

The Sault College -- Health Sciences Division

Program: NURSING

Course Title: INTRODUCTORY PSYCHOLOGY

Course Number: PSY 102-3

Instructors: TUT TAMMIK (ext. 228)
KAREN CAMERON (ext. 271)
GERRY PAGE (ext. 274)

Date: SEPT. 1981

Course Description

A study of the science of psychology, its methods, concepts and theories, including the topic areas of: (1) brain, sensation and perceptual processes (2) learning and memory (3) motivation and emotion (4) development and interpersonal relationships and (5) personality and therapy. Psychological concepts and theories will be studied, with a view towards how they can be applied to enhance the student's understanding of psychological adaptation and the causes and consequences of human behaviour.

Course Goals

To develop an understanding of:

- 1) the science of psychology; its methods, concepts and theories
- 2) human brain, sensation and perceptual processes
- 3) the basic principles of human learning and memory
- 4) the basic principles of human emotion and motivational processes
- 5.) the basic concepts and theories of human psychological development and interpersonal relationships
- 6) the basic concepts and theories of human personality and psychological therapies
- 7) how psychological concepts and theories can be applied towards enhancing our understanding of the causes and consequences of human behaviour

Course Objectives

To be able to critically discuss and demonstrate, through oral and written responses, an understanding of:

- 1) the methods, concepts and theories of the science of psychology
- 2) human brain, sensation and perceptual processes
- 3) the basic principles of human learning and memory

Course Objectives continued...

- 4) The basic principles of human emotion and motivational processes
- 5) the basic concepts and theories of human psychological development and interpersonal relationships
- 6) the basic concepts and theories of human personality and psychological therapies.
- 7) how psychological concepts and theories can be applied towards enhancing our understanding of the causes and consequences of human behaviour

Methodology

Student learning will be facilitated by: lectures, seminar discussions, guest lecturers, audio-visual presentations and role plays.

Texts:

- 1) Rubin, A. and McNeil, E.B.,
The Psychology of Being Human, Brief Update Edition,
Harper and Row Publishing Company, 1979.
- 2) Study Guide for Rubin and McNeil's The Psychology of Being Human, Brief Update Edition,
by Maul, T. and McGlynn, R.,
Harper and Row Publishing Company, 1979.

NOTE: Additional readings and/or student viewings of audio-visual materials may be assigned during the course at the discretion of the instructor.

Syllabus [Uott- lkn.z<L 6zctio^ with thAiz fHi^QJityvt iw!>£n.u.c.toKA)

Section #1: (5 weeks) Tiit Tammik (Sept. 14 to Oct. 13, 1981)

Topics:

- 1) What is Psychology? - research, theory, methods, experimentation and application
Assigned Reading: pp. 1 to 35
- 2) Brief Survey of the Brain and the Nervous System
Assigned Reading: pp. 37 and 38, pp. 51 to 71
- 3) Sensation and Perception - sensory deprivation and perception as an active process
Assigned Reading: p. 75, pp. 90 and 91 (Box 3), pp. 92 to 105

Section #1 - Topics continued...

- 4) Memory - short- and long-term memory
- remembering and forgetting
 - disorders of memory
 - improving memory

Assigned Reading: pp. 137 to 161 and S.M. JOURNAL article, "The 'Manners of Helpers and Healers: The Bedside Manner of Nurses" (10 pages)

NOTE: October 13 - TEST - covering all of Section #1 assigned readings

Section #2: (5 weeks) Karen Cameron (Oct. 19 to Nov. 17, 1981)

Topics:

- 1) Emotion - physiology of emotion
- theories of emotion
 - development of emotion
 - stress

Assigned Reading: pp. 233 to pp. 258

- 2) From Infancy to Old Age - learning and maturation
- infancy, childhood and adolescence
 - adulthood, the aging process and facing death
 - theories of human development (Piaget and Erikson)

Assigned Reading: pp. 273 to 304

- 3) Interpersonal Relationships - needing and perceiving others
- liking and loving others
 - why relationships end

NOTE: November 17 - TEST - covering all of Section #2 assigned readings

Section #3: (5 weeks) Gerry Page (Nov. 23 to Dec. 22, 1981)

Topics:

- 1) Learning - biological influences on learning
- classical and operant conditioning
 - reinforcement and punishment
 - principles of learning

Assigned Reading: pp. 107 to 135

- 2) Motivation - survival motives
- drive reduction theory
 - competence and curiosity motives
 - unconscious motives and conflict
 - human needs

Assigned Reading: pp. 207 to 231

Section #3 - Topics continued...

- 3) Personality - Freud's psychoanalytic theory
- self-concept
 - theories of Kohlberg, Erikson and Maslow
 - social learning theory
 - humanistic theories

Assigned Readings: pp. 371 to 399

- 4) Brief Overview of Current Psychotherapies

- the "talking therapies"
- psychological terms related to mental illness
- client-centred therapy
- behaviour therapies

Assigned Readings: pp. 437 to 446

Evaluation

Students will be responsible for regular attendance and class participation in all areas of the course as outlined and for all readings, assignments and tests as requested.

The final course grade will be based on the total number of 300 (possible) points earned by the student in each of the three sections (100 points each) described in the "Syllabus".

A grade of A, B, C, I, or R will be awarded upon completion of the course, in accordance with the grading policy of Sault College.

i.e., A = 80% to 100%, B = 70% to 79%, C = 60% to 69%

The "I" (Incomplete) grade is intended for students, who in the opinion of the course instructors, can benefit from the "make-up" period of study.

Students whose final course grade is below 60% and who are eligible to do a "re-write" exam, will be required to write an exam covering all of the course content during the "make-up" period.

f