

El Paso Community College
Syllabus
Part II
Official Course Description

SUBJECT AREA	<u>Psychology</u>						
COURSE RUBRIC AND NUMBER	<u>PSYC 2315</u>						
COURSE TITLE	<u>Psychology of Adjustment</u>						
COURSE CREDIT HOURS	<table border="0" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;"><u>3</u></td> <td style="text-align: center;"><u>3</u></td> <td style="text-align: center;"><u>0</u></td> </tr> <tr> <td style="text-align: center;">Credits</td> <td style="text-align: center;">Lec</td> <td style="text-align: center;">Lab</td> </tr> </table>	<u>3</u>	<u>3</u>	<u>0</u>	Credits	Lec	Lab
<u>3</u>	<u>3</u>	<u>0</u>					
Credits	Lec	Lab					

I. Catalog Description

Examine the development of adjustment and coping strategies. Includes the study of personality, intimate relationships, emotional problems, therapy, and adjusting to stress found at home, work, and school. **(3:0)**.

II. Course Objectives

Upon satisfactory completion of this course, the student will be able to:

- A. Explain the concept of adjustment as a process of health and normality.
- B. Describe the Characteristics of the scientific method.
- C. Define and discuss self-concept and the determinants of self-esteem.
- D. Discuss factors that affect our perception of others.
- E. Understand aspects of listening behavior, including both verbal and non-verbal communication.
- F. Compare and contrast submissive, assertive and aggressive styles and communication.
- G. Summarize the effects of job stress on physical and mental health.
- H. Discuss social influences on sexuality.
- I. Describe and evaluate models and explain abnormal behavior.

III. Evaluation

- A. Remediation
The opportunity for remediation is at the discretion of the instructor. Any student performing at an unacceptable level should seek out available tutoring resources provided by the college.
- B. Grading
Course grades will be determined in a manner consistent with the grade description in the current college catalog. The student should consult the instructor's syllabus for more detailed information.

IV. Disability Statement (American with/Disabilities Act [ADA])

EPCC offers a variety of services to persons with documented sensory, mental, physical, or temporary disabling conditions to promote success in classes. If you have a disability and believe you may need services, you are encouraged to contact the Center for Students with Disabilities to discuss your needs with a counselor. All discussions and documentation are kept confidential. Offices located: VV Rm C-112 (831-2426); TM Rm 1400 (831-5808); RG Rm B-201 (831-4198); NWC Rm M-54 (831-8815); and MDP Rm A-125 (831-7024).

V. 6 Drop Rule

Students who began attending Texas public institutions of higher education for first time during the Fall 2007 semester or later are subject to a 6 Drop limit for all undergraduate classes. Developmental; ESL,

Dual Credit and Early College High School classes are exempt from this rule. All students should consult with their instructor before dropping a class. Academic assistance is available. Students are encouraged to see Counseling Services if dropping because exemptions may apply. Refer to the EPCC catalog and website for additional information.