

# Lassen Community College Course Outline

## PSY-1 Introduction to Psychology

3.0 Units

### I. Catalog Description

Psychology is the scientific study of behavior and mental processes. The content focuses on the exploration of major psychological theories and concepts, methods, and research findings in psychology. Topics include the biological bases of behavior, perception, cognition and consciousness, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders and therapeutic approaches, and applied psychology. This course has been approved for online, correspondence, and hybrid delivery. This course uses an Open Educational Resource Textbook.

**Recommended Preparation:** Successful completion of ENGL105 or equivalent multiple measures placement.

Transfers to both UC/CSU

General Education Area: B & E1

CSU GE Area: D9 & E1

IGETC GE Area: 4I

*C-ID PSY 110*

51 Hours Lecture, 102 Expected Outside Class Hours, 153 Total Student Learning Hours

Scheduled: Fall, Spring

### II. Coding Information

Repeatability: Not Repeatable, Take 1 Time

Grading Option: Graded or Pass/No Pass

Credit Type: Credit - Degree Applicable

TOP Code: 200100

### III. Course Objectives

#### A. Course Student Learning Outcomes

Upon completion of the course the student will be able to:

1. Describe how the perspective of behaviorism, humanistic, psychoanalytic, and social psychology would interpret certain behaviors and what methods each perspective might use to change that behavior, including the theoretical basis, description of causality, and treatment regimes.
2. Identify, describe, and investigate the influence of environment and culture on the development of individual behavior.
3. Given various experiments in the field of Psychology, the student will demonstrate the ability to use the scientific methods to analyze the experiments methodology, and to list the generalized behavior.
4. Identify and analyze the inter-relationship to the Mind and Body, Psychoneuroimmunology, including the physiological and psychological aspects of behavior.

#### B. Course Objectives

Upon completion of the course the student will be able to:

1. Demonstrate familiarity with the major concepts, theoretical perspectives, research methods, core empirical findings, and historic trends in psychology.

- a. Explain (including advantages and disadvantages) and compare major theoretical perspectives of psychology (e.g., behavioral, biological, cognitive, evolutionary, humanistic, psychodynamic and socio-cultural);
  - b. 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;
  - c. Describe and demonstrate an understanding of applied areas of psychology (e.g., clinical, counseling, forensic, community, organizational, school, health);
  - d. Draw the distinction between scientific and non-scientific methods of understanding and analysis.
2. 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.
  3. Understand and apply psychological principles to personal experience and social and organizational settings.
  4. Demonstrate critical thinking skills and information competence as applied to psychological topics.

#### **IV. Course Content**

1. Exploration of major theories, concepts, methods, and research findings in psychology.
2. Research methods, including the scientific approach, research design, the use of statistics, and ethics.
3. Major sub-disciplines in psychology including but not limited to: the biological bases of behavior, perception, cognition, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders, and therapeutic approaches, and applied psychology.

#### **V. Assignments**

##### **Appropriate Readings**

Readings will include standard college level texts. Additionally articles and materials from other sources (i.e. journals, magazine articles) will be used.

##### **Writing Assignments**

In order to successfully complete this course, students must demonstrate understanding of course content on several written measures, including mixed format multiple-choice, short answer, fill-in, essay examinations, and a final research term paper written on a topic germane to the course content.

##### **Expected Outside Assignments**

Out of class assignments will include analysis of readings found in the college library facilities. Empirical research entailing library visits will be required. Attendance of local seminar may be necessary.

### **Specific Assignments that Demonstrate Critical Thinking**

In the completion of the research paper the student must be willing to change a position when evidence and reasons are sufficient to do so. He must seek as much precision as the subject permits and become aware of the importance of terminology and methodologies. He must use credible sources, and show the desire to become well informed and develop conceptual frameworks. In completing essay questions the student must seek clear statement of the question and remain relevant to the main point.

## **VI. Methods of Evaluation**

The student's grade will be determined by the following method of evaluation:

### **Traditional Classroom Instruction**

1. Performance on mixed format exams
2. Performance on term papers
3. Participation in classroom learning activities

### **Online Delivery**

Same as face-to-face instruction with the addition of asynchronous and synchronous discussions, online quizzes and exams. Students will be expected to complete assignments and activities equivalent to in-class assignments and activities. Electronic communication and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

### **Correspondence Delivery**

Same as face to face with the exception of the desired use of proctored exams and exclusion of participation in classroom activities. Students will be expected to complete assignments and activities equivalent to in-class assignments and activities. Written correspondence and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

### **Hybrid Delivery**

All quizzes will be administered during the in person class time. Students will be expected to complete on line assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous will be evaluated for participation and to maintain effective communication between instructor and students.

## **VII. Methods of Delivery**

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

**Traditional Classroom Delivery**  **Correspondence Delivery**

**Hybrid Delivery**  **Online Delivery**

### **Traditional Classroom Instruction**

Lecture and selected audio visual materials

### **Online Delivery**

Assigned readings, online-delivered instructor-generated written activities, lecture material, exercises, and assignments. Web-links to relevant websites and exercises may be used to supplement instructor-generated lecture material. Student and instructor

participation in forum-based discussions. Electronic communication and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

### **Correspondence Delivery**

Assigned readings, instructor-generated typed handouts, typed lecture materials, exercises and assignments equal to face to face instructional delivery. Written correspondence and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

### **Hybrid Delivery**

A combination of traditional classroom and online instruction will be utilized. Each semester 34 lecture hrs will be taught face-to face by the instructor and 17 lecture hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of lectures, visual aids, and group presentations. Online delivery will consist of participation in forum-based discussions and posts, web links, email communications, lecture posts, and online lectures.

## **VIII. Representative Texts and Supplies**

Open Educational Resource text, student will be able to access book online or may request a printed copy from the book store for a fee.

Spielman, et. al, *Psychology 2e*, last update 2022, print ISBN#-9781975076443, link <https://openstax.org/details/books/psychology>

Supplementary paperback materials (i.e. journals, brochures, magazine articles, paperbacks).

## **IX. Discipline/s Assignment**

Psychology

## **X. Course Status**

Current Status: Active

Original Approval Date: 3/13/1990

Revised By: Sandy Beckwith

Curriculum/Academic Standards Committee Revision Date: 08/15/2023