South Central College

PSYCH 100 Introduction to Psychology

Course Outcome Summary

Course Information

Description
This course surveys the multiple aspects of human behavior. It involves a survey of the theoretical foundations of human functioning in such areas as learning, motivation, emotions, personality, deviance and pathology, physiological factors and social influences. It directs the student to an insightful understanding of the complexities of human relationships in personal, social and vocational settings.

Total Credits 3
Total Hours 162

Types of Instruction

Instruction Type Credits/Hours
Online Learning

Institutional Core Competencies

Communication - Students will be able to demonstrate appropriate and effective interactions with others to achieve their personal, academic, and professional objectives.

Course Competencies

1. Apply psychological perspectives and research methods

   Learning Objectives
   - Use tools in the e-education software
   - Describe the thoughts and feelings that accompanied your initial contact with this online learning experience
   - Define psychology
   - Explain the goals of psychology
   - Explain the functions of different types of psychologists, including clinical, counseling, educational, school, developmental, personality, social, experimental, industrial, organizational, consumer, forensic, sports, and health psychologists
   - Outline the history of psychology
   - Compare and contrast the five major theoretical perspectives in contemporary psychology: the biological, cognitive, humanistic-existential, psychodynamic, learning, and sociocultural perspectives
   - Identify principles of critical thinking and explain how they may be applied to the subject matter of psychology
   - Describe the features of the scientific method
   - Explain how psychologists use samples in an effort to represent populations
   - Describe the use of sampling in psychology to represent human diversity
   - Explain the case-study method
   - Explain the survey method
Explain the testing method
Explain the naturalistic-observation method
Explain the laboratory-observation method
Explain the correlational method
Define the experimental method
Explain the use of independent and dependent variables in the experimental method
Explain the use of experimental and control groups in the experimental method
Assess the use of blinds and double blinds in the experimental method
Assess ethical issues in conducting research and practice with people and animals
Evaluate the various pseudoscientific approaches to understanding and influencing behavior

2. **Summarize how biological, hereditary, and environmental factors influence behavior**

Learning Objectives
Describe the parts and functions of the neuron
Explain the difference between afferent and efferent neurons
Explain the electrochemical process by which neural impulses travel
Explain the "all-or-none principle" of neural transmission
Explain the functions of different kinds of synapses and neurotransmitters
Explain what a nerve is
Explain the location and functions of the various divisions of the nervous system
Explain how spinal reflexes work
Explain ways in which psychologists study the functions of the brain
List and locate the major structures of the hindbrain, midbrain, and forebrain
Explain the functions of the parts of the brain
Summarize the activities of the sympathetic and parasympathetic branches of the autonomic nervous system
Locate the four lobes of the hemisphere of the cerebral cortex and explain the functions of various parts of these lobes
Summarize the findings of divided-brain research
Explain the functions of the major hormones secreted by the pituitary gland, the pancreas, the thyroid, the adrenal glands, the testes, and the ovaries
Define genes and chromosomes, and describe the human chromosomal structure
Explain the purposes and methods of various kinds of kinship studies

3. **Analyze the interactions of sensation and perception**

Learning Objectives
Define and compare the terms sensation and perception
Define psychophysics, and explain the historical contribution of Ernst Weber
Define and distinguish between absolute thresholds and difference thresholds for stimuli
Define signal-detection theory, and explain the factors that influence the perception of signals
Explain what is meant by sensory adaption, and distinguish between sensitization and desensitization to stimuli
Explain the electromagnetic nature of light
List the parts of the eye and describe their functions
Describe the functions of rods and cones and explain how they differ in dark adaptation
Define the color concepts of hue, brightness, and saturation
Define warm and cool colors and explain how artists use warm and cool colors to achieve certain effects
Define complementary colors and analogous colors and explain how artists use complementary and analogous colors to achieve certain effects
Explain the trichromatic and opponent-process theories of color vision
Describe the different kinds of color blindness.
Explain the Gestalt rules of perceptual organization.
Explain the ways in which we perceive actual movement and explain what is meant by illusions of movement such as the autokinetic effect and stroboscopic motion.
List and explain several monocular and binocular cues for depth.
Describe the visual disorders discussed in the text.
Explain the perceptual constancies: size, color, brightness, and shape constancy. Show how they can rise to visual illusions.
Explain the transmission and structure of sound waves, including pitch and loudness.
List the parts of the ear and describe their functions.
Explain the theories of pitch perception.
Describe three kinds of deafness.
4. Evaluate the impact of states of consciousness on behavior

