

I. CATALOG INFORMATION

- A. Discipline: PSYCHOLOGY
- B. Subject Code and Number: PSY M03
- C. Course Title: Personal Growth and Social Awareness
- D. Credit Course units:
- Units: 3
- Lecture Hours per week: 3
- Lab Hours per week : 0
- Variable Units : No

- E. Student Learning Hours:
- Lecture Hours:
- Classroom hours: 52.5 - 52.5
- Laboratory/Activity Hours:
- Laboratory/Activity Hours 0 - 0

Total Combined Hours in a 17.5 week term: 52.5 - 52.5

- F. Non-Credit Course hours per week _____
- G. May be taken a total of: ☒ 1 ☐ 2 ☐ 3 ☐ 4 time(s) for credit
- H. Is the course co-designated (same as) another course: No ☒ Yes ☐
- If YES, designate course Subject Code & Number: _____

- I. Course Description:
- Focuses on how psychology is used in everyday life and is related to other social sciences. Surveys different psychological perspectives and theoretical foundations and how these are applied across a person's life taking into account the influence of factors such as culture, gender, ethnicity, historical cohort, and socio-economic status. Provides a broad understanding of how scientists, clinicians, and practitioners study and apply psychology.

- J. Entrance Skills
- *Prerequisite: No ☒ Yes ☐ Course(s) _____
- *Corequisite: No ☒ Yes ☐ Course(s) _____
- Limitation on Enrollment: No ☒ Yes ☐ _____
- Recommended Preparation: No ☐ Yes ☒ Course(s) ENGL M01A
- Other: No ☒ Yes ☐

K. Other Catalog Information:

II. COURSE OBJECTIVES

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

		Methods of evaluation will be consistent with, but not limited by, the following types or examples.
1	define and use basic biological, physiological, and psychological terminology to describe adjustment and psychosocial development across the lifespan.	Tests, written assignments, and class participation.
2	generate and explicate concrete examples of psychological perspectives and applications underlying personal growth and psychosocial adjustment.	Tests, written assignments, and class participation.
3	describe specific research methods and the general principles of research ethics for the study of human beings, including the safeguards and the peer-review process in science.	Tests, written assignments, and class participation.
4	apply psychological principles and develop “new” interpersonal, occupational and social skills for life-long personal growth.	Tests, written assignments, and class participation.
5	differentiate between individual and sociocultural differences as applied to psychology of adjustment.	Tests, written assignments, and class participation.

III. COURSE CONTENT

Estimated %	Topic	Learning Outcomes
Lecture (must total 100%)		
3.00%	Introduction - Definitions, methodology	1
6.00%	Adjusting to modern life --Scientific approach to behavior: research procedures --Roots of happiness, values clarification: an empirical analysis --Search for direction: beliefs, values, goals	2, 3, 4
7.00%	Theories of personality --Psychodynamic perspectives (Freud, Jung, Erikson, Adler) --Behavioral perspectives (Skinner, Bandura) --Humanistic perspectives (Rogers, Maslow) --Biological perspectives (evolutionary approach)	1

6.00%	Stress and its effects --Nature and types of stress and its causes --Emotional, psychological and behavioral responses to stress --Lifestyles, health and stress	4, 5
6.00%	Emotions --Emotional intelligence --Increasing awareness of emotional states, --Expressing emotions (anger, guilt, etc.) effectively	4, 5
12.00%	The Self --Self-concept, ethnicity, gender, sexual orientation, class, age, self-esteem --Cognitive processes, self-attribution, motivation --Self-efficacy, self-defeating behavior --Self-monitoring, behavior modification --Self-actualization	1, 2, 4
6.00%	Social thinking and social influence --Forming impressions of others --Problems of prejudice --The power of persuasion and social pressure	1, 5
12.00%	Interpersonal communication --Processes of communication --Verbal and non-verbal communication cross-culturally --Gender differences --Communication skills in conflict resolution in various settings (work, family, friendships, etc.)	1, 4, 5
12.00%	Development of intimacy in relationships --Stages in forming intimate relationships --Modes for maintaining healthy relationships --Parenting --Dysfunctional family relationships --Dissolution of intimate relationships (divorce, breaking up, separation)	1, 2, 4
6.00%	Gendered behavior --Similarities and differences --Biological and environmental origins of gender differences --Traditional and changing gender roles	1, 2, 4, 5
12.00%	Development and expression of sexuality --Sexual socialization (values, norms, beliefs) --Sexual behavior and expression cross-culturally --Sexual orientation --Issues in sexuality	1, 2, 4, 5
6.00%	Development throughout the life span --Physical, cognitive and personality changes. --Adult stages of development --Career exploration --The aging process --Grief and loss	1, 2, 4
6.00%	Psychological disorders and psychotherapy --Diagnostic and Statistical Manual (DSM) categories --Assessing personality and behavior --Survey of psychotherapy	1, 2, 4

IV. TYPICAL ASSIGNMENTS

A. Writing assignments

Writing assignments are required. Possible assignments may include, but are not limited to:

1	weekly writing assignments on application of textbook materials.
2	midterm paper on interpersonal communication and conflict resolution.
3	final paper on habits, lifestyles, and health.
4	journal writing on understanding the self.

