

COURSE OUTLINE **General Psychology**

Course Description:

BS 160. General Psychology. 3 hours credit. This course will enable the student to apply the knowledge they gain about topics including the biological basis of behavior, sensation, learning, cognition, intelligence, motivation, development, personality, psychological disorders, and social psychology to their lives. The student will be able to use his/her knowledge of the discipline and the critical thinking skills gained from this course to enhance the quality of his/her life as he/she interacts with others.

Course Relevance:

The concepts learned in this course give the student skills that will enhance her/his ability to think analytically and critically.

Required Materials:

BS 160 Textbook:

Feldman, Robert S. (2005). *Understanding Psychology* (7th ed.) McGraw-Hill.

BS 160 Telecourse textbook and materials:

Zimbardo, Philip G., Weber, Ann L., Johnson, Robert L., (2006). *Psychology, Core Concepts* (5th ed.) Allyn and Bacon.

Discovering Psychology, 26 tapes, 30 minute lessons

Telecourse guide

BS 160 Online materials:

Zimbardo, Philip G., Weber, Ann L., Johnson, Robert L., (2006). *Psychology, Core Concepts* (5th ed.) Allyn and Bacon.

Research Navigator for Psychology Mind Matters CD

Learning Outcomes:

The intention is for the student to be able to:

1. Identify the contributions of Psychology and the theorists in the field
2. Develop critical thinking skills regarding human behavior
3. Apply psychological theory to skills that will enhance the quality of his/her life

Learning PACT Skills that will be DEVELOPED and/or documented in the course:

Through the student involvement in this course, she/he will develop and document his/her achievement of the following PACT skill areas:

Primary skills (developed and documented):

1. Effective relationships

- Through activities conducted in class, the student will develop skills that he/she uses in her/his relationships with others in the family, workplace, and in society in general

2. Critical thinking

- Through written assignments and other activities conducted in class, the student will develop critical thinking and analytical skills

Secondary skills (developed but not documented):

Diversity

Writing

Reading

Historical Interpretation

Computer literacy

Major Summative Assessment Tasks:

1. Completion of a journal assignment over first source material
2. Completion of a self assessment inventory

Course Content:

I. Themes – Key recurring concepts that run throughout this course:

- A. Scientific method
- B. Different psychological perspectives

II. Issues – Key issues that will be addressed in this course: areas of conflict that must be understood in order to achieve the intended outcome:

- A. International cultural differences
- B. Demographic diversity of students
- C. Diversity within Psychological theory

III. Concepts – Key concepts that must be understood to address the issues:

- A. Importance of historical figures in Psychology
- B. Different perspectives and explanation of Psychological concepts
- C. Requires a certain degree of self-evaluation and introspection
- D. Terminology of the course

IV. Skills – Actions that are essential to achieve the course outcomes:

- A. Writing
- B. Reading
- C. Computer literacy
- D. Analytical thinking
- E. Ability to compare and contrast
- F. Memorization of terms
- G. Application of concepts

Learning Units:

- I. Introduction to Psychology
 - A. Definition of Psychology
 - B. Careers and areas of specialization in Psychology
 - C. Historical figures important to the study of Psychology
 - D. Research methods

- II. List the basic components of behavioral neuroscience
 - A. Parts of the nervous system
 - B. Brain structure as it applies to behavior

- III. Differentiate the distinct process of sensation and perception
 - A. Analyze the visual system
 - B. Analyze the auditory system
 - C. Analyze the skin senses
 - D. Analyze the chemical senses
 - E. Analyze the kinesthetic and vestibular senses

- IV. Compare the levels of consciousness and how they are experienced
 - A. Definition of consciousness
 - B. Effects of sleep, dreams, drugs, and hypnosis on consciousness

- V. Specify the basic principles of learning
 - A. Classical conditioning
 - B. Operant conditioning

- VI. Evaluate the human memory system
 - A. Stages of memory
 - B. Memory retrieval, forgetting, and study strategies

- VII. Discuss thinking and language
 - A. Thinking, problem solving, and decision making
 - B. Language and behavior

- VIII. Describe intelligence and the different theories regarding assessment
 - A. History of intelligence testing
 - B. Different types of tests used
 - C. Multiple intelligences
 - D. Creativity

- IX. Distinguish the principles and general theories of motivation
 - A. Definition of motivation
 - B. Hunger and eating
 - C. Communication of emotion

- X. Describe the aspects of gender and sexuality
 - A. Definition of terms associated with gender and sexuality
 - B. Human sexual response cycles
 - C. Difficulties regarding sexual behavior

- XI. Outline the characteristics and stages of human development
 - A. Stages of child and adolescent development
 - B. Stages of adult development
 - C. Issues involved in death and dying

- XII. Describe the elements of personality
 - A. Theories of personality development
 - B. Personality assessment

- XIII. Discuss health psychology
 - A. Relationship between mind and body
 - B. Methods for coping with stress and promoting health

- XIV. Evaluate the dimensions of psychological disorders
 - A. Abnormal behavior
 - B. Categories of mental disorders.

- XV. List the main theories and interventions used for therapy in psychological disorders
 - A. History of psychotherapy
 - B. Psychoanalysis
 - C. Behaviorism
 - D. Cognitive Therapy
 - E. Humanism
 - F. Biological Treatment
 - G. Group Therapy
 - H. Institutionalization

- XVI. Discuss social psychology
 - A. Social cognition
 - B. Social influence on behavior
 - C. Attitudes
 - D. Social Action

Learning Activities:

Classroom: Lecture, instructor-led class discussions, group study, field trips, library research, various audio/visual aids, case studies, guest speakers, and student presentations. The student will be required to examine professional journals in this course.

Telecourse: Independent study of audio/video materials augmented by text and study guide, collaboration and participation with class members and faculty via available means. Faculty role is facilitator of learning experiences. The student will be required to examine professional journals in this course.

Online: Independent study of online materials augmented by text and other materials as required by instructor, study guide, collaboration and participation with class members and faculty via the internet. Faculty role is facilitator of learning experiences. The student will be required to examine professional journals in this course.

Grade Determination:

The student will be graded on satisfactory completion of assessment tasks, research papers, tests, daily work, class participation, attendance, out-of-class assignments and other methods of evaluation at the discretion of the instructor.