

Course Competencies for PSY 205 – Psychology of Adjustment

Upon successful completion of PSY 205 Learners should be able to:

- demonstrate a thorough understanding of the core concepts and knowledge of psychological terms.
- survey the theories and research pertaining to areas of psychological adjustment.
- implement strategies to facilitate personal growth and adjustment.
- develop skills in writing, communication, and critical thinking.

Required Textbook:

Corey, G. & Corey, M.S. (2010). *I never knew I had a choice: Explorations in personal growth*. (9th ed.). Wadsworth Publishing. ISBN: 0495602299.

