

CATALOG INFORMATION

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Dept & Nbr: PSY 215 Title: PSY PERSONAL GROWTH

Full Title: Psychology of Personal Growth

Units	Course Hours	Per Week	Nbr of Weeks	Course Hours	Total
Max: 3.0	Lecture	3.0	17	Lecture	51.0
Min: 3.0	Lab	0.0		Lab	0.0
	Contact DHR	0.0		Contact DHR	0.0
	Contact Total	3.0		Contact Total	51.0
	Non-contact DHR	0.0		Non-contact DHR	0.0

Title 5 Category: 01 AA Degree Applic  
Grading: GC Credit course for grade or CR/NC  
Repeatability: 00 No repeatability allowed or defined  
Also listed as:

CATALOG DESCRIPTION:

Dynamics of personality development, including personal growth and social interaction. Some of the topics covered include: self-image and self-esteem, assertiveness, recognizing and regulating emotions, interpersonal relationships, work and fulfilling potential.

PREREQUISITES:

COREQUISITES:

RECOMMENDED PREPARATION:

ENG 200

LIMITS ON ENROLLMENT:

SCHEDULE OF CLASSES INFORMATION:

Recommended: ENG 200

This enlightening course examines what psychologists have discovered about personal growth. It focuses on the life-long process of realizing your potential and becoming a truly fulfilled and effective person. Enjoyable self-awareness exercises, behavior-change projects, readings, discussions, and videos combine to offer each student the knowledge and practical strategies needed for positive and meaningful personal growth. (Grade or CR/NC)

Transfer Credit: CSU; UC.

ARTICULATION and CERTIFICATE INFORMATION

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ASSOCIATE DEGREE: Effective: FALL 1981 Inactive:  
Area: B2 SOCIAL & BEHAVIORAL SCIENCES

CSU GE: Effective: FALL 1981 Inactive:  
 Transfer area: D9 PSYCHOLOGY

IGETC: Effective: FALL 1981 Inactive:  
 Transfer area: 4I PSYCHOLOGY

CSU TRANSFER: TRANSFERABLE Effective: FALL 1981 Inactive:

UC TRANSFER: TRANSFERABLE Effective: FALL 1981 Inactive:

CAN:

CERTIFICATE APPLICABLE: N NOT CERTIFICATE/MAJOR APPLICABLE

#### APPROVAL AND DATES

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Version 01 Submitted by: JOANNE SMYTH Date: 06/01/1981  
 Department approved: Date:  
 Curriculum approved: 06/01/1981 Version approved: 06/01/1981  
 Prerequisites approved: 06/01/1981 Last reviewed: 12/13/1994  
 Term effective: FALL 1981 Last taught: SPRING 2008 Inactive:

#### COURSE CONTENT

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##### OUTCOME AND OBJECTIVES:

1. Understand and apply the components of self-concept and self-esteem.
2. Identify and choose assertive, aggressive or passive behaviors.
3. Recognize and identify the components of emotional response.
4. Demonstrate the ability to apply "healthy" parenting techniques.
5. Analyze and apply techniques for choosing a career.
6. Recognize defense mechanisms and then develop alternative behaviors.

##### TOPICS AND SCOPE:

1. Self-Image
  - a. Self-knowledge
  - b. Body image
  - c. Sex-role image
2. Reaching Out
  - a. Loneliness
  - b. Assertiveness
  - c. Sexuality
3. Exploring Feelings
  - a. Anxiety
  - b. Happiness
  - c. Defensive behavior
4. Fulfilling Potential
  - a. Growth
  - b. Death
5. Making Commitments
  - a. Love
  - b. Parenting
  - c. Working

ASSIGNMENTS:

READING ASSIGNMENTS:

- 1. Assigned chapters in the text will be scheduled to correspond with class lectures and discussion.
- 2. Each student is expected to read extensively in one of the topics and report their findings to the class and in their term paper.

WRITING ASSIGNMENTS:

- 1. Short written assignments which will include entries from all the topics covered.
- 2. One term paper or book report on one of the topics covered.

OUTSIDE ASSIGNMENTS:

- 1. Reading assignments as indicated on course syllabus.
- 2. Short written assignments covering class topics.
- 3. Term paper and oral report on in-depth topic.

ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING:

- 1. Short written assignments demonstrate application of concepts presented to personal problem solving.
- 2. Develop behavior strategies based on assertiveness principles.
- 3. Analysis of emotional components of behavior.
- 4. Recognition of healthy and unhealthy parenting styles.

METHOD OF INSTRUCTION:

Lecture on all topics; class discussion on reading and lectures; handouts; group critiques; appropriate audio-visual presentations; exercises to provide experience with new skills,

METHODS OF EVALUATION:

- 1. Objective midterms and final (approximately 50%)
- 2. Short written assignments (approximately 20%)
- 3. Term paper - including outline (approximately 20%)
- 4. Oral report (approximately 10%)

BASIS FOR GRADING:

The assignment of a grade is based on the level of achievement of the outcomes and objectives of the course outline and is reflected in quantifiable terms in the course syllabus.

REPRESENTATIVE TEXTBOOKS:

Growth Through Choice, Saccuzzo & Ingram, second edition, HBJ Publishing

RATIONALE

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RESOURCES REQUIRED

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## MISCELLANEOUS

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Advisory generate desc:	N	NO
Area department:	PSY	PSYCHOLOGY
Audit flag:	N	NOT AUDITABLE
Basic skills:	X	NOT BASIC SKILLS
Classification:	A	Liberal Arts and Sciences
Cost level:	01	
Disciplines:		PSYCHOLOGY
Division:	02	MERIDITH RANDALL
Faculty service areas:		PSYCHOLOGY
Fee:	\$0.00	
In-service:	X	NOT IN-SERVICE
Level below transfer:	X	NOT APPLICABLE
Matric-requiring:	X	Exempt from assessment
Maximum class size:	0	
Maximum wait list:	0	
Method of instruction:	02	LECTURE
Non-credit category:	X	NOT APPLICABLE, CREDIT COURSE
Open entry/exit:	N	Not open entry/exit
Pacs activity:	2001	PSYCHOLOGY
Pacs program project:	0000	
Preq/coreq generate desc:	N	NO
Preq/coreq provisional:	N	NO
Preq/coreq reg check:	N	NO PREREQUISITE RULES EXIST
Repeat group id:		
Requires instructor sig:	N	INSTRUCTOR'S SIGNATURE NOT REQUIRED
SAM classification:	E	Non-occupational
Selected/special topic:	N	NOT A SELECTED TOPIC COURSE
Special class:	X	NOT A SPECIAL COURSE
TOP code:	2001.00	PSYCHOLOGY, GENERAL
Workload:	0.0000	