



PSY 150 SYLLABUS

Course Number Course Name	PSY 150 PERSONAL GROWTH
Credit Value (Breakdown of theory and lab credits)	3 Theory
Catalog Course Description	You will explore the personal development of one's mental, emotional, and physical state. You will study and discuss such interventions as nutrition, stress management, problem solving, and life-style changes. No <i>Prerequisites</i> . (3, 3T+0S)
Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: At the conclusion of this course, the student should be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate an understanding of the Dynamics and Theories of Adjustment and Interpersonal Relationships. 2. Show an ability to apply the theoretical approaches presented to their own lives through journal writing and other communication and introspective techniques. 3. Explore topics of their own interest through the study of the research in the field and a written report.
College-Wide Student Learning Outcomes	<p><i>College-wide Student Learning Outcomes</i></p> <ol style="list-style-type: none"> 1. <i>Communication</i> 2. <i>Critical Thought</i>