

SYLLABUS

CODE: PSYC 107 **TITLE:** Personality and Adjustment

DIVISION: Social Sciences & Education **DEPARTMENT:** Psychology

COURSE DESCRIPTION: This course is designed to help students increase their self-knowledge through in-depth studies of three theoretical views of personality and the relations between stress on the mind and body, and reliable methods for coping with stress. Students will explore first-hand the role of exercise in improving cardiovascular functioning. Students will also learn how to monitor blood pressure and develop the understanding of the relationship between stress and hypertension. Speakers will visit the classroom to discuss Marriage/Divorce, Addiction and Death/Dying as part of an examination of crisis which typically occur in adulthood and later years.

PREREQUISITES: None

PREREQUISITES OR COREQUISITES:

COREQUISITES:

CREDITS: 3 **LECTURE HOURS:** 3 **LAB/STUDIO CREDITS:**

REQUIRED MATERIALS:

Pathways to Personal Growth: Adjustment in Today's World by George R. Goethals, Stephen Worchel, & Laurie Harrington

ADDITIONAL TIME REQUIREMENTS:

None

COURSE LEARNING OUTCOMES:

Students successfully completing this course will be able to:

- Examine how issues related to the development of personality, self-discovery in adolescence and adulthood, gender, living in families, psychological disorders, work, and the environment present opportunities and challenges to healthy adjustment to the postmodern world (CRITICAL THINKING; PERSONAL DEVELOPMENT; HISTORICAL/SOCIETAL ANALYSIS). This learning outcome will be accomplished through oral and written assessments, class participation, as well as exams and research projects (COMMUNICATION; INFORMATION LITERACY).
- Assess the nature and types of stress, the biology of stress, how lifestyle choices affect health, the influence of locus of control on stress and health behaviors, and the various ways that personal, therapeutic, and sociocultural relationships influence stress and health. (PERSONAL DEVELOPMENT; HISTORICAL/SOCIETAL ANALYSIS). This learning outcome will be accomplished through oral and written assessments, class participation, as well as exams and research projects (COMMUNICATION; INFORMATION LITERACY).
- Apply stress management techniques to their own life to begin to improve physical and emotional well-being (CRITICAL THINKING; PERSONAL DEVELOPMENT).

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GRADING STANDARD:

- 100-93% = A
- 92-90% = A-
- 89-87% = B+
- 86-83% = B
- 82-80% = B-
- 79-77% = C+
- 76-70% = C
- 69-65% = D
- Less than 65% = F

There will be exams and written assignments and lab work is possible (during class). Details vary from instructor to instructor. Re-testing is at the discretion of the instructor. Individual Instructor Addendums are available from the Learning Assistant in the Psychology Department (located at the lower level of the MAN building).

COURSE CONTENT:

(Supplemental unit information such as topics could include unit learning outcomes.)

Topics – Unit 1

- Adjusting to our world
- The developing personality;
- Self-discovery in adolescence and adulthood

Topics – Unit 2

- Stress, Health, and Coping
- Psychological Disorders
- Psychotherapy

Topics – Unit 3

- Getting to know/like others
- Becoming intimate with others
- Living in families

Topics – Unit 4

- Psychology of group behavior
- Living with our environment

DEPARTMENT POLICIES:

- Attendance is expected and contributes significantly to performance in this course.
- You are responsible for any work done in class that you miss.
- Class will begin and end on time. Lateness or early departure is not acceptable behavior, nor is walking in and out of the classroom during class time. Instructors may penalize such activities.
- Instructors may set a limit on the number of absences allowed. Individual instructor addendums detailing specific attendance policies are to be obtained through the psychology department (MAN 127).
- **During lecture**, periods of class explanation, and when fellow students are speaking to the class, students are expected to use proper courtesy and refrain from using technologies.
- **ALL Cell Phones** and **Beepers** must be turned **OFF** during class time.

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- Students are not permitted to use CD players or computers, etc... to play music during class time.
- The use of **IRC**, **AIM** and other instant messaging (chat) programs are not permitted during a class.
- **E-mail** must be professional and well written. As this is a college-level course it is expected that text messages are concise and prepared in full sentence form.
- Any e-mail that does not fully disclose the name of the student will be automatically interpreted as **SPAM** (unwanted junk mail) and be **deleted unopened**.
- Copying and pasting from the internet without a reference as well as purchasing materials online and misrepresenting them as your own work is considered **plagiarism** and is contrary to the BCC student conduct code.

COLLEGE POLICIES:

For information regarding:

- ◆ Brookdale's Academic Integrity Code
- ◆ Student Conduct Code
- ◆ Student Grade Appeal Process

Please refer to the **STUDENT HANDBOOK AND BCC CATALOG**.

NOTIFICATION FOR STUDENTS WITH DISABILITIES:

Brookdale Community College offers reasonable accommodations and/or services to persons with disabilities. Students with disabilities who wish to self-identify must contact the Disabilities Services Office at 732-224-2730 or 732-842-4211 (TTY), provide appropriate documentation of the disability, and request specific accommodations or services. If a student qualifies, reasonable accommodations and/or services, which are appropriate for the college level and are recommended in the documentation, can be approved.

ADDITIONAL SUPPORT/LABS:

The Instructor addendum will be distributed on the first day of class. This addendum will contain specific information about instructor information (hours, office, phone, email), the class schedule, required assignments, and individual instructor class policies.

Additional tutoring can be obtained from the Learning Assistant in the Psychology Department located in the MAN Building Room 127. Please call 732-224-2546 for an appointment.

The syllabus is intended to give student guidance in what may be covered during the semester and will be followed as closely as possible. However, the faculty member reserves the right to modify, supplement, and make changes as the need arises.