



University of Nicosia, Cyprus

<b>Course Code</b> PSY-205	<b>Course Title</b> Psychology of Personal Adjustment	<b>ECTS Credits</b> 6
<b>Department</b> Social Sciences	<b>Semester</b> Fall 2009	<b>Prerequisites</b> PSY-110, PSY-111
<b>Type of Course</b> Elective	<b>Field</b> Psychology	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 2 <sup>nd</sup>	<b>Lecturer(s)</b> Marios Adonis
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

*Objectives of the Course:*

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. After completion of the course students are expected to be able to:
  2. Explain the self and identity
  3. Discuss human sexuality, and relationships issues.
  4. Contrast health and disease, and stress and coping
  5. Discuss psychopathology.
  6. Discuss development and aging.
  7. Differentiate values and religion.
  8. Explain social thinking and behavior.
  9. Associate individual and group differences.
  10. To incorporate these issues into their daily life.

*Course Contents:*

1. Adjusting to Life
2. Personality, The Self and Identity
3. Stress
4. Coping
5. Social Thinking, Influence, and Intergroup Relations

6. Communicating Effectively
7. Close Relationships and Love
8. Adult Life Styles
9. Achievement, Careers, and Work
10. Adult Development, and Aging
11. Gender
12. Sexuality

*Learning Activities and Teaching Methods:*

Lectures

*Assessment Methods:*

Mid-Term, Final Exam.

*Required Textbooks/Reading:*

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Santrock, J.W	Human Adjustment	McGraw Hill	2006	007-299059-7