

PSY 240: Personal Awareness and Growth

Explores multidimensional perspectives on personal growth and awareness, and how to apply this knowledge to healthy cognitive and behavioral practices in daily living. Covers dimensions of growth including physical, intrapersonal, interpersonal, cognitive, occupational/educational, communal/environmental, and spiritual. Introduces various aspects of personal growth including how childhood and adolescent development and experiences affect thinking, feelings, and behavior; differentiation; self-discipline and resilience; authentic happiness; love and relationships; stress management; creative expression; body image and awareness; education and job/career pursuits; loneliness and solitude; death; and loss.

Course Student Learning Outcomes

Upon completion of the course students should be able to:

- Describe seven dimensions of personal growth (physical, intrapersonal, interpersonal, cognitive, occupational/educational, communal/environmental, and spiritual) and specific indicators of awareness and growth in each of these dimensions.
- Apply current psychological research (in cognitive-behavioral therapy, positive psychology, neuroscience, environmental and community psychology, assertive communication, stress management, and resilience) with the intention of achieving more satisfying and constructive everyday thinking and behavior.
- Explain how the concept of personal growth varies cross-culturally and developmentally, and how one can, using critical thinking and personal reflection, effectively use this knowledge to be more flexible with differences in personal and professional relationships.

Credits: 4

Prerequisites: [WR 115](#) [RD 115](#) [MTH 20](#) Equivalent placement test scores also accepted.

Program: [Psychology](#)