

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by: Anjeanette Oberg Date: 06/25/2020

Department	Subject	Course Number	Title
Psychology	Psychology PSYC	102	Personal Growth

Units/Hours

Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
Each laboratory unit requires 3 hours per week of class time.
Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lecture Units

3.00

Total Units

3.00

Lecture Contact Hours

48.00 - 54.00

Total Contact Hours

48.00 - 54.00

Lecture Homework Hours

96.00 - 108.00

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

B2 SOCIAL & BEHAVIORAL SCIENCES
E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

This course meets Area B2 GELO1 - Examine complex issues and discover the correlations and connections among ideas to advice toward a valid independent conclusion; GELO4 - Develop individual responsibility, personal integrity, and respect for diverse people and cultures; and GELO5 - Examine ethical issues that will enhance their capacity for making sound judgments and decisions. These learning objectives apply to the students analysis of the various factors in their lives that have contributed to their current development, and an intentional analysis of what changes they may want to make to promote healthy growth and development moving forward. They are also encouraged to balance self and others, and look at how they can sustain health and wellness for themselves, while in diverse family, social, and cultural contexts. Additionally, this course meets all three GELOs listed in area E including GELO1: Exhibit and value the impact of lifestyle behaviors on human health and wellness; GELO2 Communicate effectively how lifestyle behaviors affect various disease states and self development; and GELO3 Develop a plan to meet their own personal health and wellness goals and/or the goals of others. These GELOs are addressed explicitly in the Stress and Wellness section of the course, but are also relevant to the Gender and Sexuality; Love and Relationships area of the course; Death and Loneliness; and Personal Values and maintaining

ongoing Personal Growth beyond the course. Overall, the course aims to ensure that students are making informed and empowered decisions in their personal lives and relationships, in order to support their personal growth and well being in accordance with their individual values and wellness goals. Additionally, they are charged with being proactive about fostering health self development and relationships over their lifetimes, and this course discusses various approaches and tools that can help support those objectives.

Maximum Enrollment:

40

Maximum Enrollment Justification:

Justification:

Grading Method:

Letter Grade or P/NP

TOP code:

2001.00

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU
- Intercollegiate athletics course
- Academic/vocational competition course

Catalog Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course). (75 words or less in gray box below).

This course introduces the major points of view in psychology as pathways toward personal growth. Psychological principles, theory, and research are discussed in applied contexts and opportunities for growth are explored. Areas covered include identity and culture, family, wellness, stress, healthy and unhealthy coping mechanisms, gender identity, sexuality, love and relationship issues, career exploration, changing unwanted behaviors, and selecting mental health services.

Schedule Description:

(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course). (25 words or less in gray box below).

This course will introduce the major points of view in psychology as pathways toward personal growth. Useful psychological principles in achieving personal growth will be emphasized.

Need for the course:

This 3-unit course will provide students with an additional psychology elective choice in their studies. This course is part of the General Education/Degree/Transfer course: IGETC area 4: Social and Behavioral Sciences I: Psychology CSU GE Area D: Social, Political and Economics Institutions and Behavior, Historical D9:-Psychology CSU GE area E: Lifelong Understanding and Self-Development E1:-Lifelong Understanding and Self-Development

Prerequisite(s):

Prerequisites go through a separate approval process. See Forms E1-E6 for details. (For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):

Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:

Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:

(please number each objective and express in behavioral terms)

Upon the completion of the course the student will be able to do the following:

1. Explore their own social and cultural identity and the familial and social relationships that may influence that identity, including examining the ways in which they may experience privilege and oppression based on those identities in different social contexts.
2. Analyze and apply theories related to career selection; and use that information to identify individual skills, interests, abilities, and resources needed to be successful in their own career pursuits.
3. Compare and contrast various psychological theories that may explain their overall development, including identifying areas for growth. Then apply psychological strategies that may support their personal growth and help solve problems they encounter throughout their lifespan.
4. Critically analyze components of wellness including psychological, physical, social, intellectual, sexual, and spiritual wellness, and implement strategies to support their ongoing growth and wellness.
5. Examine the ways in which they are personally impacted by stress and determine appropriate responses to best manage the stress in a way that supports ongoing growth and wellness.
6. Operationalize their understanding of love in order to identify the components vital to healthy authentic love in one's self and with others; and critically examine relationships to determine if they provide value, support, and empowerment of personal growth for both parties in alignment with authentic love.
7. Identify red flags in relationships including being able to recognize abusive relationships and resources that may be needed for themselves or others, including the use of effective communication styles and implementing guidelines for healthy conflict resolution.
8. Reflect on their own gender and sexuality in a way that allows them to make informed and intentional decisions about their personal sexual and romantic relationships consistent with their individual values and overall well-being.
9. Differentiate between loneliness and solitude and evaluate the various opportunities in one's life to leverage loneliness toward personal growth, including in circumstances of loss and/or grief.
10. Determine what values guide their life, support their sense of meaning and purpose, and evaluate whether they are authentically living in accordance with those values in order to promote self actualization.
11. Examine strategies that promote compassion and empathy toward self and others, and encourage us to build healthy connections with others.
12. Develop a Personal Growth Plan with specific strategies they can utilize to support ongoing development and well-being, including identifying relevant mental health strategies and resources needed to promote growth throughout one's life.

