality
5. Assessment of personality
6. Stress and its effects
7. Influence of culture on defining “normal” adjustment
8. Adjustment coping strategies
9. Emotion as it relates to adjustment
10. Self-esteem: Development over the lifespan
11. Interpersonal communication
12. The role of work
13. Intimacy
14. Maladjustment
15. Therapy and Counseling

Course Requirements

Evaluation and student feedback in this course will combine several of the following formats:

1. Tests/Quizzes
2. Service learning
3. Research papers
4. Oral presentations
5. Cooperative learning group assignments
6. Written analysis of case studies
7. Classroom participation
8. Project using the Psychology Abstracts
9. Written observation reports applying course material