Learning Objectives

- Explain the controversy concerning the inclusion of consciousness as a topic in the science of psychology
- Explain the following definitions of consciousness: consciousness as sensory awareness, the selective aspect of attention, direct inner awareness, personal unity, and the waking state
- List the four stages of NREM sleep, summarize the features of each, and explain brain wave function
- Describe REM sleep, and explain why it is also referred to as paradoxical sleep
- Summarize research concerning the functions of sleep, focusing on the effects of sleep deprivation and on long versus short sleepers
- Explain dreams, including theories of dream content, and distinguish between nightmares and sleep terrors
- Describe the sleep disorders insomnia, narcolepsy, apnea, bed-wetting, and sleepwalking
- Define substance abuse and substance dependence
- Summarize research concerning the psychological and physical effects of alcohol
- Explain the effects of opiates and opioids, and describe how methadone is used to treat heroin dependence
- Explain the effects of barbiturates and methaqualone
- Explain the effects of amphetamines
- Explain the effects of cocaine
- Explain the effects of the various ingredients in cigarette smoke, and describe how stress influences the desire for smokers to increase their usage of cigarettes
- Explain the effects of marijuana
- Explain the effects of LSD, and summarize research concerning the flashback controversy
- Summarize research concerning the effects of meditation
- Summarize research concerning the effects of biofeedback training
- Describe the history of hypnosis
- List the changes in consciousness that can be brought about by hypnosis
- Explain the role of neodissociation theories of hypnosis

5. Apply principles of learning

Learning Objectives

- Define learning from the behavioral and the cognitive perspectives
- Describe the role of Ivan Pavlov in the history of the psychology of learning
- Describe the process of classical conditioning, referring to the roles of the US, CS, UR, and CR
- Describe various types of classical conditioning
- Explain how contingency theory poses a challenge to the traditional explanation for classical conditioning
- Define the processes of extinction and spontaneous recovery in classical conditioning
- Explain what is meant by generalization and discrimination in classical conditioning
- Explain applications of classical conditioning
- Describe the roles of Edward Thorndike and B.F. Skinner in the history of the psychology of learning
- Explain what happens during operant conditioning
- Distinguish between various kinds of reinforcers
- Describe the processes of extinction and spontaneous recovery in operant conditioning
- Explain the difference between reinforcers and rewards and punishments, and explain why psychologists frequently advise against using punishments
- Explain what a discriminative stimulus is
- Define various schedules of reinforcement, and explain their effects on behavior
- Describe the process of shaping
- Explain applications of operant conditioning
- Define latent learning, and describe evidence that supports this kind of learning
- Describe observational learning
- Summarize research findings concerning the effects of media violence and ways in which these effects can be mitigated

6. Demonstrate effective uses of cognitive processes
Learning Objectives
Describe the three kinds of memory
Describe the three processes of memory
Define memory
List what many psychologists refer to as the three stages of memory
Describe the functioning of sensory memory
Describe the functioning of short-term memory
Describe the functioning of long-term memory
Describe the levels-of-processing model of memory
Explain the origin of the use of nonsense syllables in the study of memory and forgetting
Explain the types of memory tasks that are used in measuring forgetting
Explain the role of interference theory in forgetting
Explain the possible role of repression in forgetting
Explain the roles of anterograde and retrograde amnesia in forgetting
Describe some current views of the biology of memory
Define concepts and prototypes, and explain how they function as building blocks of thought
Describe various approaches to problem solving
Explain factors that affect problem solving
Evaluate the relationships between problem solving, creativity, and intelligence
Explain personality and situational factors that affect creativity
Describe the various types of reasoning
Describe the role of heuristics in decision making
Describe the framing effect
Explain factors that lead to overconfidence in judgment and decision making
Define language
Explain the three properties of language
Define the basics of language: phonology, morphology, syntax, and semantics
Trace the development of language in human beings
Explain the learning and nativist theories of language development
Describe Ebonics
Evaluate the relationship between language and thought
Define intelligence
Explain various factor theories of intelligence
Explain Gardner's theory of multiple intelligence
Explain Sternberg's triarchic theory of intelligence
Describe the theory of emotional intelligence
Describe the development and features of major individual intelligence tests
Describe socioeconomic and ethnic differences in intelligence
Evaluate the issue of whether or not intelligence tests contain cultural biases against ethnic minority groups and immigrants
Describe research concerning genetic influences on intelligence
Describe research concerning environmental influences on intelligence

