

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
CREDIT COURSE NOT APPLICABLE TO THE A.A. DEGREE

(Use this form only for courses which do not apply to the A.A. Degree)

COURSE NUMBER AND TITLE: DR 005 – Personal Adjustment and Growth

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE: An individualized class which explores existing concepts, theories, and practices pertaining to self-appraisal defense mechanisms and interpersonal relations, and how that relates to school management and to the student's particular disability. This course is designed to meet the needs of students with disabilities.

SPECIFIC COURSE OBJECTIVES: The successful student will:

1. Develop critical thinking skills in order to identify and understand physical, cognitive, emotional, social, and environmental influences on his/her personality.
2. Develop strategies to manage and/or make changes to improve many areas of his/her life from time management to self-esteem to communication and physical health.

3. Apply the principles and concepts learned in class to his/her own individual life situations outside the classroom.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Overview of adjustment and growth
 - a. Happiness and personal adjustment
 - b. Personality dynamics
 - c. Self esteem: loving self versus loving others

2. Influences on adjustment and growth
 - a. Physical influences
 - b. Cognitive influences
 - c. Emotional influences
 - d. Social and physical environmental influences

3. Adjustment and growth in interpersonal relationships
 - a. Communication
 - b. Building friendships
 - c. Intimacy and sexuality

4. Stress and life management
 - a. Stress without distress
 - b. Life management: goals and decisions

REQUIRED READING: Individual handouts provided by instructor

SUGGESTED READING: To be determined by the needs and goals of the individual student.

REQUIRED WRITING: To be determined by the needs and goals of the individual student.

OUTSIDE ASSIGNMENTS: To be determined by the needs and goals of the individual student.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
 laboratory
 lecture-laboratory combination
 directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes ___ No X

If yes, check all that apply.

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
 Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
 Two-Way Video Conferencing (Two-way interactive video and audio)
 One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
 Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- a. Participation - 50%
b. Homework - 25%
c. Midterm/final - 25%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes X No _____ Number of times course may be taken for credit: 3

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable: 58161-C2A

CONTACT PERSON: Ruth Tait-Brown, ext. 2659

SIGNATURES ON FILE: