



## Course Syllabus

|                         |                                   |                                |
|-------------------------|-----------------------------------|--------------------------------|
| <b>Course Code</b>      | <b>Course Title</b>               | <b>ECTS Credits</b>            |
| PSY-205                 | Psychology of Personal Adjustment | 6                              |
| <b>Prerequisites</b>    | <b>Department</b>                 | <b>Semester</b>                |
| PSY-110, PSY-111        | Social Sciences                   | Fall                           |
| <b>Type of Course</b>   | <b>Field</b>                      | <b>Language of Instruction</b> |
| Elective                | Psychology                        | English                        |
| <b>Level of Course</b>  | <b>Lecturer(s)</b>                | <b>Year of Study</b>           |
| 1 <sup>st</sup> Cycle   | Dr Marios Adonis                  | 2 <sup>nd</sup>                |
| <b>Mode of Delivery</b> | <b>Work Placement</b>             | <b>Corequisites</b>            |
| Face-to-face            | N/A                               | None                           |

### Course Objectives:

The main objectives of the course are:

- Adjust to Life
- Personality, The Self and Identity
- Stress
- Coping
- Social Thinking, Influence, and Intergroup Relations
- The main focus of the course is to introduce the vast field of human adjustment. Adjustment is a multifaceted and continuous process that spans through the lifetime of an individual as new challenges occur in daily life.

### Learning Outcomes:

After completion of the course students are expected to be able to:

1. Explain the self and identity
2. Discuss human sexuality, and relationships issues. 4. Contrast health and disease, and stress and coping

3. Discuss psychopathology.
4. Discuss development and aging.
5. Differentiate values and religion.
6. Explain social thinking and behavior.
7. Associate individual and group differences.
8. To incorporate these issues into their daily life.

**Course Content:**

1. Communicating Effectively
2. Close Relationships and Love
3. Adult Life Styles
4. Achievement, Careers, and Work
5. Adult Development, and Aging
6. Gender
7. Sexuality

**Learning Activities and Teaching Methods:**

Lectures

**Assessment Methods:**

Mid-Term, Final Exam.

**Required Textbooks / Readings:**

| Title            | Author(s)     | Publisher   | Year | ISBN         |
|------------------|---------------|-------------|------|--------------|
| Human Adjustment | Santrock, J.W | McGraw Hill | 2006 | 007-299059-7 |