

Global Learning Semesters

Course Syllabus

Course: PSY-205 The Psychology of Personal Adjustment

Department: Social Sciences

Host Institution: University of Nicosia, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
PSY-205	The Psychology of Personal Adjustment	3
Semester Offered	Contact Hours	Prerequisites
Spring	42	PSY 110, PSY 111
Department	Level of Course	Language of Instruction
Social Sciences	Lower Division	English

Course Description

Topics covered in the course cover a wide range of areas related to the nature of adjustment: personality, social identity, stress, social thinking and behavior, interpersonal communication, human sexuality, caring and close relationships, lifestyle, careers and work and socio-cultural.

Instructor

Steven Price

Course Aims and Objectives

This course explores how normal functional behavior develops and is sustained. The course is not merely a personal growth class, but uses critical thinking skills and empirical research, as well as the student's personal experiences as tools for understanding healthy behavior.

Teaching Methods

Lectures, discussions, group work and role playing, assigned readings, projects, and video films.

Course Teaching Hours

42 hours. The course is delivered during the Spring semester in 14-weeks (3 hours/week).

Evaluation and Grading

Midterm exam:	20%
Final Exam:	30%
Project work:	30%
Group work:	20%

Readings and Resources

Required Textbook

Halonen, J.S., Santrock, J. (1997) Human Adjustment. Guilford, CT: Brown and Benchmark Publishers.