



## **Introduction to Psychology**

### **Course Summary:**

In this course, the student will gain an understanding of human behavior, including biological foundations and the brain, sensation, motivation, and perception. The relationship between learning and memory; various personality theories; emotions; states of consciousness; cognition; life-span development; and applied psychology will be explored. By the end of the course, the student will be able to

- Explain the anatomical structures and physiological functions related to psychology
- Analyze the underlying principles and basis of psychology behind learning, memory, and experience
- Examine motivation theories and basis of emotions
- Analyze psychoanalytic approaches and theories to explain behaviors and personality traits
- Examine methods and effectiveness of psychotherapy
- Investigate trends in social behavior and the impact of social influences

### **Course Outline**

- 1. The Field of Psychology (L)**
  - Define psychology
  - Discuss the origins of psychology
  - Discuss key issues and perspectives regarding the field of psychology
- 2. The Biological Perspective (L)**
  - Define and list the functions of the different parts of the nervous system and their role in behavior
- 3. Sensation and Perception (L)**
  - Discuss the function of the eyes and their role in behavior
  - Discuss the function of the ears and their role in behavior
  - Compare and contrast sensation and perception and describe their roles in everyday life
- 4. Consciousness (L)**
  - Describe the nature of sleep and sleep disorders
  - Examine the methods and practice of hypnosis
- 5. Learning (L)**
  - Define behavioral learning
  - Explain the tenets of classical and operant conditioning
  - Describe cognitive learning theory and give examples of experiments that illustrate this concept
- 6. Memory (L)**
  - Define memory and describe different types of memory and memory systems
  - Discuss forgetting and some of the views related to it
- 7. Cognition (L)**
  - Define the processes of thinking and reasoning
  - Identify the different methods of problem solving

- Examine language as a communication tool
- 8. Intelligence (L)**
  - Describe human intelligence and the different methods of measuring intelligence
- 9. Human Development Across Life Span (L)**
  - Define human development and why it is important to study
  - Explain how concepts of nature vs. nurture and genetics impact human development
  - Describe the changes, characteristics, and challenges related to each developmental phase
- 10. Motivation (L)**
  - Describe the theories and perspectives on motivation
- 11. Emotions (L)**
  - Describe emotions—the basis, biological basis, and the expression
  - Discuss the cause and effects of personal happiness and individual differences in perspectives on emotion
- 12. Freud & the Behavioral Perspective (L)**
  - Discuss psychoanalytic approaches to personality and behavior
  - Identify the different personality traits and research methods
  - Discuss the various humanistic approaches to personality
- 13. Theories of Personality: Trait & Genetics (L)**
  - Identify the different traits in personality and research methods on traits
- 14. Health and Wellness (L)**
  - Identify the causes, effects, and methods of controlling stress
  - Describe methods of managing stress to promote wellness
- 15. Abnormal Behaviors and Psychological Disorders (L)**
  - Define psychotherapy as a psychological approach to treating mental disorder
  - Identify the different assessment and diagnostic methods related to mental disorders
- 16. Disorders: Mood, Schizophrenia & Personality (L)**
  - Identify the different assessment and diagnostic methods related to mental disorders
- 17. Social Psychology (L)**
  - Discuss social influence, conformity, compliance, and obedience
  - Discuss social behavior and factors that influence interactions with others
  - Describe aggression and pro-social behavior
- 18. Introduction to Psychology Final Exam (L)**