



PSY 230 Syllabus

Course Number Course Name	PSY 230 Psychology of Adjustment
Credit Value (Breakdown of theory and lab credits)	3 Theory
Catalog Course Description	Psychological health, mental illness, adjustment problems (divorce, death, illness, etc.) and the adjustment process. (3, 3T+0S)
Student Learning Outcomes/Objectives /Competencies of the Course	<p>Student Learning Outcomes: Upon completion of the course students should be able to:</p> <ol style="list-style-type: none"> 1. Explain the internal and external factors associated with the psychology of adjustment. 2. Evaluate contributions from psychology to adjustment concepts and processes. 3. Describe the different explanations of how individuals adjust to their environments. 4. Describe how self-identities develop and how they affect relations with others. 5. Identify resources available for assistance with adjustment-related concerns.
College-Wide Student Learning Outcomes	<p>Student Learning Outcomes</p> <ol style="list-style-type: none"> 1. Communication 2. Information Literacy