

PSYCHOLOGY 109: PSYCHOLOGY OF ADJUSTMENT

Item # 5422: 9:30 A 138 MWF: FALL QUARTER 2010

Professor: Dr. Dennis Wanamaker

Office D-100 b

Office hours Monday: 12:30, 1:30, 2:30, 3:30, 4:30.

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TEXT: PSYCHOLOGY OF SUCCESS by Denis Waitley, 5e: McGraw Hill Publisher 2010.

HYBRID ASSIGNMENTS:

1.ONLINE WEBSITE: www.mhhe.com/waitley5e

2.ANNUAL EDITIONS: PERSONAL GROWTH & BEHAVIOR. McGraw Hill 2007/08.

| COURSE EVALUATION: | percent |
|--------------------------------|---------|
| Participation/preparation | 20 |
| Personal journal | 20 |
| Attendance | 20 |
| Online assignments | 10 |
| Hybrid project Annual Editions | 10 |
| Timeline | 10 |
| Final exam | 10 |
| Total | 100 |

COURSE OUTLINE:

9/20 week1. Syllabus introduction, timeline
9/27 week2. Psychology and Success
10/4 week3. Self Awareness
10/11 week4. Goals
10/18 week5. Self Esteem
10/25 week6. Positive Thinking *(10/27) no class
11/1 week7. Self Discipline
11/8 week8. Self Motivation
11/15 week9. Managing Resources
11/22 week10. Communication and Relationships *(11/26)holiday
11/29 week11. Review & final 12/3.

COURSE FORMAT:

Lecture, group process/seminar, class learning activities, website learning activities, Annual Editions hybrid reports, journal writing

COURSE DESCRIPTION: Psychology of Adjustment is a research based class emphasizing the scientific approach. Students will be able to make practical applications of psychological theory in personal ways in order to better cope with challenges and become happier, better adjusted individuals.

COURSE OBJECTIVES:

1. Students will be able to cite sound psychological principles based on underlying research in the following subject areas: personality, identity, stress, coping, communication, relationships, career development, sexuality and health.
2. Students will apply theories about the nature of personal adjustment in order to adapt, cope and manage problems, challenges and demands of life.
3. Students will demonstrate an ability to identify and clarify personal values as a function of their knowledge of identity issues.
4. Students will demonstrate an understanding of a scientific attitude in order to be wise consumers of information.
5. Students will demonstrate the application of these principles and findings to one's life.

GENERAL EDUCATION RATING:

SELF ASSESSMENT/LIFE GOALS: level 3

ETHICS & LIFELONG LEARNING: level 2

POLICIES AND PROCEDURES: <http://bellevuecollege.edu/socsci/policies.asp>
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