



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	PSYC
Course Number:	102
Descriptive Title:	Psychology for Effective Living
Division:	Behavioral and Social Sciences
Department:	Psychology and Human Development
Course Disciplines:	Psychology
Catalog Description:	This course is a study of personal development and adjustment in society as well as the psychosocial and cultural influences on childhood, adolescence, and adulthood. Emphasis on the application of psychological research and theories to the development of social skills and personal adjustments as well as practical approaches to problems of personal development and social relationships will be examined
Prerequisite:	
Co-requisite:	
Recommended Preparation:	Eligibility for ENGL C1000 or equivalent
Enrollment Limitation:	
Hours Lecture (per week):	3
Hours Laboratory (per week):	0
Outside Study Hours:	6
Total Course Hours:	54
Course Units:	3
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	Prior to July 1992
Transfer UC:	Yes
Effective Date:	fall 2009
General Education: ECC	Area 2C - Social and Behavioral Science, Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	Area E - Lifelong Understanding and Self-Development
Term:	

	Other:	
	IGETC:	Area 4 - Social and Behavioral Sciences
	Term:	
	Other:	
	CalGETC:	
	Term:	
	Other:	
	Student Learning Outcomes:	SLO #1 Logic of the Scientific Method On examination, students will be able to demonstrate a fundamental understanding of psychological research and methodology. SLO #2 Fundamental Principles On examination, students will be able to identify various assessment methodologies, principles and theories that pertain to modern personal, cultural and social development functioning. SLO #3 Everyday Application On examination, students will be able to demonstrate an awareness and understanding of the personal, cultural, and social factors that affect their ability to function in their daily lives.
	Course Objectives:	1. Describe research methods and ethics for participants and subjects during the peer review process. 2. Describe the major theories and models of psychological adjustment to modern life. 3. Differentiate between the major theories of personality. 4. Analyze the nature of stress and its effect on the health of individuals. 5. Evaluate how people understand and are influenced by the social world in which they live. 6. Discuss the research on friendships, intimate relationships, and family relationships, explain how they relate to psychological adjustment.

	7. Evaluate and analyze research on gender stereotypes and gender comparisons. 8. Describe personality traits and temperament, and evaluate the influence of culture on each. 9. Discuss psychological disorders and their impact on individual adjustment. 10. Analyze the impact of cultural factors on adjustment in the modern world.
Major Topics:	I. Psychology and the Challenges of Life (3 hours, lecture) A. Human Diversity and Adjustment B. Psychological Research and Adjustment C. Research Methods and Procedures for Clinical Assessment: Scientist-Practitioner Model D. Ethics: Research Methodology and Participants II. Personality (3 hours, lecture) A. Theories of Personality B. Assessing Personality III. Stress and Adjustment (4 hours, lecture) A. Sources of Stress B. Psychological Moderators of Stress IV. Psychological Factors and Health (6 hours lecture) A. Physical, Emotional, and Cognitive Effects of Stress B. Factors in Health and Illness C. Self Assessment D. Psychological Factors and Physical Health V. Developing Healthy Behaviors (4 hours, lecture) A. Nutrition and Health B. Fitness and Health C. Sleep and Health

D. Substance Abuse

VI. Social Influence (4 hours, lecture)

A. Conformity, Obedience, and Mob Behavior

B. Altruism and Helping Behavior

C. Cultural Factors

VII. Abnormal Behavior and Mental Illness (5 hours, lecture)

A. Theories of Psychological Disorders

B. Personality Disorders

C. Mood Disorders

D. Schizophrenias

VIII. Gender Roles and Gender Differences (3 hours, lecture)

A. Masculinity, Femininity, and Gender Stereotypes

B. Gender Differences

C. Gender-Typing

D. Cultural Factors

IX. Interpersonal Attraction (3 hours, lecture)

A. Attraction

B. Friendship

C. Love

X. Relationships and Communication (3 hours, lecture)

A. Structure of Relationships

B. Marriage

C. Being Single

XI. Adolescence and Adult Development (6 hours, lecture)

A. Adolescence

B. Young and Middle Adulthood

	C. Late Adulthood XII. Personal, Social, and Cultural Assessment (10 hours, lecture) A. Assessing Personality Traits B. Assessing Social Adjustment C. Assessing Culture and Personal Adjustment D. Assessing Occupational Aptitudes E. Assessing Therapies
Total Lecture Hours:	54
Total Laboratory Hours:	0
Total Hours:	54
A.1. Primary Methods of Evaluation (Part 1 - CCN courses only):	
A.2. Primary Method of Evaluation (Part 2 - all courses; choose one):	1) Substantial writing assignments
Typical Assignment Using Primary Method of Evaluation:	Read the section in your textbook on culture and social influence. Using this information to guide you, interview someone from another culture on how social influence processes like conformity and obedience operate in their culture. In a two-to three-page essay, compare and contrast the operation of at least two social influence processes in your own culture to those of your interviewee's culture.
Critical Thinking Assignment 1:	Complete a psychological instrument that measures your psychological needs. In a two-page essay that utilizes the results, analyze your personality profile.
Critical Thinking Assignment 2:	Complete personality test and self-assessment on aptitudes and personal well-being. In a two- to three-page essay that utilizes the results, determine which career is suggested by your analysis of these instruments.
Other Evaluation Methods:	Completion, Essay Exams, Homework Problems, Matching Items, Multiple Choice, Other Exams, Quizzes, Reading Reports, True/False, Written Homework
Instructional Methods:	Discussion, Group Activities, Guest Speakers, Lecture, Multimedia presentations, Role play/simulation
If other:	Class debates, visit to El Camino College Career Center
Work Outside of Class:	Answer questions, Required reading, Study, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Texts:	Jeffrey S. Nevid, Spencer A. Rathus. Psychology for Effective Living. Custom edition, 2025.
Alternative Texts:	

Required Supplementary Readings:	
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	Eligibility for ENGL C1000
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	This course involves reading college level textbooks, developing projects, and answering essay questions. A student's success in this class will be enhanced if they have these skills. Summarize, analyze, evaluate, and synthesize college-level texts. Write a well-reasoned, well-supported expository essay that demonstrates application of the academic writing process.
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Amy Himself
Date:	10/19/2015
Original Board Approval Date:	12/19/2016

Last Reviewed and/or Revised by:	Amy Himsel
Date:	09/20/2025
Last Board Approval Date:	12/16/2025
Effective Term:	FA 2026