



Western Technical College

# 10809198 Introduction to Psychology

## Course Outcome Summary

### Course Information

<b>Description</b>	An introductory course in psychology surveying the multiple aspects of human behavior. It addresses the theoretical foundations of human functioning in such areas as perception, learning, motivation, development, personality, health and pathology, exploring physiological and environmental influences. It directs the student to an insightful understanding of the complexities of human relationships in personal and vocational settings.
<b>Instructional Level</b>	Associate Degree Courses
<b>Total Credits</b>	3
<b>Total Hours</b>	54

### Textbooks

Open Educational Resource: *Psychology*. 2nd Edition. Copyright 2020. Publisher: Open Stax. **ISBN-13:** 978-1-975076-44-3. <https://openstax.org/details/books/psychology-2e> Required

### Success Abilities

1. Cultivate Passion: Increase Self-Awareness
2. Refine Professionalism: Act Ethically
3. Refine Professionalism: Improve Critical Thinking
4. Refine Professionalism: Practice Effective Communication

### Course Competencies

#### 1. Apply principles of motivation.

##### Assessment Strategies

- 1.1. participation in discussions
- 1.2. oral and/or written assignments and activities
- 1.3. written or oral evaluation

##### Criteria

*You will know you are successful when*

- 1.1. you describe motivational theories.
- 1.2. you assess personal motivational patterns.
- 1.3. you clarify your personal life goals.
- 1.4. you incorporate theories of motivation.
- 1.5. you apply principles of motivation to specific situations.

#### **Learning Objectives**

- 1.a. Explain what motivates behavior.
- 1.b. Differentiate among theories of motivation.
- 1.c. Apply principles of motivation to daily life.
- 1.d. Clarify personal life goals.

## **2. Apply principles of learning.**

#### **Assessment Strategies**

- 2.1. participation in discussions
- 2.2. oral and/or written assignments and activities
- 2.3. written or oral evaluation

#### **Criteria**

*You will know you are successful when*

- 2.1. you communicate themes of major learning theories.
- 2.2. you articulate an awareness of the need for continuous updating and broadening of skills.
- 2.3. you identify individual learning styles.
- 2.4. you assess your preferred learning style.
- 2.5. you apply learning strategies to specific situations.

#### **Learning Objectives**

- 2.a. Describe various learning theories.
- 2.b. Differentiate among different types of learning.
- 2.c. Identify the application of learning theory to everyday life.
- 2.d. Correctly outline operant and classical conditioning.
- 2.e. Evaluate the role of modeling and observational learning.

## **3. Characterize biological, hereditary, and environmental influences on behavior.**

#### **Assessment Strategies**

- 3.1. participation in discussions
- 3.2. oral and/or written assignments and activities
- 3.3. written or oral evaluation

#### **Criteria**

*You will know you are successful when*

- 3.1. you discuss the biological influences on behavior.
- 3.2. you relate major structures of the brain with their attending functions.
- 3.3. you relate neuron communication with behavior.
- 3.4. you describe the hereditary influences on behavior including genes, chromosomes, and the human chromosomal structure.
- 3.5. you associate principles of genetics to individual differences.
- 3.6. you explain the environmental influences on behavior.
- 3.7. you differentiate among the influences.

#### **Learning Objectives**

- 3.a. Summarize principles of heredity.
- 3.b. Differentiate between heredity and environmental influences.
- 3.c. Trace neural pathways of nerve impulses.
- 3.d. Identify parts of the nervous system.
- 3.e. Explain the functions of the nervous system.
- 3.f. Differentiate between neurotransmitters and hormones (with regard to function and location).
- 3.g. Acknowledge the nature/nurture debate.
- 3.h. Describe environmental factors that influence development and behavior.

## **4. Demonstrate effective cognitive processes.**

### **Assessment Strategies**

- 4.1. participation in discussions
- 4.2. oral and/or written assignments and activities
- 4.3. written or oral evaluation

### **Criteria**

*You will know you are successful when*

- 4.1. you summarize different types of cognitive processes.
- 4.2. you analyze the relationships among cognitive processes.
- 4.3. you apply cognitive processes such as problem solving, critical thinking, and creativity to everyday life.
- 4.4. you apply concepts in the areas of perception, memory, language, learning, and aging to everyday life.

### **Learning Objectives**

- 4.a. Summarize cognitive processes of language, thinking, intelligence and memory.
- 4.b. Apply problem solving strategies.
- 4.c. Apply critical thinking process.
- 4.d. Apply creative thinking strategies.
- 4.e. Apply mnemonic techniques.
- 4.f. Outline language development.

## **5. Appraise interaction between social influences and individual behavior.**

### **Assessment Strategies**

- 5.1. participation in discussions
- 5.2. oral and/or written assignments and activities
- 5.3. written or oral evaluation

### **Criteria**

*You will know you are successful when*

- 5.1. you describe principles of social thinking.
- 5.2. you identify principles of social influences.
- 5.3. you relate contemporary social problems to principles of social relations.
- 5.4. you predict the impact of social influences on individual behavior.
- 5.5. you analyze society's impact on work, family, and community behavior.

### **Learning Objectives**

- 5.a. Analyze social impacts on work, family, and community behavior.
- 5.b. Define types of social influences.
- 5.c. Summarize research results related to social influences.

## **6. Relate personality theories to self and others.**

### **Assessment Strategies**

- 6.1. participation in discussions
- 6.2. oral and/or written assignments and activities
- 6.3. written or oral evaluation

### **Criteria**

*You will know you are successful when*

- 6.1. you summarize important features of personality theories.
- 6.2. you note the assumptions on which the theories are based.
- 6.3. you detail similarities and differences between the theories.
- 6.4. you draw logical conclusions about how the theories relate to case studies and/or yourself.

