

# El Paso Community College

## Syllabus

### Part II

## Official Course Description

<b>SUBJECT AREA</b>	<u>Psychology</u>						
<b>COURSE RUBRIC AND NUMBER</b>	<u>PSYC 2315</u>						
<b>COURSE TITLE</b>	<u>Psychology of Adjustment</u>						
<b>COURSE CREDIT HOURS</b>	<table style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black; padding: 2px 10px;">3</td> <td style="border-top: 1px solid black; border-bottom: 1px solid black; padding: 2px 10px;">3</td> <td style="border-top: 1px solid black; border-bottom: 1px solid black; padding: 2px 10px;">0</td> </tr> <tr> <td style="padding: 2px 10px;">Credits</td> <td style="padding: 2px 10px;">Lec</td> <td style="padding: 2px 10px;">Lab</td> </tr> </table>	3	3	0	Credits	Lec	Lab
3	3	0					
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 (Americans 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.