

Personality Psychology of Adjustment

Syllabus Number

CLI-101

Compulsory Elective
2 credit

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1. Course Description

We study the psychology of personality and adaptation. In order to build good relations with others, it is important to know your own personality well and to approve each other as humans that exist with different personalities. In this class, we deepen understanding about ourselves and others by practicing personality inventories and group work. In addition, we learn about the basics of mental unhealthy and its therapies.