

MIAMI DADE COLLEGE
Department of Psychology

PPE 2001 – Dynamics of Behavior

Course Description:

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 the behavior disorders. (3 hr. lecture)

3 credits

Competencies 1 – 20:

THE STUDENT WILL DEMONSTRATE:

1. KNOWLEDGE OF THE CONCEPT OF ADJUSTMENT BY DEFINING THIS TERM.
2. KNOWLEDGE OF SELF-ANALYSIS BY IDENTIFYING THE GOALS OF THIS PROCESS.
3. KNOWLEDGE OF A FUNCTIONAL ANALYSIS BY IDENTIFYING THE STEPS TO FOLLOW IN CARRYING OUT THIS PROCESS.
4. COMPREHENSION OF SELF-CONCEPT BY DIFFERENTIATING BETWEEN THE THREE COMPONENTS OF KNOWLEDGE, EXPECTATIONS AND EVALUATION.
5. KNOWLEDGE OF COGNITIVE RESTRUCTURING BY RECOGNIZING WHAT IT IS AND HOW IT WORKS.
6. COMPREHENSION OF COGNITIVE RESTRUCTURING BY DESCRIBING THE PROCESS OF SELF-TALK.
7. COMPREHENSION OF THE DEVELOPMENT BY SELF-CONTROL BY RELATING THE ROLE OF REACTIONS TO THE DEVELOPMENT OF INDIVIDUAL SELF-CONTROL.
8. COMPREHENSION OF COMMON SELF-CONTROL PROBLEMS BY EXPLAINING HOW THEY MAY ORIGINATE.
9. KNOWLEDGE OF THE TECHNIQUE OF REDIRECTING ATTENTION BY IDENTIFYING HOW THIS PROCEDURE CAN HELP IN SELF-CONTROL.
10. COMPREHENSION OF SELF-CONTROL TECHNIQUES BY DESCRIBING HOW SHAPING CAN BE USED TO IMPROVE SELF-CONTROL.
11. COMPREHENSION OF BEHAVIOR CHANGE TECHNIQUES BY DESCRIBING HOW ENVIRONMENTAL PLANNING, RELABELING AND SELF-TALK CAN BE USED IN CONTROLLING ANXIETY.

12. KNOWLEDGE OF ANXIETY BY IDENTIFYING ITS THREE MAJOR COMPONENTS.
13. KNOWLEDGE OF THE SQ3R METHOD OF STUDY BY IDENTIFYING THE FIVE STEPS.
14. COMPREHENSION OF THE ROLE OF ASSUMED CONTENTS AND IMPLICIT THEORIES OF PERSONALITY BY DESCRIBING HOW THESE FACTORS AFFECT SOCIAL PERCEPTION.
15. DEMONSTRATE ANALYSIS OF THE RELATIONSHIP BETWEEN SOCIAL PERCEPTION AND STEREOTYPE BY DISTINGUISHING BETWEEN THE TWO PROCESSES.
16. COMPREHENSION OF THE CONCEPT OF CENTRAL TRAITS BY EXPLAINING HOW WE SCREEN AND DISTORT INFORMATION ABOUT OTHERS.
17. KNOWLEDGE OF KNOWLEDGE OF ATTITUDES BY LISTING THEIR CHIEF FUNCTIONS.
18. COMPREHENSION OF SOCIAL INFLUENCE BY COMPARING AND CONTRASTING CONFORMITY MODELING.
19. KNOWLEDGE OF INTERPERSONAL RELATIONSHIPS BY IDENTIFYING TECHNIQUES FOR INCREASING REINFORCEMENTS IN A RELATIONSHIP.
20. KNOWLEDGE OF INTERPERSONAL RELATIONSHIPS BY IDENTIFYING THREE WAYS TO IMPROVE LISTENING SKILLS.