



MONROE COUNTY  
COMMUNITY COLLEGE

# Course Outcome Summary

**Standard Course**

## **PSYCH 152 Psychology of Personality and Adjustment**

### **Course Information**

|                      |                             |
|----------------------|-----------------------------|
| <b>Division</b>      | <b>Sciences/Mathematics</b> |
| <b>Contact Hours</b> | <b>45</b>                   |
| <b>Theory</b>        | <b>45</b>                   |
| <b>Total Credits</b> | <b>45</b>                   |

**Prerequisites**                      **PSYCH 151**

### **Course Description**

This course is an introduction to applying psychology to the individual, an exploration of our experiences in the contexts of life's changes and challenges. Students will be exposed to scientific theories and research in personality and adjustment psychology. We will use personality, stress, psychopathology, and other psychology perspectives in our examination of personal adjustment. The course's scope includes a wide variety of contexts, including: psychological and physical health, personal relationships, education, work/career, and community. The course provides opportunities for scholarship as well as personal reflection and growth.

### **Course Outcomes**

In order to evidence success in this course, students will be able to:

1. Demonstrate knowledge of major scientific theories and models of personality and adjustment.
2. Understand and apply how the scientific method is used in relevant psychology fields.
3. Apply relevant psychological concepts and theories to personal experiences and perceptions of others.
4. Increase self-awareness and self-understanding in relation to personal, relational, and social/cultural life domains.

Date Updated: 5/21/2018  
By: MGrey