7. **Apply principles of motivation and emotion**

Learning Objectives
Define motives, needs, drives, and incentives
Explain and evaluate the instinct, drive-reduction, humanistic, cognitive, and sociocultural theories of motivation
Explain the concept of homeostasis
Summarize research concerning the hunger drive and methods of weight control
Explain what is meant by stimulus motives
Describe the effects of sensory deprivation
Explain cognitive dissonance
Summarize research on the need for achievement
Summarize research on the need for affiliation
Summarize research on aggression
Define emotion, and describe the role of emotions in human behavior
Summarize research concerning the accuracy of lie detectors
Explain the Bridges and Izard theories of the development of emotions
Describe research concerning the universality of the expression of emotions
Explain the facial-feedback hypothesis of emotion
Explain and evaluate the James-Lange, Cannon-Bard, and cognitive-appraisal theories of emotion

8. **Relate personality theories to self and others**

Learning Objectives
- Define personality
- Explain Freud's three mental structures
- Describe Freud's five stages of psychosexual development
- Explain the views of other psychodynamic theorists
- Define trait
- Explain Gordon Allport's contributions to trait theory
- Explain the views of Hans Eysenck
- Describe the five-factor model
- Explain the behaviorist approach to personality
- Explain the social-cognitive approach to personality
- Explain the views of Abraham Maslow
- Explain the views of Carl Rogers
- Compare individualism and collectivism
- Describe the relationship between sociocultural factors and the self
- Describe the relationship between acculturation and self-esteem
- Define objective and projective measures of personality
- Describe some objective measures of personality
- Describe some projective measures of personality
- Define gender role and gender role stereotype
- Describe gender role stereotypes in our culture
- Explain the costs of gender role stereotyping
- Summarize gender differences in cognition and personality
- Explain biological views of the development of gender differences in cognition and personality
- Explain psychological views of the development of gender differences in cognition and personality

9. **Specify coping strategies for stress**

Learning Objectives
- Define health psychology
- Define stress
- Explain the sources of stress
- Describe the various psychological moderators of the impact of stress
- Describe the general adaptation syndrome
- Describe the functions of the immune system
- Describe the effects of stress on the immune system
- Describe ways of coping with stress
- Explain the relationship between sociocultural factors and health
- Describe the relationship between psychological factors and headaches
- Describe the relationship between psychological factors and coronary heart disease
- Describe the relationship between psychological factors and cancer

10. **Summarize common psychological disorders and related treatment approaches**

Learning Objectives
- Define psychological disorder
- Describe the classification of patterns of psychological disorder
- Describe the anxiety disorders, and explain their origins
- Describe the dissociative disorders, and explain their origins
- Describe the somatoform disorders, and explain their origins
- Describe the mood disorders, and explain their origins
- Explain who is likely to commit suicide, and explain the factors that contribute to suicide
- Describe schizophrenia, and explain their origins
- Describe the personality disorders, and explain their origins
- Describe the different types of eating disorders
- Define psychotherapy
- Outline the history of the treatment of psychological disorders from ancient to contemporary times
- Describe the goals and methods of Freud's traditional psychoanalysis
Compare and contrast traditional psychoanalysis with modern psychodynamic approaches
Explain what the humanistic-existential therapies have in common
Describe the goals and methods of Roger's person-centered therapy
Describe the goals and methods of Perls' Gestalt therapy
Describe the goals of behavior therapy
Describe behavior-therapy methods of reducing fears
Describe the behavior-therapy method of aversive conditioning
Describe some behavior-therapy methods of operant conditioning
Describe behavior-therapy self-control methods
Explain what the cognitive therapies have in common
Describe the goals and methods of Beck's cognitive therapy
Describe the goals and methods of Ellis's rational-emotive therapy
Explain the advantages of group therapy
Evaluate methods of psychotherapy and behavior therapy
Evaluate the biological uses and effectiveness of the biological therapies

11. Appraise interaction between social influences and individual behavior

Learning Objectives
Define social psychology
Define attitude, and explain what is meant by the A-B problem
Explain the origins of attitudes
Explain ways in which attitudes may be changed by means of persuasion
Define prejudice, and discuss the origins of prejudice
Explain the primacy and recency effects on social perception
Differentiate between dispositional and situational attributions, and explain the biases that are found in the attribution process
Explain the role of body language in social perception
Describe the Milgram studies on obedience to authority, and explain factors that contribute to obedience
Describe the Asch studies on conformity, and explain factors that contribute to conformity
Explain factors that contribute to social facilitation and social loafing
Explain social decision schemes in group decision making
Define polarization and the risky shift
Explain the factors that contribute to groupthink
Explain the factors that contribute to mob behavior
Explain the factors that contribute to helping behavior
Explain the factors that contribute to the bystander effect
Describe the environmental effects of noise, temperature, odors, and crowding

SCC Accessibility Statement
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