MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title:	**Personal Adjustment and Transition**	**Submitted By:**	**Student Sup. Svcs**
Semester Course Prefix and Number:	**PSYC 1455**	**Approval Date:**	
Old Quarter Course Prefix and Number:	**PSYC 102**	**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:**	

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)
__X__ **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. **X** None
6. _____ The Humanities and Fine Arts

1. _____ Communications
2. _____ Critical Thinking
3. _____ Natural Sciences
4. _____ Mathematical/Logical Reasoning
5. _____ History and the Social and Behavioral Sciences
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