GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 04/20/2021

GCCCD Governing Board Approval: 05/18/2021

PSYCHOLOGY 120 – INTRODUCTORY PSYCHOLOGY

1. Course Number Course Title Semester Units

PSY 120 Introductory Psychology 3

Semester Hours

3 hours lecture: 48-54 hours 96-108 outside-of-class hours 144-162 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None

3. Catalog Description

An introduction of the facts and theories that enhance understanding of human behavior as studied by psychologists. A general overview of the research methods and major research findings of psychology is examined. Topics covered include physiology, learning, perception and cognitive process, development, motivation and emotion, personality, abnormal behavior, therapy, and social psychology.

4. Course Objectives

The student will:

a. List and define the major areas of specialization in psychology.

b. Explain the methodology of, and evaluate and interpret, research findings in psychology.

c. Describe and explain major structures of the nervous system, including their functions and role in regulating behavior.

d. Describe and explain major processes and principles involved in sensation, and/or perception, and consciousness.

e. Explain and apply principles of classical, operant, and cognitive learning.

f. Describe major approaches to the measurement and appraisal of personality and/or compare and contrast major theories of personality.

g. Compare and contrast leading theories of motivation and/or emotion.

h. Compare and contrast trait, psychodynamic, behavioral, cognitive, and humanistic approaches to personality.

i. Describe and appraise current definitions of abnormal behavior, including major symptomatology.

j. Compare and contrast psychodynamic, behavioral, cognitive, and humanistic approaches to the treatment of abnormal behavior.

k. Identify and appraise major social and societal influences on individual behavior.

1. Describe and explain major processes and principles involved in human development.
2. Evaluate the impact of diversity on psychological research, theory and application, (including but not limited to): race, ethnicity, culture, gender, socioeconomic status, disability and sexual orientation**.**
3. Describe and apply the principles embodied in the APA Code of Ethics.
4. Develop insight into his or her own and other’s behavior and mental processes and apply effective strategies for self-management and self-improvement.
5. Demonstrate critical thinking skills in acquiring knowledge.
6. Demonstrate information competence (e.g. locate an choose relevant sources from appropriate media, read and accurately summarize the general scientific literature for an area of psychology, and search the World Wide Web for high quality information).

5. Instructional Facilities

Standard Classroom

6. Special Materials Required of Student

None

7. Course Content

a. Important contributors to the history of psychology.

b. Areas of specialization and major approaches in psychology.

c. The scientific method as applied to psychology.

d. The physiological basis of human behavior.

e. Basic processes of sensation, and/or perception, and consciousness.

f. Learning and conditioning.

g. Memory and/or cognitive processes.

h. Motivation, emotion, emotional conflict, and/or adjustment.

i. Measurement, appraisal, and/or theories of personality.

j. Psychological theories and research findings about diversity (including but not limited to): race, ethnicity, culture, gender, socioeconomic status, disability and sexual orientation.

k. The definition, causation, and treatment of abnormal behavior.

l. The contributions of psychology toward the understanding of group behavior and social problems.

m. Processes and principles involved in human development.

8. Method of Instruction

a. Lecture

b. Group discussion

c. Films, multimedia presentations and/or guest speakers

d. Discussion of library materials

e. Cooperative learning structured exercises

9. Methods of Evaluating Student Performance

A grading system will be established by the instructor and implemented uniformly. Grades will be based on student proficiency in subject matter determined by multiple measurements for evaluation, including:

a. One or more exams which include both objective and essay questions.

b. A comprehensive written final exam.

c. Written assignments and/or oral presentations. An example writing assignment may be to apply a psychological concept to the understanding of a current event. An example oral presentation could be a PowerPoint presentation on a seminal study in the field, such as the Milgram study on obedience.

10. Outside Class Assignments

a. Weekly required readings before class meetings. This could include the textbook, primary literature, or a relevant article in popular media.

b. Written assignments such as a primary literature review or a weekly discussion posting on Canvas in which students are asked to reflect on an instance in their own life that applies to the weekly topic, to possibly include: an example of operant conditioning they have used, a personal rating on the Big 5 personality traits, a dream analysis, and an example of when they have shown conformity to a group.

c. Library research including peer reviewed journals.

11. Representative Texts

a. Representative Text(s):

1) Licht, D., Hull, M., and Ballantyne, C. *Presenting Psychology*, 2nd edition. New York: Worth. 2019.

2) Hockenbury, S.E. and Nolan, S.A. *Discovering Psychology*, 8thedition. New York: Worth. 2019.

3) Cacioppo, J., and Freburg, L., *Discovering Psychology: The Science of Mind*. 3rd edition. Boston: Cengage Publishers. 2019.

b. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Differentiate, explain, and evaluate the basic methodologies used in psychological research.
2. Use a critical analysis of the scientific method as a basis for evaluating psychological information.
3. Describe and explain the processes and principles of the major theoretical perspectives in psychology.
4. Apply major concepts, theoretical ideas, and principles of psychology to personal and social issues.