

PSY 170 : Psychology of Adjustment

Focus is on understanding, evaluating and improving adjustment. Includes study of theories, concepts and techniques concerning personal growth and behavior change.

Credits 3

Lecture Hours 3

Designation

DS

Course Outcomes

- Identify and evaluate important issues in her or his own past and present.
- Integrate the basic perspectives, concepts, principles, and general information comprising the field psychology.
- Utilize the various psychology adjustment models and concepts in understanding his or her life.