

PSY 118
INTERPERSONAL PSYCHOLOGY

COURSE DESCRIPTION:

Prerequisites: ENG 080 and RED 080, or satisfactory score on placement test

Corequisites: None

This course introduces the principles of psychology as they relate to personal and professional development. Emphasis is on personality traits, communication and leadership styles, effective problem solving, and cultural diversity as they apply to personal and work environments. Upon completion, students should be able to demonstrate an understanding of these principles of psychology as they apply to personal and professional development. Course Hours Per Week: Class, 3. Semester Hours Credit, 3.

LEARNING OUTCOMES:

Upon completion of this course, the student will be able to:

- a. Explore the nature of human relations.
- b. Recognize and evaluate self-motivation.
- c. Understand the guidelines for goal setting.
- d. Understand the principles of group problem solving.
- e. Discuss the impact of anxiety and stress on health.
- f. Identify the steps in the communication process.
- g. Recognize and develop strategies to resolve conflict.
- h. Discuss cross-cultural communication barriers and how to improve cross-cultural relations.
- i. Awareness of diversity issues in the workplace.
- j. Apply the principles of psychology to build a career.
- k. Understand and develop appropriate job search tools and techniques.
- l. Recognize appropriate workplace habits.
- m. Describe an effective leader.
- n. Understand the role of psychology in marriage and family life.

OUTLINE OF INSTRUCTION:

- I. Understanding and Managing Yourself
 - A. Self-understanding and the interrelationship of career and personal success
 - B. Self-Motivation and Goal Setting
 - C. Problem Solving and Creativity
 - D. Achieving Wellness and Managing Stress
 - E. Dealing with Personal Problems

- II. Dealing Effectively With People
 - A. Communicating with People
 - B. Handling Conflict and Being Assertive
 - C. Getting Along with Your Manager, Coworkers, and Customers
 - D. Developing Cross-Cultural Competency

- III. Developing a Career Thrust
 - A. Choosing a Career and Developing a Portfolio Career
 - B. Conducting a Job Search
 - C. Developing Good Work Habits
 - D. Getting Ahead in Your Career
 - E. Developing Self-Confidence and Becoming a Leader

- IV. Managing Your Personal Life
 - A. Managing Your Personal Finances
 - B. Finding Happiness and Enhancing Your Personal Life

REQUIRED TEXTBOOKS AND MATERIALS:

To be selected by instructor.

STATEMENT FOR STUDENTS WITH DISABILITIES:

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.