



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYD-220	Psychology of Emotions and Personal Adjustment	10
Prerequisites	Department	Semester
PSYD-100	Social Sciences	Spring
Type of Course	Field	Language of Instruction
Compulsory	Psychology	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Andreas Anastasiou	2 nd
Mode of Delivery	Work Placement	Corequisites
Distance Learning	None	None

Course Objectives:

The main objectives of the course are to:

1. Introduce the vast field of Human Adjustment and Emotion. Adjustment and Emotion are multifaceted and continuous processes that span through the lifetime of an individual as new challenges occur in daily life.
2. Become familiar with the historical perspectives and methodological issues research issues in the field
3. Learn the particulars about basic emotions and how they can influence cognitive processes such as attention and memory
4. Help the students obtain in-depth understanding of the following:
 - Adjusting to Life
 - Personality, The Self and Identity
 - Stress
 - Coping
 - Social Thinking, Influence, and Intergroup Relations
 - Emotions and Cognitions

Learning Outcomes:

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

- Explain the self and identity
- Discuss human sexuality, and relationships issues.

- Contrast health and disease, and stress and coping
- Discuss psychopathology and the role of emotion.
- Discuss development and aging.
- Differentiate values and religion.
- Explain social thinking, behavior, and emotion.
- Associate individual and group differences.
- To incorporate these issues into their daily life.
- Examine Adjustment and Emotion within a cultural, historical context.

Course Content:

1. Emotions and Adjusting to life
2. Personality and Emotion
3. The Self, Identity and Values
4. Stress, Anxiety and Fear
5. Coping
6. Social Thinking, Influence and Group Relations
7. Communicating Effectively
8. Adult Lifestyles, Friendships and Love Relationships and Love
9. Achievement, Careers and Work
10. Emerging Adulthood, Adult Development, Aging and Emotion
11. Gender
12. Psychological Disorders and Emotion
13. Therapies and Emotional Wellbeing

Learning Activities and Teaching Methods:

Lectures, videos, Assignments

Assessment Methods:

Quizzes, Assignments, Final Exam

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Emotion	Shiota, M. N. & Kalat, J. W.	Cengage Learning	2012	ISBN: 978-0-495-91288-0

Human Adjustment	Santrock, J.	McGraw-Hill	2006	ISBN: 13:978-0-07-299059-1
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