

PSYC-1175 INTERPERSONAL & CAREER DEV. 3 CREDITS

SYLLABUS

CATALOG DESCRIPTION

An introductory study of communication and interpersonal relationships in the service occupations.

Formerly: PSYC-115

Prerequisites: None

Semester Offered: Fall

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

COURSE LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to...

1. Create an individual definition of Success.
2. Define Psychology and cite its four major goals.
3. Describe the components of identity.

4. Cite the benefits of self-awareness.
5. Explain how personality, skills and interests relate to career choice.
6. Explain the characteristics and importance of well-set goals.
7. Describe several strategies for relieving stress.
8. Explain why self-acceptance is important for high self-esteem.
9. Explain the link between positive thinking and good health.
10. Connect critical thinking and the decision-making process.
11. Contrast intrinsic and extrinsic motivations.
12. Cite ways to overcome fear of failure or fear of success.
13. Explain the criteria for effective time management and money management.
14. Practice several skills necessary for effective speaking and active listening.
15. Explain the relationship between stereotypes, prejudice and empathy.
16. Explain how to handle conflict effectively.