

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 knowledge of the discipline and the critical thinking skills gained from this course to enhance the quality of life as the student interacts with others.

Course Relevance

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

Required Materials

Hockenberry and Hockenberry. *Psychology* (5th ed.). Worth Publishing

Telecourse materials

Zimbardo, P. G., Weber, A. L., Johnson, R., *Psychology, core concepts* (6th 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 life

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

Through involvement in this course, the student will develop ability in the following PACT skills area(s):

Personal Development Skills

1. Interpersonal interaction
 - Through activities conducted in class, the student will develop knowledge about personal bias and a variety of perspectives

Analytical Thinking Skills

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

Communication Skills

1. Reception and interpretation of messages

- Identify and summarize the meaning, content and validity of the material.

Major Summative Assessment Tasks

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by

1. Completion of a journal assignment over first course material.
2. Reading an article that includes a psychological theory and apply that perspective to the student's own life.

Course Content

- I. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Writing
 - B. Reading
 - C. Utilizing computer skills
 - D. Thinking analytically
 - E. Comparing and contrasting
 - F. Memorization of terms
 - G. Application of concepts

Learning Units

- I. Introduction to psychology
 - A. Definition of psychology
 - B. Careers 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
- 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 elements of personality
- A. Theories of personality development
 - B. Personality assessment
- XIII. Discuss health psychology
- A. Relationship between body and mind
 - B. Methods for coping with stress and promoting health
- XIV. Evaluate 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/visual 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 completion of assessment tasks, research papers, tests, daily work, class participation, out-of-class assignments, and other methods of evaluation at the discretion of the instructor.