B. Appropriate outside assignments

Appropriate outside assignments are required. Possible assignments may include, but are not limited to:

1	interview community members regarding career choice and development.
2	review articles on psychological intervention.
3	research and write a term paper on the nature of self.

C. Critical thinking assignments

Critical thinking assignments are required. Possible assignments may include, but are not limited to:

1	compare and contrast psychological perspectives.
2	discuss coping mechanisms and adjustment in becoming a social person.
3	examine psychosocial development across the lifespan.

V. METHODS OF INSTRUCTION

Methods of instruction may include, but are not limited to:

- ☒ Distance Education – When any portion of class contact hours is replaced by distance education delivery mode (Complete DE Addendum, Section XV)
- ☒ Lecture/Discussion
- ☐ Laboratory/Activity
- ☒ Other (Specify) Mock clinical assessment.
- ☐ Optional Field Trips
- ☐ Required Field Trips

VI. METHODS OF EVALUATION

Methods of evaluation may include, but are not limited to:

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> Essay Exam | <input checked="" type="checkbox"/> Classroom Discussion | <input checked="" type="checkbox"/> Skill Demonstration |
| <input checked="" type="checkbox"/> Problem Solving Exam | <input checked="" type="checkbox"/> Reports/Papers/Journals | <input checked="" type="checkbox"/> Participation |
| <input checked="" type="checkbox"/> Objective Exams | <input checked="" type="checkbox"/> Projects | <input checked="" type="checkbox"/> Other (specify) |

Critique of journals related to developmental adjustment throughout the lifespan.

VII. REPRESENTATIVE TEXTS AND OTHER COURSE MATERIALS

Adler, Ronald, and Russell Proctor. Looking Out/Looking In. 14th ed. Wadsworth, 2013.

Walker, Velma. Becoming Aware: A Text/Workbook for Human Relations and Personal Adjustment. 11th ed. Kendall-Hunt, 2011.

Corey, Gerald, and Marianne Corey. I Never Knew I had a Choice: Explorations in Personal Growth. 10th ed. Brooks Cole, 2013.

Weiten, Wayne, Dana Dunn, and Elizabeth Hammer. Psychology Applied to Modern Life: Adjustment in the 21st Century. 10th ed. Wadsworth, 2011.

Duffy, Karen, Steven Kirsh, and Eastwood Atwater. Psychology for Living: Adjustment, Growth, and Behavior Today. Pearson, 2010.

VIII. STUDENT MATERIALS FEES

☒ No ☐ Yes

IX. PARALLEL COURSES

<i>College</i>	<i>Course Number</i>	<i>Course Title</i>	<i>Units</i>
Sonoma State Univ.	PSY 201	Human Potential	3-4
Ventura College	PSY V02	Personal Growth and Social Awareness	3
CSU Fresno	PSYCH 61	Personal Adjustment	3
CSU San Bernardino	PSYC 115	Personal and Social Adjustment	2
UC Santa Cruz	PSYC 65	Introduction to Humanistic Psychology	5

X. MINIMUM QUALIFICATIONS

Courses Requiring a Masters Degree:

Master's degree in psychology OR bachelor's degree in psychology AND master's degree in counseling, sociology, statistics, neuroscience, or social work OR the equivalent.

XI. ARTICULATION INFORMATION

A. Title V Course Classification:

1. This course is designed to be taken either:

- ☐ Pass/No Pass only (no letter grade possible); or
☐ Letter grade (P/NP possible at student option)

2. Degree status:

Either ☒ Associate Degree Applicable; or ☐ Non-associate Degree Applicable

B. Moorpark College General Education:

1. Do you recommend this course for inclusion on the Associate Degree General Education list?

Yes: ☒ No: ☐ If YES, what section(s)?

☐ A1 - Natural Sciences - Biological Science
☐

- ☐ A2 - Natural Sciences - Physical Science
- ☐ B1 - Social and Behavioral Sciences - American History/Institutions
- ☒ B2 - Social and Behavioral Sciences - Other Social Behavioral Science
- ☐ C1 - Humanities - Fine or Performing Arts
- ☐ C2 - Humanities - Other Humanities
- ☐ D1 - Language and Rationality - English Composition
- ☐ D2 - Language and Rationality - Communication and Analytical Thinking
- ☐ E1 - Health/Physical Education
- ☐ E2 - PE or Dance
- ☐ F - Ethnic/Gender Studies

