



Counselling Psychology
CNPS 433: The Personal and Social Development of the Adult (3.0)
Course Outline

Evaluation: Self-Awareness Activities and Reflections (30%) Mid-term Think Paper (30%) Final Exam (40%)

Description:

Personal and social adjustment issues for professional counselors... (UBC Calendar)

This online course is an introduction to personal and social development of the adult. The material is aimed at those currently working, or intending to work, in the helping professions. There is an experiential component to this course and students are required to link course material to their own life experiences.

Objectives:

1. Understand theory and research related to the social and personal development of adults.
2. Explain how culture, social roles, interpersonal relationships, work experiences, transitions, and perceptions of meaning influence adult development.
3. Demonstrate knowledge and understanding of course concepts by relating them to your own life experiences.
4. Describe the importance of ongoing self-reflection and personal self-awareness for those working in the helping professions.

Course Overview:

Unit 1: Introduction to Adult Development
Unit 2: Influence of Culture in Adult Development
Balance
Unit 3: Psychosocial Development of the Adult
Unit 4: Interpersonal Relationships in Adulthood

Unit 5: Personality Development in Adulthood
Unit 6: Career Development and Work-Life
Balance
Unit 7: Transitions and Stress in Adulthood
Unit 8: The Growth of Meaning

Course Requirements

Students are required to have a computer, access to the Internet, and a Campus Wide Login ID and password to access the website for CNPS 433. Don't have a CWL account? Register at: <http://www.cwl.ubc.ca>

Technical Requirements

You must have a computer capable of running at least Netscape Navigator 6.2 or Microsoft Internet Explorer 6.0 or higher and access to the Internet at a connection speed of at least 56.6 kbps.

Extension Library Resources (if required): Register at: <http://www.library.ubc.ca/extension/extension-contact.html>

Textbooks and Learning Materials

Call the UBC Bookstore to order: (604) 822-4742 Toll free: 1 800-661-3889 or visit <http://www.bookstore.ubc.ca/>
Click on [Distance Education and Technology \(DE&T\) Course Material Ordering](#) and follow the instructions.

Required Textbooks:

- Bee, H. L. (2000). *The journey of adulthood* (4th ed.). Upper Saddle River, NJ: Prentice Hall.
- Amundson, N. E. (2003). *The physics of living*. Richmond, BC: Ergon Communications.
- **Custom Course Material**

For further information: (604) 822-3999 Toll free: 1 888-492-1122 or email: joanne.chilton@ubc.ca.



External Programs and Learning Technologies Faculty of Education

CNPS 433 Textbooks and Learning Materials Order Form

There are five ways to order your textbooks from the UBC Bookstore: <http://www.bookstore.ubc.ca/>
http://w4.bookstore.ubc.ca/cgi-bin/det/det_selector.cgi

1. In Person

Ensure the shelf tag has the correct course number and section number. Purchase EPLT texts only; other course sections may use different texts.

2. Phone

Phone orders are accepted Monday to Friday between 9:30am and 5:00pm.
Locally: call 604-822-2665. Out-of-town: call 1-800-661-3889.
Identify yourself as a Distance Education student.

3. Fax

Dial 604-822-2111 and send this completed form.

4. Mail

Send this completed form to:
UBC Bookstore, Attn: DET Orders
6200 University Blvd
Vancouver, BC V6T 1Z4

5. Web Order

To web order your selected texts, click on the "Make this a Web Order" button and complete the contact, delivery, and credit card billing details. After you submit the web order, you will receive a confirmation web page and an e-mail will be sent to the e-mail address you specified.

Send books to:

First name	Last Name
Street Address	
City	Province
Postal Code	Country
Phone (8:30 -4:30 pm)	Date of Order

Email address:

Please phone the Bookstore to confirm prices. Check the items you wish to order and write in the prices.

Price Required Textbook and Learning Materials

- _____ Bee, H. L. (2000). *The journey of adulthood (4th ed.)*
- _____ Amundson, N. E. (2003). *The physics of living.*
- _____ CNPS 433 Custom Course Materials Package
- _____ Total materials cost
- _____ Add 7% GST
- _____ Add shipping cost (contact Bookstore for shipping costs to your location.)
- _____ Total payment required

Payment: Methods of payment include cheque, money order or credit card

Do not send cash. Cheque or money order: confirm the current book prices with the UBC Bookstore. Remember to include shipping costs and 7% GST. Cheques/money orders are payable to UBC Bookstore. For credit card payments please complete the following:

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Total Amount: _____ Card no. _____

Expiry Date: Year _____ Month _____ Cardholder Name: _____ (print)

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