

PSYC212 : Personality and Adjustment

In-depth study of select personality theories and the dynamics of adjustment mechanisms. Emphasis is placed on motivation and stress in personal development; disturbances in behavior and their resolution; social forces in personal development; and fostering mental health.

Credits 3 **Lab/Clinical/Field Study Hours** 0 **Lecture Hours** 3

Prerequisites

PSYC101 with a grade of C or better