**GAU, Faculty of Humanities**

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| **Course Unit Title** | | Psychology of Adjustment | | |
| **Course Unit Code** | | PSY 345 | | |
| **Type of Course Unit** | | Elective | | |
| **Level of Course Unit** | | Fourth year, Bachelor’s Degree | | |
| **National Credits** | | 3 | | |
| **Number of ECTS Credits Allocated** | | 6 ECTS | | |
| **Theoretical (hour/week)** | | 2 | | |
| **Practice (hour/week)** | | 1 | | |
| **Laboratory (hour/week)** | | - | | |
| **Year of Study** | | 3 | | |
| **Semester when the course unit is delivered** | | 7 | | |
| **Mode of Delivery** | | Face to Face, E-Learning activities | | |
| **Language of Instruction** | | English | | |
| **Prerequisites and co-requisites** | | Completion of PSY101, PSY102, PSY348 | | |
| **Recommended Optional Programme Components** | | None | | |
| **Objectives of the Course:** | | | | |
| This course addresses psychological approaches to understanding, managing, and changing our physical and emotional well-being. Relationships with others, our environment(s), and ourselves will be explored and examined. You will learn ways of applying psychological principles and concepts to enhance coping with common issues of adult life including various problems of living. Lecture, class discussions, group activities, experiential exercises, videotapes, and homework assignments will be used to meet the instructional goals. | | | | |
| **Learning Outcomes** | | |  | |
| When this course has been completed the student should | | | Assessment. | |
| 1 | be able to articulate the major issues of relevance to psychological adjustment. | | 1,2,3, | |
| 2 | understand the many facets of the "self" and ways of going about making changes. | | 1,2,3 | |
| 3 | appreciate the multi-determined nature of their own and others behavior. | | 1,2 | |
| 4 | understand that maintaining physical wellness is an active process. | | 1,2 | |
| 5 | understand stress, sources of stress, and ways of managing stress. | | 1 | |
| 6 | have an understanding of our social milieu, how we interact with and perceive others. | | 1,2,3 | |
| 7 | grasp the reciprocal effects that exist between "us" and "our environment | | 2,3 | |
| Assessment Methods: 1. Written Exam, 2. Assignment 3. Project/Report, 4.Presentation, 5 Lab. Work | | | | |
| **Course’s Contribution to Program** | | | | |
|  |  | | | CL |
| 1 | Ability to identify the current and historical core content of and what is known in psychology. | | | 4 |
| 2 | Differentiate the various areas of Psychology and identify what is known in each. | | | 3 |
| 3 | Ability to show familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology. | | | 3 |
| 4 | Ability to apply psychological content and skills to career goals. | | | 4 |
| 5 | Ability to identify, and evaluate construct and critically analyze complex arguments. | | | 3 |
| 6 | Ability to apply basic research methods in psychology, with sensitivity to ethical principles. | | | 2 |
| 7 | Ability to identify the writing format of the American Psychological Association (APA). | | | 3 |
| 8 | Ability to understand the role of academic, professional, and personal integrity in maintaining a healthy community. | | | 4 |
| 9 | Ability to recognize and describe the ways in which diversity influences psychological processes. | | | 3 |
| 10 | Ability to distinguish important behavioral factors associated with personal and cultural diversity that enable intervention process in therapy. | | | 3 |
| 11 | Ability to demonstrate effective communication skills following professional conventions in psychology appropriate to purpose and context. | | | 3 |
| CL: Contribution Level (1: Very Low, 2: Low, 3: Moderate 4: High, 5:Very High) | | | | |

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| **Course Contents** | | | | | | | | |
| Week |  |  | | | | | | Exam**s** |
| 1 |  | Introductions, Course Overview, Adjustment & Growth | | | | | |  |
| 2 |  | Adjustment issues | | | | | |  |
| 3 |  | Interpersonal issues | | | | | |  |
| 4 |  | Physical wellness | | | | | |  |
| 5 |  | Gender & Gender Roles | | | | | |  |
| 6 |  | Human adjustment process | | | | | |  |
| 7 |  | Dimensions of subjective adjustment:Attitudes, ldeals,Values, Defense Mechanism | | | | | | Quiz |
| 8 |  | Midterm | | | | | | Mid Term |
| 9 |  | Dimensions of subjective adjustment: Avoidance, Withdrawal, Compromise | | | | | |  |
| 10 |  | Dimensions of subjective adjustment: Aggressive behaviour | | | | | |  |
| 11 |  | Dimensions of subjective adjustment: Conflicts & Resolution | | | | | |  |
| 12 |  | Inter & intrapersonal maladjustment | | | | | |  |
| 13 |  | Emotions & adjustment | | | | | |  |
| 14 |  | Introductions, Course Overview, Adjustment & Growth | | | | | | Quiz |
| 15 |  |  | | | | | | Final |
| **Recommended Sources** | | | | | | | | |
| **Textbook:** **;** Corey, G., & Corey, M. S. (2006). I never knew I had a choice: Explorations in personal growth (8th ed.). Pacific Grove, CA: Brooks/Cole.  Additional lecture notes will be provided | | | | | | | | |
| **Assessment** | | | | | | | | |
| Attendance | | | 10% |  | | | | |
| Laboratory | | | % |  | | | | |
| Midterm Exam (Written) | | | 30% |  | | | | |
| Quiz (Written) | | | 10% |  | | | | |
| Final Exam (Written) | | | 50% |  | | | | |
| Total | | | 100% |  | | | | |
| **ECTS Allocated Based on the Student Workload** | | | | | | | | |
| Activities | | | | | Number | Duration (hour) | Total Workload(hour) | |
| Course duration in class (including the Exam week) | | | | | 15 | 3 | 45 | |
| Labs and Tutorials | | | | |  |  |  | |
| Assignments | | | | | 3 | 8 | 24 | |
| Project/Presentation/Report Writing | | | | | 10 | 1 | 10 | |
| E-learning Activities | | | | |  |  |  | |
| Quizzes | | | | | 1 | 10 | 10 | |
| Midterm Examination | | | | | 1 | 14 | 14 | |
| Final Examination | | | | | 1 | 28 | 28 | |
| Self Study | | | | | 14 | 3 | 42 | |
| Total Workload | | | | | | | 173 | |
| Total Workload/30 (h) | | | | | | | 5.76 | |
| ECTS Credit of the Course | | | | | | | 6 | |