

## **PSYC 106**

### **Personality and Adjustment for Mental Well-Being**

3 Credits

Community College of Baltimore County  
Common Course Outline

#### **Description**

**PSYC 106 – Personality and Adjustment for Mental Well-Being:** is an introduction to concepts of personality development and methods of adjustment. Topics include an overview of major personality theories, research strategies, the nature and effects of stress, effective and ineffective coping strategies, motivation, personality assessment and psychotherapy. Cultural influences on personality and different cultural patterns of adjustment are discussed. Emphasis is placed on increasing self-understanding, an understanding of others and developing mental well-being.

#### **Overall Course Objectives**

Upon completion of this course, students will be able to:

1. Critically assess current personality theories;
2. Give examples of research methods used to study personality and adjustment;
3. Evaluate current research findings related to understandings of personality development;
4. Describe the process of socialization;
5. Assess the impact of culture on personality development;
6. Give examples of techniques available to assess personality;
7. Compare and contrast various theories of motivation;
8. Define stress and give examples of its physical psychological effects;
9. Explain how the conception of healthy adjustment is related to social and cultural values;
10. Identify the student's own methods of adjustment;
11. Discuss the function of emotion in assisting adjustment;
12. Describe how self-esteem develops from conception until death;
13. Evaluate the role of work in their lives;
14. Discuss various aspects of intimacy;
15. Identify the components of effective communication;
16. Evaluate various forms of psychotherapy intended to enhance adjustment;
17. Increase effectiveness in relating with other people; and
18. Demonstrate respect for differences in values and behaviors associated with each individual's unique personality.

#### **Major Topics**

- I. Research methods used in studying personality and adjustment
- II. Theoretical perspectives in psychology
- III. Theories of personality and self

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For more information, see your professor's syllabus.

- IV. Socialization and cultural influences on personality
- V. Assessment of personality
- VI. Stress and its effects
- VII. Influence of culture on defining “normal” adjustment
- VIII. Adjustment coping strategies
- IX. Emotion as it relates to adjustment
- X. Self-esteem: Development over the lifespan
- XI. Interpersonal communication
- XII. The role of work
- XIII. Intimacy
- XIV. Maladjustment
- XV. Therapy and Counseling

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Tests/Quizzes
- Service learning
- Research papers
- Oral presentations
- Cooperative learning group assignments
- Written analysis of case studies
- Classroom participation
- Project using the Psychology Abstracts
- Written observation reports applying course material

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Date Revised: 6/21/2000

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