

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

PSYCHOLOGY 120 – INTRODUCTORY PSYCHOLOGY

3 hours lecture, 3 units

Catalog Description

Introduction to the facts and theories which seek to explain and understand human thought and behavior including such topics as personality, psychotherapy, learning, memory, interpersonal relationships, adjustment and biological influences.

Prerequisite

None

Course Content

- 1) Defining psychology in terms of the past, present and future
- 2) The human organism and its growth and development
- 3) The nature of motivations, emotion conflict and adjustment
- 4) Analysis of the processes of learning and thinking
- 5) Sensory and cultural basis of perception
- 6) Measurement and appraisal of individuality
- 7) Contributions of psychology toward the understanding of social problems

Course Objectives

Students will be able to:

- 1) Compare and contrast the philosophy of different schools of psychology and their interpretation of behavior.
- 2) Apply scientific methods to the exploration of human behavior.
- 3) Describe the basic functions of the central nervous system and its relationship to behavior.
- 4) Explain and contrast various psychological phenomena related to sensation and perception.
- 5) Classify states of consciousness including sleep, hypnosis and drug effects.
- 6) Produce examples and strategies that improve the function of memory.
- 7) Label and use examples to describe operant conditioning, observational learning, and classical conditioning leading to behavioral change.
- 8) Discuss limitations and contrast the different theories of intelligence.
- 9) Compare and contrast theories of emotions and an individual's behavior and reaction to stress.
- 10) Explore and define characteristics of the developmental stages from birth to adult behaviors.
- 11) Discuss and elaborate on the theories of the development and the consistency of personality.
- 12) Classify different mental disorders and identify possible treatments in reference to the Diagnostic and Statistical Manual for mental disorders IV-TR.
- 13) Produce explanations and predictions of social behavior using various psychological theories.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure student's ability to recognize, describe, explain and provide examples of the various topics, information and issues related to the study of psychology.

- 2) Written analysis of social issues in which students are required to analyze, interpret and weigh the validity of arguments using research sources.
- 3) Group or individual projects or research papers that require students to explain individual and group behavior.
- 4) Interactive group activities in which students analyze, discuss, and draw conclusions about the nature of the brain and mind.

Special Materials Required of Student

None

Minimum Instructional Facilities

Smart classroom

Method of Instruction

- 1) Lecture and discussion
- 2) Group discussion, cooperative learning exercises
- 3) Guest speakers (optional)
- 4) Individual and group projects, structured in-class exercises, demonstrations

Out-of-Class Assignments

- 1) Written essays
- 2) Research-based papers and assignments
- 3) Reading quizzes and exam reviews

Texts and References

- 1) Required (representative examples):
 - a. Cacioppo, John and Laura Freberg. *Discovering Psychology: The Science of Mind*. 2nd Edition Cengage Learning, 2015.
 - b. Hockenbury and Hockenbury. *Discovering Psychology*. 7th edition. Worth, 2016.
 - c. OER course - NobaProject – Open source Psychology resources:
(<http://nobaproject.com/textbooks/steve-weinert-new-textbook>)\
 - d. Spielman, R. M., Jenkins, W. J., & Lovett, M. D. (2020). *Psychology 2e*. Openstax.
- 2) Supplemental: None

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Distinguishing basic psychological terminology
 - a. Identify terms used within psychology
 - b. Distinguish sub-areas within psychology
 - c. Identify different approaches
- 2) Apply research methodology
 - a. Scientific method
 - b. Identify basic types of research methods
 - c. Delineate the different strengths and weaknesses of each method
 - d. Apply research-based critical thinking
 - e. Use and misuse of statistics
- 3) Use and distinguish basic information of each sub-area
 - a. Psychobiology: neuron and brain, autonomic nervous system, genetics
 - b. Sensation and perception: signal detection theory, the sense organs, organization
 - c. Consciousness: sleep and dreams, hypnosis, drugs
 - d. Learning: classical conditioning, operant conditioning, observation learning
 - e. Memory: state theory, forgetting, biology of memory
 - f. Thinking and language: problem solving, language development

- g. Intelligence: definition, theory, measurement, controversy
- h. Motivation and emotion: drives, theory, needs and goals, aggression, love
- i. Development: physical, cognitive and social development
- j. Personality: various perspectives and theories
- k. Psychological disorder: DSM classifications, casual theories
- l. Therapy: different types for different situations
- m. Health: stress and illness
- n. Social psychology: attitudes, interpersonal attraction, influence

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Describe the major perspectives of psychology (e.g., behavioral, biological, cognitive, evolutionary, humanistic, psychodynamic, and sociocultural).
- 2) Critically evaluate the strengths, weaknesses, and ethical limitations of different research methods used by psychologists
- 3) Compare and contrast the subfields of psychology as they relate to possible career choices.
- 4) Analyze the role heredity, environment, and lived experiences (nature vs. nurture) play in key concepts such as personality development, stereotyping, prejudice, and discrimination, and/or the conceptualization and treatment of psychological disorders.
- 5) Apply psychological concepts, theories, and research findings as these relate to everyday life, including development of the self.