PSY3322 - Psychology of Adjustment

PSY 3322 Psychology of Adjustment (3 semester hours) Students gain a broad understanding of effective living and coping, combining basic scientific and applied perspectives to help students sort through the best approaches to personal adjustment. Among the topics covered are coping, stress, personality, the self and identity, interpersonal communication, work and career development, adult development, health, abnormal psychology, love and intimacy, and therapies. (3-0) Y (2016-02-06 00:43:21)