

COURSE OUTLINE **General Psychology**

Course Description

PY 160. General Psychology. 3 credit hours. This course will enable the student to apply the knowledge obtained about topics including the biological basis of behavior, sensation, learning, cognition, intelligence, motivation, development, personality, psychological disorders, and social psychology to one's personal life. The student will enhance the quality of one's life when interacting with others. The learning outcomes and competencies detailed in this outline meet or exceed the learning outcomes and competencies specified by the Kansas Core outcomes Project for this course, as approved by the Kansas Board of regents (Transfers as PSY1010).

Required Materials

For complete material(s) information, refer to: <https://bookstore.butlercc.edu>

Butler-Assessed Outcomes

The intention is for the student to be able to do the following:

1. Develop critical thinking skills regarding human behavior
2. Apply psychological theory to skills that will enhance the quality of life

Learning Outcomes

The intention is for the student to be able to do the following:

1. Identify historical foundations and current trends in psychology.
2. Distinguish methods of research in psychology.
3. Identify the biological basis of behavior including physiology of the brain.
4. Distinguish principles and theories of learning and cognition.
5. Recognize theories and applications of motivation and emotion.
6. Demonstrate an understanding of human life span development.
7. Identify the major theories of personality.
8. Recognize categories of psychological disorders and treatments.
9. Recognize the major theories and findings in social psychology.

Learning PACT Skills that will be developed and documented in the course

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

Personal Development Skills

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

Analytical Thinking Skills

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

Technological Skills

- General computer use – By utilizing electronic-facilitated research, the student will increase knowledge of general psychological concepts

Major Summative Assessment Tasks:

These Butler-assessed Outcome(s) and Learning PACT skill(s) will be demonstrated by the following:

1. Completion of a journal assignment over first source material (T skill and A skill) that involves application of a psychological theory to the student's life (P skill).

Skills or Competencies

These actions are essential to achieve the course outcomes:

1. Write summary of journal article
2. Read the textbook and professional research article
3. Hone computer and internet research skills
4. Think analytically about theories and perspectives in psychology
5. Compare and contrast different perspectives in psychology
6. Use appropriate terminology for the discipline
7. Apply concepts of psychology to personal life

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. The scientific method, theories and 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
 - C. Observational learning

- 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 and emotion
 - 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

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.

Grade Determination

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