Course Content:

(please number the outline of main topics and subtopics)

1. Exploration of Personal Growth & Self Awareness

1. Defining personal growth, its complexity, fluidity, and lifelong evolution in our lives.

2. Identity and intersectionality

3. Exploration of social and cultural factors that shape our development

4. Examining personal biases, privilege, and marginalization

5. Recognizing strengths and opportunities for growth

6. Setting goals for personal growth

7. Developing empowering mindsets

8. Promoting healthy self talk, self affirmation and gratitude to support personal growth

2. Psychological Theories and Therapeutic Approaches related to Growth and Development

1. Developmental Theories

2. Psychoanalytic Theories

3. Psychodynamic Theories

4. Behaviorist Theories

5. Humanistic Theories

6. Cognitive Theories

7. Sociocultural Theories

3. Stress and Wellness

1. Understanding different components of wellness

2. Wellness practices

3. Defining stress

4. Identifying one's own stressors

5. Biological Stress Response

6. Understanding one's own responses to stress

7. Effective stress management techniques

4. Love and Relationships

1. Differentiating between authentic healthy love and inauthentic unhealthy love

2. Self Love and its role in personal growth

3. Theories of love

4. Communication strategies to promote healthy relationships

5. Identifying red flags & toxic relationships

6. Establishing personal goals and boundaries for relationships

5. Gender and Sexuality

1. Exploration of gender identity, roles, and stereotypes and their impact on growth and development

2. Exploration of personal sexual values

3. Examining social factors that shape attitudes about one's sexuality

4. Self awareness of one's own sexual identity

5. Developing a healthy appreciation for sexual diversity

6. Sexual expression, self acceptance, and empowerment

6. Work and Recreation

1. Career related personality theories

2. Choosing a career and work

3. Examining how work and recreation support current and long term personal growth

7. Developmental Issues

1. Life transitions and the impact on growth

2. Understanding the role of loneliness and sadness in one's life and development

3. Coping with loss

4. Theories of death and dying

8. Promoting Long Term Personal Growth

1. Examining values and behaviors that promote or undermine health

2. Development of a Personal Growth plan to promote personal growth and wellness

3. Sustaining psychological health

1. Personal Growth Practices

2. Psychotherapy and other personal growth resources

4. Promoting self actualization

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Lecture

Integration: Lecture will be used to inform students about relevant psychological terms, concepts, and theories

• **Method:** multimedia

Integration: Multimedia materials can be used to enhance students’ learning experiences as part of a cohesive review of the relevant themes, concepts, and psychological theories and their personal growth application.

- **Method:** Group exercises
Integration: Collaborative Activities will be implemented in order to allow students to experience group processes and dynamics, work with meaningful and relevant psychological concepts, and analyze individual experiences and social phenomena as it relates to personal growth.
- **Method:** Group and individual presentations
Integration: Student presentations will facilitate peer to peer learning through the identification and exploration of personal growth theories and related concepts.
- **Method:** Individual Projects
Integration: Projects can be used to promote more in depth learning about specific concepts, theories, or strategies that support personal growth and wellness.
- **Method:** Papers and Reports
Integration: Papers may be utilized to promote self reflection and/or a more objective and informed understanding of concepts and theories related to Personal Growth.
- **Method:** Visiting Lecturers
Integration: Guest lectures may be utilized to leverage experts who have specialized knowledge or experience supporting personal growth and/or working in a related field.
- **Method:** Service Learning
Integration: Service Learning can provide valuable opportunities for students to support causes that are related to their own values and identity and/or which promote and enhance personal growth in self and others.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Quizzes
Integration: Quizzes may be used to test comprehension of related concepts terminology, and theories.
- **Method:** Written assignments
Integration: Written assignments will be used to evaluate the student’s ability to comprehend and apply concepts to themselves or others.
- **Method:** Class Participation
Integration: Evaluation of class participation may be based on in-class assignments, student discussions, and involvement in interactive activities. Evaluation of such activities will determine accuracy of student understanding, and the extent to which a student can apply concepts and class learning to real life.
- **Method:** Group Projects
Integration: Group projects can assess the ability with which students can work together to analyze a particular psychological topic, concept, or theory and can be evaluated through a written self or peer reflection, in addition to the instructor's evaluation of the accuracy of the content and the student's ability to apply the psychological theories and concepts discussed related to personal growth.
- **Method:** Papers
Integration: Papers may be utilized to assess student's ability to critically examine a topic, through the use of relevant sources, and demonstrate an ability to apply that learning to one's own personal growth.
- **Method:** Capstone Project
Integration: A capstone project can be utilized to assess a student's progress in assessing their Personal Growth over the duration of the course, and the strategies they will utilize to sustain their growth and development over their lifetime.
- **Method:** Portfolios
Integration: Portfolios can be utilized to showcase the students' comprehensive understanding of effective techniques, which can promote ongoing personal growth and wellness. This can also be particularly valuable when assigned specifically to career portfolios which may include cover letters, resumes, reference letters, desired careers, work related personality assessments, and other related project description, awards, and accomplishments.

