



Course Description

CLP2000 | Dynamics of Behavior | 3.00 credits

Analysis of mechanisms of adjustment, motivation, frustration, and conflict, learning personality and psychotherapy. Emphasis is on the psychological processes of the normal individual functioning in society rather than on behavior disorders.

Course Competencies:

Competency 1: The student will explain the mechanisms of adjustment, motivation, frustration, and conflict by:

1. Stating basic tenets of various neurobiological, biological, psychological, social learning, cognitive, and personality explanations of functional human behavior
2. Identifying components of the self with an emphasis on functional, psychological processing
3. Paraphrasing strategic approaches for the development and change to functional behavior posited by biological, psychological, social / learning, cognitive, and personality theories of human behavior.

Competency 2: The student will apply the mechanisms of adjustment, motivation, frustration, and conflict to observed behavior by:

1. demonstrating how strategic approaches for the development and change to functional behavior posited by biological, psychological, social / learning, cognitive, and personality theories of human behavior would differentially explain the same observed behavior
2. illustrating behavioral changes posited by various neurobiological, biological, psychological, social, learning, cognitive, and personality explanations of functional human behavior.
3. practicing strategic approaches such as cognitive reframing, self-monitoring, self-regulation, self-control, and emotional regulation to instill functional adjustment

Competency 3: The student will synthesize strategic approaches toward functional adjustment by:

1. integrating strategic approaches for the development and change to functional behavior posited by biological, psychological, social / learning, cognitive, and personality theories of human behavior to identify best practice strategies
2. relating knowledge of ethical and cultural principles of functional adjustment with decision-making strategies for real-world, applied dilemmas employing strategic approaches such as cognitive reframing, self-monitoring, self-regulation, self-control, and emotional regulation to instill functional adjustment.

Learning Outcomes:

- Communicate effectively using listening, speaking, reading, and writing skills
- Create strategies that can be used to fulfill personal, civic, and social responsibilities
- Demonstrate knowledge of ethical thinking and its application to issues in society