



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 adaptation, 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.

Explain how people sense odors.
List the four basic tastes and explain how people sense them.
List the skin senses and explain how people perceive hotness and pain.
Describe kinesthesia.
Describe the vestibular sense.
Explain why psychologists are skeptical of the notion of extrasensory perception.

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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Additional information and forms can be found at: www.southcentral.edu/disability

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