

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer course X A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: Psychology 115
The Psychology of Personal Growth and Development

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS:

Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Emphasis on self-understanding through the study of the individual and relationships which contribute to unique personal development; application of the fundamental concepts of psychology which aid in examining one's own personal environment and the interaction with that environment.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. Analyze, compare and contrast major theories of development and growth.
2. Explain how childhood issues can affect adult life and be applied to one's present life.
3. Analyze research on vocational choice and success.
4. Compare and contrast healthy love with obsessive love.
5. Identify and apply coping skills with which to handle personal crises.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Theories of Personal Growth
 - A. Why a Topic in Academic Psychology?
 - B. Why a Topic of Personal Study?
 - C. Active and Passive Learning

- II. Reviewing Childhood and Adolescence
 - A. Infancy and its Importance on Adult Personality
 - B. The Impact of Early Childhood on Adult Personality
 - C. The Impact of Middle childhood on Adult Personality
 - D. Developmental Issues in Adolescence

- III. Vocation Decision Making
 - A. The Process of Deciding on a Career
 - B. The Need to Balance Work and Leisure

- IV. Sex Roles and Sexuality
 - A. Traditional Male and Female Roles
 - B. Alternatives to Rigid Gender Role Expectations

- V. Healthy vs. Obsessive Love
 - A. our Need to Love and be Loved
 - B. Barriers to Love and Being Loved
 - C. Unauthentic Types of Love
 - D. Characteristics of Healthy Love

- VI. Handling Loneliness and Solitude
 - A. The Difference Between Loneliness and Solitude
 - B. Overcoming Shyness
 - C. The Value of Solitude

- VII. Handling Stress and Crisis
 - A. Definition of Stress
 - B. Causes of Stress
 - C. Handling Stress Effectively

- VIII. Developing Meaning and Values
 - A. Why People Search for Meaning and Purpose in Life.
 - B. Our Search for Identity
 - C. Dreams as Pathways to Self Understanding
 - D. Other Techniques to Increase Sense of Purpose and Meaning in Life

REQUIRED READING:

Corey, Gerald. I Never Knew I Had a Choice, 6th ed. Pacific Grove, CA: Brooks/Cole, 1996.

Sterns, A.K. Living Through Personal Crisis. New York: Ballantine Books, 1992. Chpts. 1-3, 7, 10-13.

Norwood, Robin. Women Who Love Too Much. New York: Pocket Books, 1991. Chpts. 1-3, 8-11.

SUGGESTED READING:

Chapters in Sterns and Norwood that are not included under Assigned Reading.

REQUIRED WRITING:

1. All exams will contain essay questions.
2. Students will write a 3-5 page summary of a personal growth experience, e.g., keeping a personal journal or dream diary, working with a support group or creating a scrapbook or collage.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

1. Complete reading assignments.
2. Complete personal growth experience.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
 laboratory
 lecture-laboratory combination
 directed study

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

Yes No

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):

1. Seven exams are given. The typical exam contains 20-30 objective questions and 2-4 essay questions.
2. Exams are graded according to an absolute scale: 90% = A, 80% = B, 70% = C, 60% = D and count for 70% of semester grade.
3. The written summary of the personal growth experience counts as 30% of the semester grade. (20% for completeness – turning in all components and 10% for quality of project – spelling, grammar, format, and organization)

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

Yes No Number of times course may be taken for credit: 1

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

CONTACT PERSON: Bob Miller X2244

SIGNATURES:

SIGNATURES ON FILE