

COURSE SYLLABUS

Course Title:	Personal Growth and Development		Date submitted:	Fall 2017 (AAC: 17-53)	
Department:	Social Sciences				
Curriculum:	Psychology				
Course Descriptors: Make certain that the course descriptors are consistent with college and Board of Trustees policies, and the current course numbering system.	Course Code: (eg. ACC 101)	PSY*100	Prerequisites: C- or better in Integrated Reading and Writing II (ENG*075) OR Introduction to College Reading & Writing (ENG*093) OR Introduction to College English (ENG*096) OR Reading & Writing VI (ESL*162), or placement into Composition (ENG*101) [including embedded ENG*101]		
	Course Type:	D/L			
	A: Clinical B: Lab D: Distance Learning I: Individual/Independent L: Lecture N: Internship M: Seminar P: Practicum U: Studio X: Combined Lecture/Lab Y: Combined Lecture/ Clinical/Lab Z: Combined Lecture/Studio	Elective Type:	G/LAS/SS	Corequisites: None	
	Credit Hours:	3			
	Developmental: (yes/no)	No			
	Lecture:	3			
	Clinical:	0			
	Lab:	0			
	Studio:	0			
	Other:	0			
CONTACT HOURS:	TOTAL: 3				
Class Maximum:	35	Other Requirements: None			
Semesters Offered:	F/Sp				
Catalog Course Description:	Human adjustment with emphasis on personal growth, interpersonal relationships, health and stress, and socio-cultural challenges are studied. Topics of self-esteem, learning styles, human development and effective coping mechanisms are also considered.				
Topical Outline: List course content in outline format.	<ol style="list-style-type: none"> 1. Understanding the self <ol style="list-style-type: none"> a. Self-esteem, Self-concept, Self-efficacy b. Learning styles 2. Foundations of human development <ol style="list-style-type: none"> a. Stages of personality development b. Exploring gender roles 3. Stress, Health and coping skills 				

	<ul style="list-style-type: none"> a. The mind-body connection b. Wellness and life choices c. Coping with stress, depression, anger and anxiety <p>4. The Challenge of Human Relationships</p> <ul style="list-style-type: none"> a. Perceiving others and Interpersonal attraction b. Conflict in relationships c. Becoming intimate d. Living in families e. Loneliness and social support <p>6. The Challenge of Self-Control</p> <ul style="list-style-type: none"> a. Success and failure b. The pursuit of happiness c. Effective self-management
<p>Outcomes: Describe measurable skills or knowledge that students should be able to demonstrate as evidence that they have mastered the course content.</p>	<p>Upon successful completion of this course, the student will be able to do the following:</p> <p>COURSE:</p> <ul style="list-style-type: none"> 1. describe how personality and identity develops 2. identify factors related to successful psychological adjustment 3. state ways to cope with challenges of relationships 4. discuss successful coping and stress management strategies <p>PROGRAM: <i>(Numbering reflects Program Outcomes as they appear in the college catalog)</i> N/A</p> <p>COMPETENCIES FULFILLED:</p> <p>Social Phenomena - Students will develop an increased understanding of the influences that shape a person's, or group's attitudes, beliefs, emotions, symbols, and actions, and how these systems of influence are created, maintained, and altered by individual, familial, group, situational or cultural means.</p> <p>Demonstrates: Accurately and sufficiently explains factors that influence and shape a person's or group's attitudes, beliefs, decisions, and actions.</p> <p>Does Not Demonstrate: Inaccurately or insufficiently explains factors that influence and shape a person's or group's attitudes, beliefs, decisions, and actions.</p> <p>Ethical Dimensions (embedded) - Students will identify ethical principles that guide individual and collective actions and apply those principles to the analysis of contemporary social and political problems.</p> <p>Demonstrates: Identifies and reflects critically on ethical issues presented in classroom instruction or in assigned co-curricular or civic activities and/or professional internships and practica.</p> <p>Does Not Demonstrate: Does not sufficiently identify or reflect critically on ethical issues presented in classroom instruction or in assigned co-curricular or civic activities and/or professional internships and practica.</p>
<p>Evaluation: List how the above outcomes will be assessed.</p>	<p>Assessment will be based on the following criteria:</p> <ul style="list-style-type: none"> examinations homework assignments quizzes oral presentations group projects.

<p>Instructional Resources:</p> <p>List library (e.g. books, journals, on-line resources), technological (e.g. Smartboard, software), and other resources (e.g. equipment, supplies, facilities) required and desired to teach this course.</p>	<p>Required: None</p> <p>Desired:</p>
<p>Textbook(s)</p>	<p>Refer to current academic year printout</p>