

## **Psychology 102**

### ***Psychology for Effective Living***

*3 units; 3 hours lecture*

*Recommended Preparation: English 1 or eligibility for English 1A or qualification by appropriate assessment  
Degree applicable Transfer CSU, UC*

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.

#### **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.

#### **Student Learning Outcomes (SLO):**

1. Logic of the Scientific Method

Logic of the Scientific Method: On examination students will be able to demonstrate a fundamental understanding of psychological research and methodology.

2. Fundamental Principles

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.

3. Everyday Application

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.

**ADA Statement:**

El Camino College is committed to providing educational accommodations for students with disabilities upon the timely request by the student to the instructor. A student with a disability, who would like to request an academic accommodation, is responsible for identifying herself/himself to the instructor and to the Special Resource Center. To make arrangements for academic accommodations, contact the Special Resource Center.

**Student Code of Conduct**

<https://www.elcamino.edu/administration/board/2019-policies/AP%205500%20Student%20Conduct%20.pdf>

**Student Rights and Grievances Procedure 5530**

<https://www.elcamino.edu/administration/board/boarddocs/AP%205530%20STUDENT%20%20RIGHTS%20AND%20GRIEVANCES.pdf>