- **Method:** Self-Evaluation
Integration: Self evaluation is an important tool for personal growth as one needs to learn to be introspective and examine one's own values in order to identify and commit to changes that support and promote personal growth and wellness. Journals can be useful means for self evaluation.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

- The following assignments may be used to promote the core learning objectives for the course, assessment of relevant theories to better understand the dynamics of personal growth, and/or the application of strategies and techniques that can help one overcome challenges in life and promote personal growth and wellness in one's self and others:
1. Complete 15 hours of service learning over the duration of the semester. This may include volunteering in nursing homes, hospitals, or other non profit organizations. Submit a reflection paper integrating related themes, concepts, and theories from the class whereby students describe their community service experience, its impact on one's own personal growth, and/or the value it provides to supporting the growth of others.
 2. Read a recommended self help book, or a book related to a key aspect of personal growth, and discuss how it relates to this class, how it affected you, if you would recommend it, and techniques and practices that it promotes to support ongoing personal growth and wellness.
 3. Write a career paper that includes an examination of one's own Holland's personality theory, it's relevance and compatibility with your desired career. Paper should also explore the various educational and technical requirements of the job, and the salary, benefits, and other related aspects of the job that allow student to determine whether the career aligns with their current and future lifestyle goals. Finally, student should include an Ed Plan and a narrative description of their plan to achieve the academic and educational requirements necessary for the job.
 4. Students can maintain personal growth journals where they practice introspection and self examination and identify opportunities for change, as well as serve as a means to practice daily affirmations and/ or gratitude entries in order to promote personal growth and wellness.
 5. Complete a stress assessment and management scale, and develop a wellness plan that outlines how they will actively promote wellness in their lives and implement stress management techniques as their stress levels fluctuate over time.
 6. Engage in a relationship assessment and write out a plan for healthy communication and decision making within that relationship across key areas of one's life.
 7. Create a Career Portfolio including a Resume, Cover Letter, Letters of Recommendation, and a Statement of Purpose related to the programs to which you will be applying for your undergraduate degree. Additionally, you should include any Awards or Certificates you have achieved, and samples of any special projects or work you have accomplished in either paid, volunteer, or academic positions. These materials should be submitted in a professional format on professional grade paper, bound together in a single portfolio.
 8. Create a Capstone Project that represents your overall learning from the course and your plan of action to maintain your personal growth moving forward. This can be professional or artistic in nature. Examples may include creating a Vision Board highlighting the various areas of personal growth and the main lessons or tools you plan to utilize for each; creating a poem, Spoken Word, or art piece that represents how the course has helped you grow from the beginning of the semester to the end; creating a Playlist of songs, Podcasts, videos, or other resources that can help you maintain healthy Personal Growth moving forward; or any other compilation that allows you to express your Personal Growth experience and self expectations moving forward.
 9. Complete a Social Identity Self Assessment. Then, bring in an artifact that represents your social and cultural identity, and present your artifact and the elements of your social and cultural identity you feel are most relevant to your Personal Growth.

Textbooks:

- Corey, Corey, and Muratori (2018). *I Never Knew I Had a Choice 11th Edition* Cengage Learning . ISBN: 978-1305945722

- Weiten, Dunn, & Hammer (2018). *Psychology Applied to Modern Life* Cengage Learning. ISBN: 978-1305968479
- Nevid & Rathus (2020). *Psychology and the Challenges of Life* Wiley and Sons. ISBN: 978-1119533498

Other Resources:

Minimum Qualification

- Psychology (Masters Required)