C. California State University(CSU) Articulation:

1. Do you recommend this course for transfer credit to CSU? Yes: ☒ No: ☐
2. If YES do you recommend this course for inclusion on the CSU General Education list?
Yes: ☒ No: ☐ If YES, which area(s)?
- | | | | | | | |
|-----------------------------|-----------------------------|-----------------------------|--|------------------------------|---------------------------------------|-----------------------------|
| A1 <input type="checkbox"/> | A2 <input type="checkbox"/> | A3 <input type="checkbox"/> | B1 <input type="checkbox"/> | B2 <input type="checkbox"/> | B3 <input type="checkbox"/> | B4 <input type="checkbox"/> |
| C1 <input type="checkbox"/> | C2 <input type="checkbox"/> | D1 <input type="checkbox"/> | D2 <input type="checkbox"/> | D3 <input type="checkbox"/> | D4 <input type="checkbox"/> | D5 <input type="checkbox"/> |
| D6 <input type="checkbox"/> | D7 <input type="checkbox"/> | D8 <input type="checkbox"/> | D9 <input checked="" type="checkbox"/> | D10 <input type="checkbox"/> | E <input checked="" type="checkbox"/> | |

D. University of California (UC) Articulation:

1. Do you recommend this course for transfer to the UC? Yes: ☒ No: ☐
2. If YES do you recommend this course for the Intersegmental General Education Transfer Curriculum (IGETC)? Yes: ☒ No: ☐

IGETC Area 1: English Communication

- ☐ English Composition
- ☐ Critical Thinking-English Composition
- ☐ Oral Communication

IGETC Area 2: Mathematical Concepts and Quantitative Reasoning

- ☐ Mathematical Concepts

IGETC Area 3: Arts and Humanities

- ☐ Arts
- ☐ Humanities

IGETC Area 4: Social and Behavioral Sciences

- ☐ Anthropology and Archaeology
- ☐

- ☐ Economics
- ☐ Ethnic Studies
- ☐ Gender Studies
- ☐ Geography
- ☐ History
- ☐ Interdisciplinary, Social & Behavioral Sciences
- ☐ Political Science, Government & Legal Institutions
- ☒ Psychology
- ☐ Sociology & Criminology

IGETC Area 5: Physical and Biological Sciences (mark all that apply)

- ☐ Physical Science Lab or Physical Science Lab only (non-sequence)
- ☐ Physical Science Lecture only (non-sequence)
- ☐ Biological Science
- ☐ Physical Science Courses
- ☐ Physical Science Lab or Biological Science Lab Only (non-sequence)
- ☐ Biological Science Courses
- ☐ Biological Science Lab course
- ☐ First Science course in a Special sequence
- ☐ Second Science course in a Special Sequence
- ☐ Laboratory Activity
- ☐ Physical Sciences

IGETC Area 6: Language other than English

- ☐ Languages other than English (UC Requirement Only)
- ☐ U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)
- ☐ U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)

XII. REVIEW OF LIBRARY RESOURCES

A. What planned assignment(s) will require library resources and use?

The following assignments require library resources:
Utilize the Library's print and online resources for midterm and final papers, article review, and term projects.

B. Are the currently held library resources sufficient to support the course assignment?

YES: ☒ NO: ☐

If NO, please list additional library resources needed to support this course.

XIII. PREREQUISITE AND/OR COREQUISITE JUSTIFICATION

PSY M03: Not Applicable

XIV. WORKPLACE PREPARATION

PSY M03: Not Applicable

XV. DISTANCE LEARNING COURSE OUTLINE ADDENDUM

PSY M03: Not Applicable

XVI. GENERAL EDUCATION COURSE OUTLINE ADDENDUM

General Education Division of Learning [check all applicable boxes]:

- ☐ Natural Sciences
 - ☐ Biological Science
 - ☐ Physical Science
- ☒ Social and Behavioral Sciences
 - ☐ American History/Institutions
 - ☒ Other Social Science
- ☐ Humanities
 - ☐ Fine or Performing Arts
 - ☐ Other Humanities
- ☐ Language and Rationality
 - ☐ English Composition
 - ☐ Communication and Analytical Thinking
- ☐ Health/Physical Education
- ☐ Ethnic/Women's Studies

Check either Option 1 or Option 2

- ☒ **OPTION #1:** Moorpark College has already received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. Note: This option applies only to technical revisions and updated courses.
- ☐ **OPTION #2:** Moorpark College has not received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. This option applies to all new and substantively revised courses.

XVII. STUDENT MATERIALS FEE ADDENDUM

PSY M03: Not Applicable

XVIII. REPEATABILITY JUSTIFICATION TITLE 5, SECTION 55041

PSY M03: Not Applicable

XIX. CURRICULUM APPROVAL

Course Information:

Discipline: PSYCHOLOGY

Discipline Code and Number: PSY M03

Course Revision Category: Outline Update

Course Proposed By:

Originating Faculty Elisa Setmire 04/01/2013

Faculty Peer: Julie Campbell 04/02/2013

Curriculum Rep: Elisa Setmire 04/01/2013

Department Chair: _____

Division Dean: Mary Rees 04/11/2013

Approved By:

Curriculum Chair: Mary Rees 04/11/2013

Executive Vice President: Jane Harmon 04/16/2013

Articulation Officer: Letrisha Mai 04/08/2013

Librarian: Mary LaBarge 04/09/2013

Implementation Term and Year: Fall 2013

Approval Dates:

Approved by Moorpark College Curriculum Committee: 04/09/2013

Approved by Board of Trustees (if applicable): 04/09/2013

Approved by State (if applicable): 04/30/2013