### **Learning Objectives**

- 6.a. Differentiate among personality theories.
- 6.b. Apply principles of personality theories to self-awareness.
- 6.c. Incorporate the vocabulary and principles of personality theory into daily living.

## **7. Specify coping strategies for stress.**

### **Assessment Strategies**

- 7.1. participation in discussions
- 7.2. oral and/or written assignments and activities
- 7.3. written or oral evaluation

**Criteria**

*You will know you are successful when*

- 7.1. you identify stressors.
- 7.2. you note the physiological and psychological responses to stress.
- 7.3. you analyze factors contributing to the stress.
- 7.4. you prescribe a plan of coping strategies for effective stress management.
- 7.5. you explain why the strategies should improve the situation.

**Learning Objectives**

- 7.a. Differentiate between various types of coping strategies.
- 7.b. Describe sources of stress.
- 7.c. Categorize environmental and self-induced stressors.
- 7.d. Describe the physiological and psychological responses to stress.
- 7.e. Describe type A behavior.

**8. Evaluate the impact of states of consciousness on behavior.**

**Assessment Strategies**

- 8.1. participation in discussions
- 8.2. oral and/or written assignments and activities
- 8.3. written or oral evaluation

**Criteria**

*You will know you are successful when*

- 8.1. you define altered states of consciousness.
- 8.2. you describe states of consciousness such as sleep, dreams, mind altering drugs, and hypnotism.
- 8.3. you explain the effect of the state of consciousness on behavior.
- 8.4. you identify causes and treatment for sleep disorders.
- 8.5. you recognize the effects of mind-altering drugs.
- 8.6. you describe the effects of relaxation and meditation.

**Learning Objectives**

- 8.a. Describe the typical sleep cycle.
- 8.b. Define REM sleep.
- 8.c. Define altered states of consciousness.
- 8.d. Identify causes and treatment for sleep disorders.
- 8.e. Describe their own experience of consciousness.
- 8.f. Recognize the effects of mind-altering drugs.
- 8.g. Describe the effects of relaxation and meditation.

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

**Assessment Strategies**

- 9.1. participation in discussions
- 9.2. oral and/or written assignments and activities
- 9.3. written or oral evaluation

**Criteria**

*You will know you are successful when*

- 9.1. you describe similarities and differences between sensation and perception.
- 9.2. you show the relationship between sensation and perception.
- 9.3. you explain the process of sensory adaptation.
- 9.4. you outline the principles that organize perception.

**Learning Objectives**

- 9.a. Define sensation and perception.
- 9.b. Explain the functions of the five senses.
- 9.c. Explain process of sensory adaptation.

9.d. Describe principles that organize perception.

**10. Differentiate among psychological disorders and related treatment approaches.**

**Assessment Strategies**

- 10.1. participation in discussions
- 10.2. oral and/or written assignments and activities
- 10.3. written or oral evaluation

**Criteria**

*You will know you are successful when*

- 10.1. you identify psychological disorders.
- 10.2. you explore the criteria that separates mental health from mental illness.
- 10.3. you characterize the relevant symptoms/problems related to the disorder.
- 10.4. you note common therapeutic approaches used to treat the disorder.
- 10.5. you detail pros and cons for the treatment approaches.
- 10.6. you incorporate related scientific information about the brain, emotions, abnormal behavior, and stress.
- 10.7. you identify local and national mental health resources related to the disorder.
- 10.8. you demonstrate an understanding of the DSM.

**Learning Objectives**

- 10.a. Summarize criteria that separate mental health from mental illness.
- 10.b. Specify categories of psychological disorders.
- 10.c. Identify mental health resources.
- 10.d. Differentiate among various treatments.
- 10.e. Summarize uses of the DSM-IV.

**11. Articulate human development processes.**

**Assessment Strategies**

- 11.1. participation in discussions
- 11.2. oral and/or written assignments and activities
- 11.3. written or oral evaluation

**Criteria**

*You will know you are successful when*

- 11.1. you illustrate cognitive, moral, physical, behavioral, and psychosocial changes that might occur across the lifespan.
- 11.2. you assess the impact of cognitive, moral, physical, behavioral, and psychosocial changes across the lifespan.
- 11.3. you incorporate relevant scientific research related to human development.
- 11.4. you distinguish between the cognitive, physical, behavioral, and psychological aspects of various stages of life.

**Learning Objectives**

- 11.a. Recognize cognitive and moral changes during lifespan.
- 11.b. Recognize physical changes during lifespan.
- 11.c. Recognize psychosocial changes during lifespan.
- 11.d. Explore the theories of Erikson, Freud, and Piaget on the development of personality.

**12. Apply psychological perspectives and research methods.**

**Assessment Strategies**

- 12.1. participation in discussions
- 12.2. oral and/or written assignments and activities
- 12.3. written or oral evaluation

**Criteria**

*You will know you are successful when*

- 12.1. you describe the major psychological perspectives.
- 12.2. you outline the goals of psychology.
- 12.3. you apply the steps of the scientific method.

12.4. you demonstrate skill in using research methods.

**Learning Objectives**

12.a. Use critical thinking to evaluate scientific research.

12.b. Summarize the goals of psychology.

12.c. Relate goals of psychology to personal goals.

**13. Appraise psychological issues using scientific concepts.**

**Assessment Strategies**

13.1. participation in discussions

13.2. oral and/or written assignments and activities

13.3. written or oral evaluation

**Criteria**

*You will know you are successful when*

13.1. you demonstrate an understanding of basic research terminology and statistics.

13.2. you show efficacy in reading and understanding research.

**Learning Objectives**

13.a. Demonstrate a basic knowledge of descriptive and predictive statistics.

13.b. Analyze research using statistics.

13.c. Define reliability and validity.