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Date Reviewed: April 2013
C & GE Approved: May 13, 2013
Board Approved: June 12, 2013
State Approved: July 17, 2013
Text Update: March 24, 2014

Psychology 1500 Introduction to Psychology (3 Units) CSU:UC
[Formerly Psychology 1A]

Advisory: Eligibility for English 1500 strongly recommended

Total Hours: 48 hours lecture

Catalog Description: This course is an introduction to the scientific study of behavior and mental processes through the exploration of major theories and concepts, methods, and research findings. Topics include the biological bases of behavior; perception; cognition; learning; emotion and motivation; lifespan development; personality; social psychology; psychological disorders; therapy; and applied psychology.
C-ID: PSY 110

Type of Class/Course: Degree Credit

Text: Ciccarelli, Saundra and J. Noland White. *Psychology: An Exploration*. 2nd ed. San Francisco: Pearson, 2013. Print.

Additional Instructional Materials: None

Course Objectives:

Upon successful completion of the course, students will be able to:

1. Demonstrate familiarity with the major concepts, theoretical perspectives, research methods, core empirical findings, and historic trends in psychology.
2. Explain (including advantages and disadvantages) and compare major theoretical perspectives of psychology (e.g., behavioral, biological, cognitive, evolutionary, humanistic, psychodynamic and socio-cultural);
3. Demonstrate knowledge and understanding of the following nine general domains: (1) biological bases of behavior and mental processes, (2) sensation and perception, (3) learning and memory (4) cognition, consciousness, (5) individual differences, psychometrics, personality, (6) social processes (including those related to socio-cultural and international dimensions), (7) developmental changes in behavior and mental processes that occur across the lifespan, (8) psychological disorders, and (9) emotion and motivation;
4. Describe and demonstrate an understanding of applied areas of psychology (e.g., clinical, counseling, forensic, community, organizational, school, health);
5. Draw the distinction between scientific and non-scientific methods of understanding and analysis.

6. Recognize and understand the impact of diversity on psychological research, theory and application, including (but not limited to): age, race, ethnicity, culture, gender, socio-economic status, disability, and sexual orientation.
7. Understand and apply psychological principles to personal experience and social and organizational settings.
8. Demonstrate critical thinking skills and information competence as applied to psychological topics.

Course Scope and Content:

Unit I The Science of Psychology

- A. What is Psychology
- B. The Growth of Psychology
- C. Human Diversity
- D. Research Methods in Psychology
 1. scientific approach
 2. research design
 3. use of statistics
- E. Ethics and Psychology
- F. Careers in Psychology
- G. APA Style
- H. Research Papers
- I. Locating Credible Sources of Psychological Information

Unit II Biological Foundations of Behavior

- A. The Biological Basis of Behavior
- B. Neurons
- C. The Central Nervous System
- D. The Peripheral Nervous System
- E. The Endocrine System
- F. Genes, Evolution, and Behavior

Unit III Sensation and Perception

- A. Enduring Issues in Sensation and Perception
- B. The Nature of Sensation
- C. Vision, Hearing, and the Other Senses
- D. Perception Organization, Constancies, Distance and Depth, Movement, Visual Illusions and Observer Characteristics

Unit IV States of Consciousness

- A. Enduring Issues in the States of Consciousness
- B. Sleep and Dreams
- C. Drug-Altered Consciousness
- D. Meditation and Hypnosis

Unit V Learning

- A. Classical Conditioning
- B. Operant Conditioning
- C. Cognitive Learning

Unit VI Memory

- A. The Sensory Registers
- B. Short-term and Long-Term Memory
- C. The Biology of Memory
- D. Forgetting
- E. Cultural Influences, Flashbulb Memories, Eyewitness
- F. Testimony, and Recovered Memories

Unit VII Cognition and Mental Abilities

- A. Building Blocks of Thought
- B. Language, Thought, and Culture
- C. Problem Solving
- D. Decision Making
- E. Intelligence and Mental Abilities
- F. Heredity, Environment, and Intelligence
- G. Creativity

Unit VIII Motivation and Emotion

- A. Perspectives on Motivation
- B. Hunger and Thirst
- C. Sex
- D. Emotions
- E. Communicating Emotions

Unit IX Life-Span Development

- A. Prenatal Development
- B. The Newborn
- C. Infancy and Childhood
- D. Adolescence
- E. Adulthood
- F. Late Adulthood

Unit X Personality

- A. Enduring Issues in Personality
- B. Psychodynamic Theories
- C. Humanistic Theories
- D. Trait Theories
- E. Cognitive-Social Learning Theories
- F. Personality Assessment

Unit XI Stress and Health Psychology

- A. Sources of Stress
- B. How Stress Affects Health
- C. Staying Healthy
- D. Extreme Stress
- E. The Well Adjusted Person

Unit XII Psychological Disorders

- A. Perspectives on Psychological Disorders
- B. Mood Disorders
- C. Anxiety Disorders
- D. Psychosomatic and Somatoform Disorders
- E. Sexual and Gender-Identity Disorders
- F. Personality Disorders
- G. Schizophrenic Disorders
- H. Childhood Disorders
- I. Gender and Cultural Differences in Psychological Disorders

Unit XIII Therapies

- A. The Types of Mental Health Professionals
- B. Insight Therapies
- C. Behavior Therapies
- D. Cognitive Therapies
- E. Group Therapies
- F. Effectiveness of Psychotherapy
- G. Biological Treatments
- H. Institutionalization and its alternatives
- I. Client Diversity and Treatment

Unit XIV Social Psychology

- A. Social Cognition
- B. Attitudes
- C. Social Influences
- D. Social Action

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Studying
2. Answering questions
3. Completing required reading
4. Completing written work

Methods of Instruction:

1. Lectures
2. Class discussions
3. Audiovisual presentations
4. Demonstrations

Methods of Evaluation:

1. Substantial writing assignments, including:
 - a. essay exam (s)
 - b. term or other papers using APA style
2. Other assessments, including:
 - a. classroom discussions
 - b. research projects
3. Other examinations, including:
 - a. multiple choice items
 - b. matching items
 - c. true/false items
 - d. essay questions