

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

**Course Outline**

Course Title: Personal Adjustment and Transition  
Semester Course Prefix and Number: PSYC 1455  
Old Quarter Course Prefix and Number: PSYC 102

Submitted By: Student Sup. Svcs.  
Approval Date:  
Revision Date: Feb. 2002

Number of Credits: 3      Number of Lecture Credits: 3  
Semester(s) Offered:      Number of Lab Credits:      Number of Lab Hours:  
Negotiated Class Size:      Number of Studio/Demonstration/Internship Credits:

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**Course Purpose Code:**

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 - Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

**Catalog Description:**

This is a course utilizing a psychological/educational approach to assist students in transition to college life. Discussion will focus on attitudes which foster a fear of success and feelings of helplessness, low self-esteem, stress and anxiety. Students will learn techniques to achieve self-directedness, set and carry out goals, and manage time. This course is open only to Student Support Services (TRIO) students.

**Prerequisites and/or recommended entry skills/knowledge:**

Course Prerequisite(s): None  
Reading Prerequisite: None  
Composition Prerequisite: None  
Mathematics Prerequisite: None

**Career Programs and Transfer Majors Accessing this Course:**

**Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:** Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

- 0.  None
- 1.  Communications
- 2.  Critical Thinking
- 3.  Natural Sciences
- 4.  Mathematical/Logical Reasoning
- 5.  History and the Social and Behavioral Sciences
- 6.  The Humanities and Fine Arts
- 7.  Human Diversity
- 8.  Global Perspectives
- 9.  Ethical and Civic Responsibility
- 10.  People and the Environment

**Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:**

The student will:

- Learn how to manage transitions in their lives.
- Learn and practice specific coping skills which include assertiveness training, problem solving, and anger management.
- Learn and practice coping skills necessary to handle death and loss in their lives.

**Student assessment methods:**

- Weekly journals
- 4-5 exams
- Participation in small group projects

**Use of instructional technology** (includes software, interactive video and other instructional technologies):

**Outline of the major course content:**

Students will be given the opportunity to evaluate themselves in the following areas: locus of control, systems, values, transition, communication, assertiveness, problem solving, anger management, sexuality, ability to cope with personal loss in addition to understanding introductory psychology concepts.

**Additional special information** (special fees, directives on hazardous materials, etc.)

**Transfer Information:** (Please list colleges/majors that accept this course in transfer.)  
May transfer as an intro to Psychology course at CSS. Otherwise transfers as elective credits

**Approvals:**

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Meet and Confer		
Chief Academic Officer		

Distribution: Original – Administrative Office, Library, Learning Center, Records, Student Services, Curriculum Committee Chair