

**SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON**



COURSE OUTLINE

Course Title: Introduction to Psychology

Code No.: PSY 107-3

Semester; Winter

Program: Various Post-Secondary

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Date: January 1998 Previous Outline Dated: Jan. 1997

Approved:

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Date

Total Credits: 3

Prerequisite(s): PSY 102-3

Length of Course: 3 hrs./week Total Credit Hours: 45

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SAULT STE. MARIE

I. COURSE DESCRIPTION:

This course is a continuation of PSY 102. It will focus on the psychology of human behaviour. Areas of study will include the following:

1. human (lifespan) development
2. personality theories
3. stress coping
4. psychological disorders
5. psychotherapies
6. social psychology

It is anticipated that student learning will be enhanced by the discussion of contemporary issues affecting the science of psychology and human behaviour.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**A. Learning Outcomes and Elements of the Performance:**

Upon successful completion of this course, students will demonstrate the ability to:

1. Module #17: Infancy and Childhood
 - describe the influences of "nature" and "nurture" during prenatal and child development
 - identify and describe the main childhood developmental tasks (milestones) of cognitive, language, social and emotional development
 - explain the main concepts of theories of childhood cognitive, language and social development
2. Module #18: Adolescence and Adulthood
 - identify and describe the main developmental task (influences) during adolescent through to later adult development
 - explain the main concepts of theories of: a) moral (Kohlberg), b) cognitive (Piaget), c) psychosocial (Erikson) and d) personality development during adolescence through to later adulthood
3. Modules #19 and #20: Personality - Freudian, Humanistic, Social Learning and Trait Theories
 - define what personality is
 - list and identify the major theories of personality development, including Freudian, neo-Freudian, trait theories, behavioural and social cognitive theories, humanistic theories and the biological theories
 - identify and discuss the three major methods used in personality assessment, i.e. a) observation, interviews and rating scales, b) inventories and c) projective tests

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE (Continued):

4. Module #21: Health, Stress and Coping
 - define what stress is and recognize the stress response from a physiological perspective as well as a cognitive perspective
 - identify and classify sources of stress
 - explain the factors affecting stress, its effects on health and disease and identify techniques for coping
 - describe post-traumatic stress disorder
 - explain the link between stressful lifestyles and disease
5. Module #22 and #23: Psychological Disorders
 - define and discuss what is abnormal behaviour and factors related to abnormal behaviour
 - list and describe various disorders such as anxiety disorders, somatoform and dissociative disorders, schizophrenia and delusional disorders, mood disorders, personality disorders and sexual disorders
 - examine major causes of abnormal behaviour from the five major schools of psychology, i.e. biological, psychoanalytic, behavioural, cognitive and humanistic
6. Module #24: Therapies
 - describe and explain the main concepts of a) insight, b) behaviour, c) cognitive, d) humanistic and e) biological therapies
 - compare and contrast the major therapeutic paradigms involved in the major schools of psychotherapy
 - discuss and compare the effectiveness of various therapies
7. Module #25: Social Psychology
 - define social psychology
 - describe the factors influencing human attraction
 - cite research examples illustrating conformity, obedience and compliance
 - explain the effects of the group on individual performance and decision-making
 - describe the cognitive, emotional and behavioural positions as they relate to attitudes and behaviour
 - explain the biological, frustration-aggression and social learning theories of aggression

III. TOPICS:

1. Human Development: Infancy and childhood
2. Human Development: Adolescence and Adulthood
3. Personality Theories: Freudian and Humanistic
4. Personality Theories: Social Learning and Traits
5. Psychology of Health, Stress and Coping
6. Psychological Disorders: Definition and Anxiety Disorders
7. Psychological Disorders: Mood Disorders and Schizophrenia
8. Psychotherapies
9. Social Psychology

III. TOPICS (cont'd):

Note: Additional readings and student viewing of audio-visual materials will be assigned during the course at the discretion of the instructor. The exact date of tests will be announced in class. Students will also be responsible for understanding audio-visual, lecture and class discussion material presented during the course.

IV. REQUIRED RESOURCES / TEXTS / MATERIALS:

1. Introduction to Psychology. Fourth Edition, 1996, by Rod Plotnik, Brooks Cole Publishing Company
2. Recommended optional resource:
Study Guide for Plotnik's Introduction to Psychology, prepared by Matthew Enos

V. EVALUATION PROCESS / GRADING SYSTEM:

MAJOR ASSIGNMENTS AND TESTING

1. Instructional Methodology:
Student learning will be facilitated by lectures, class and group discussion, audio-visual presentations and simulation exercises
2. Evaluation:
Students will be responsible for regular attendance and class participation in all areas of the course as outlined and for all readings and tests as requested. The course content and evaluation can be modified at the discretion of the instructor.
3. Final testing:

The final course grade will be determined as follows:

Test #1	20%
Test #2	20%
Test #3	20%
Test #4	20%
Assignments	20%
Total	100%

V. EVALUATION PROCESS / GRADING SYSTEM (Continued):

Note: If a student misses an assignment due date or a scheduled test as a result of a verifiable illness or incident, the instructor will determine the student's eligibility for an extension or to write at a later date, based on mutual respect, courtesy and accountability! The touch-tone, 24-hour number allows you to immediately notify the instructor with your name, message and phone number.

TIME FRAME

Introduction to Psychology II PSY 107-3 involves three hours per week for the semester.

METHOD OF ASSESSMENT (GRADING METHOD):

A+	Consistently outstanding	(90% - 100%)
A	Outstanding achievement	(80% - 89%)
B	Consistently above average achievement	(70% - 79%)
C	Satisfactory or acceptable achievement in all areas subject to assessment	(60% - 69%)
R	Repeat - The student has not achieved the objectives of the course, and the course must be repeated	(less than 60%)
CR	Credit exemption	
X	A temporary grade, limited to situations with extenuating circumstances, giving a student additional time to complete course requirements	

NOTE: Students may be assigned an "R" grade early in the course for unsatisfactory performance.

VI. SPECIAL NOTES:Special Needs

Students with special needs (e.g. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations with the professor and/or contact the Special Needs Office.

Plagiarism

Students should refer to the definition of "academic dishonesty" in the "Statement of Student Rights and Responsibilities."

Students who engage in "academic dishonesty" will receive an automatic failure for that submission and/or other such penalty, up to and including expulsion from the course.