Catalog Description: Study of the processes involved in adjustment of individuals to their personal and social environments.

Lecture hours = 3, Lab hours = 0

Prerequisites: None

Semester Credit Hours: 3
Lecture Hours per Week: 3
Lab Hours per Week: 0
Contact Hours per Semester: 48
State Approval Code: 45.0101.56 25

Core Components and Related College Student Learning Outcomes
This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree. □ Yes □ No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course**:

□ Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
  □ CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
  □ CT2: Gather and assess information relevant to a question
  □ CT3: Analyze, evaluate, and synthesize information

□ Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
  □ CS1: Develop, interpret, and express ideas through written communication
  □ CS2: Develop, interpret, and express ideas through oral communication
  □ CS3: Develop, interpret, and express ideas through visual communication

□ Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
  □ EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
  □ EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion

□ Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal
  □ TW1: Integrate different viewpoints as a member of a team
TW2: Work with others to support and accomplish a shared goal

Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making

PR1: Evaluate choices and actions and relate consequences to decision-making

Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities

SR1: Demonstrate intercultural competence
SR2: Identify civic responsibility
SR3: Engage in regional, national, and global communities

**Instructional Goals and Purposes:** The purpose of this course is to study the processes involved in adjusting and coping with stress from personal and social environments.

**Learning Outcomes:** After studying all materials and resources presented in the course, the student will be able to:
1. Define and understand the concepts of stress and adjusting.
2. Apply concepts in everyday life, i.e. coping with depression and anxiety.
4. Understand and apply the concept of adjustment to broader social issues, i.e. gender, race, work.

**Course Content:** Students in all sections of this course will learn the following content:
1. Definition of stress and adjustment.
2. How major theories of psychology understand and treat stress and adjustment.
3. Understand basic assessment of issues of adjustment.
4. How issues of stress and adjustment relate to broader social concerns.

**Methods of Instruction/Course Format/Delivery:** Class lecture, class discussion, student driven presentations, additional readings.

**Assessment:** Content material will be evaluated by exam. Student projects, class participation and attendance will be carefully considered.

**Course Grade:** The grade for this course will be based on exam scores, project scores, participation and attendance.

**Texts, Materials, and Supplies:**
2. Handouts from the instructor and other students as a part of presentations.

**Other:**
- For current texts and materials, use the following link to access bookstore listings: http://www.panolacollegestore.com
- For testing services, use the following link: http://www.panola.edu/elearning/testing.html
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to http://www.panola.edu/student-success/disability-support-services/ for more information.
- Withdrawing from a course is the student’s responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.