

Common Course Outline
PSYC 205
Dynamics of Adjustment
3 Credit Hours

The Community College of Baltimore County

Description

PSYC 205 – 3 Credits – Dynamics of Adjustment explores the psychological, socio-cultural, and biological dynamics operative when people face situations that involve change and require adaptive behavior. The focus will be on coping strategies utilized by people experiencing the stress of daily life, stress associated with various stages of development across the lifespan, and major stress reactions in response to crisis events. This course will also explore concepts and skills that teach how one can be helpful to friends, family, coworkers, clients or patients in a variety of stressful circumstances.

3 credits; 3 lecture hours; Prerequisite: One previous psychology course or consent of the instructor.

Overall Course Objectives

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

1. Discuss the biological, emotional, and contextual factors in stress.
2. Identify individual and community coping strategies and stress management skills known to be effective in response to severe trauma and varied experiences of crisis or loss.
3. Apply a model of caring/close relationships and interpersonal social influence to ordinary and extreme situations requiring human adaptation.
4. Explore and describe the personal attitudes and beliefs that promote health and enable people to cope with life-changing or life-threatening illness and/or other adversity.
5. Identify and discuss multicultural, gender, and diversity issues that are relevant to the dynamics of human adjustment. Develop skills for promoting cultural pluralism.
6. Obtain practical knowledge about adjustment through self-assessment inventories, critical thinking activities, assigned readings and classroom discussion sessions.
7. Identify and practice basic listening and helping skills to assist persons struggling to adapt to change or a major stressor.
8. Discuss psychology and pseudo-psychology and explain how one can become a wise consumer of psychological knowledge.

Major Topics

Major topics include:

1. Introduction to the nature of adjustment. Practical knowledge about adjustment.
2. Diversity, gender comparisons, socio-cultural variations, and multicultural issues affecting the nature of individual adaptation to change and/or crisis situations.
3. Biological, emotional and contextual factors in stress.
4. Individual and community coping strategies in response to the challenges of daily life by contrast and comparison with harsh or traumatic situations.
5. Caring and close relationships and interpersonal social influence.
6. Special issues in adult lifestyles, careers and work, marital adjustment, rearing children, and current family trends.
7. Relating health and psychology: promoting hardiness.
8. Listening and helping skills for helping others cope with the changes associated with normal human development across the lifespan and with major stressors.
9. Critical thinking skills for promoting cultural pluralism.
10. Values and moral development issues that affect adaptation and adjustment.

Course Requirements

Students must participate in instructional activities such as written assignments, discussions with classmates, quizzes and tests.

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

Attendance;

At least 2 quizzes or examinations;

At least 3 written assignments;

Participation, when possible, in online discussions.

Writing: The individual faculty member will determine specific writing assignments. College level writing skills are required.

Other Course Information

This course is an elective.

Individual faculty members may include additional course objectives, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.