



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Psychology 2
Descriptive Title: Psychology for Effective Living

Course Disciplines: Psychology

Division: Behavioral and Social Sciences

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.

Conditions of Enrollment: Recommended Preparation
 eligibility for English 1A

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 3.00 hours per week TBA
Hours Laboratory: 0 hours per week TBA
Course Units: 3.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Fall 2009

General Education:

El Camino College: 2C – Social and Behavioral Sciences – General
 Term: Other: Approved

5 – Health and Physical Education
 Term: Other: Approved

CSU GE:

D9 - Psychology
 Term: Fall 2009 Other:

E - Lifelong Understanding and Self-Development
 Term: Other: Approved

IGETC:

4I - Psychology

Term: Fall 2009

Other:

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Logic of the Scientific Method: On examination (e.g., m/c, T/F, fill-in, matching, essay), written essay, research paper, and/or oral presentation, students will be able to incorporate the essential features of *scientific skepticism* (e.g., maintaining open-mindedness).
2. Fundamental Principles: Students who finish this course with a grade of A, B, or C will be able to differentiate and compare fundamental theories and models of psychological adjustment to modern life (e.g., self-regulation, personal development).
3. Everyday Application: On examination (e.g., m/c, T/F, fill-in, matching, essay), written essay, research paper, and/or oral presentation, students will be able to demonstrate awareness of personal factors (e.g., emotions, motivations, behaviors) in their efforts to understand everyday life experiences.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Describe research methods and ethics for participants and subjects during the peer review process.
 - Other (specify)
 - Written exam, multiple choice
2. Describe the major theories and models of psychological adjustment to modern life.
 - Other (specify)
 - Written exam, multiple choice
3. Differentiate between the major theories of personality.
 - Other (specify)
 - Written exam, multiple choice
4. Analyze the nature of stress and its effect on the health of individuals.
 - Other (specify)
 - Clinical evaluations
5. Evaluate how people understand and are influenced by the social world in which they live.
 - Other (specify)
 - Written exam, multiple choice

6. Discuss the research on friendships, intimate relationships, and family relationships, explain how they relate to psychological adjustment.

Other (specify)

Journal, term paper

7. Evaluate and analyze research on gender stereotypes and gender comparisons.

Other (specify)

Written exam, multiple choice

8. Describe personality traits and temperament, and evaluate the influence of culture on each.

Other (specify)

Clinical evaluations, term paper

9. Discuss psychological disorders and their impact on individual adjustment.

Multiple Choice

10. Analyze the impact of cultural factors on adjustment in the modern world.

Other (specify)

Written exam, multiple choice

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	3	I	Psychology and the Challenges of Life 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
Lecture	3	II	Personality A. Theories of Personality B. Assessing Personality
Lecture	4	III	Stress and Adjustment A. Sources of Stress B. Psychological Moderators of Stress
Lecture	6	IV	Psychological Factors and Health A. Physical, Emotional, and Cognitive Effects of Stress B. Factors in Health and Illness C. Self Assessment D. Psychological Factors and Physical Health
Lecture	4	V	Developing Healthy Behaviors A. Nutrition and Health B. Fitness and Health C. Sleep and Health D. Substance Abuse
Lecture	4	VI	Social Influence A. Conformity, Obedience, and Mob Behavior B. Altruism and Helping Behavior C. Cultural Factors

Lecture	5	VII	Abnormal Behavior and Mental Illness A. Theories of Psychological Disorders B. Personality Disorders C. Mood Disorders D. Schizophrenias
Lecture	3	VIII	Gender Roles and Gender Differences A. Masculinity, Femininity, and Gender Stereotypes B. Gender Differences C. Gender-Typing D. Cultural Factors
Lecture	3	IX	Interpersonal Attraction A. Attraction B. Friendship C. Love
Lecture	3	X	Relationships and Communication A. Structure of Relationships B. Marriage C. Being Single
Lecture	6	XI	Adolescence and Adult Development A. Adolescence B. Young and Middle Adulthood C. Late Adulthood
Lecture	10	XII	Personal, Social, and Cultural Assessment 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	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Substantial writing assignments

B. 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.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Complete a psychological instrument that measures your psychological needs. In a two-page essay that utilizes the results, analyze your personality profile.
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.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Essay exams

Other exams

Quizzes

Reading reports

Written homework

Homework Problems

Multiple Choice

Completion

Matching Items

True/False

Other (specify):

Students will be required to complete in-class personal and group assessment exercises.

V. INSTRUCTIONAL METHODS

Discussion

Group Activities

Guest Speakers

Lecture

Multimedia presentations

Role Play

Simulation

Other (please specify)

Class debates, visit to El Camino College Career Center

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Study

Answer questions

Required reading

Written work

Estimated Independent Study Hours per Week: 6

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

Jeffrey S. Nevid, Spencer A. Rathus. Psychology for Effective Living. custom text ed. McGraw Hill, 2013.

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation eligibility for English 1A	Students have a greater chance of success in this course is they are able to read and effectively analyze college level texts. Also, they need to be able to write papers that persuasively prove an original thesis.

D. Recommended Skills

Recommended Skills
Reading and writing skills will effectively assist students with material and assignments covered in this course. ENGL A - Read and apply critical thinking skills to college-level expository prose for the purposes of writing and discussion. ENGL A - Apply appropriate strategies in the writing process including prewriting, composing, revising, and editing techniques. ENGL 84 - Select and employ reading strategies to interpret the content of a college-level textbook, with special focus on constructing a thesis statement and providing valid support. ENGL 84 - Interpret a book-length work through discussion, journal writing, or composition writing.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Midori K. Watanabe on 12/10/1987.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 11/17/2014

Last Reviewed and/or Revised by Julio Farias on 09/17/2014

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