



Syllabus: **PSYCHOLOGY 101 -3**

Course Information	
Course Prefix/Number: PSY 101-2	Credit Hours: 3
Semester: FALL 2019	Course Title: Introduction to Psychology
Class Days/Times: Tuesdays and Thursdays 5:30pm – 6:45pm	Room: MB 03

Instructor Information:	
Name: AMITA UPPAL	Phone/Voice Mail: E-mail: amitauppal@yahoo.com Office location: SCAC Office hours: 5:30pm -7:45pm, Monday – Thursday

Course Description:
Survey of general psychology. Includes a definition of psychology, history of psychology, research methods and critical thinking, biological basis of behavior, sensory process, receiving the world, states of consciousness, conditioning and learning, memory process, motivation and emotions, role of health psychologists, role of stress in our lives, major stages in child and life span development, gender

identity and sexuality, intelligence, personality theories, psychological disorders, therapeutic approaches, social psychology research.

Course Objectives:

Upon completion of the course, the student will be able to do the following:

1. Describe the history of psychology, including psychological perspectives and research methods.
2. Explain how the nervous system and other biological systems influence behavior.
3. Summarize the stages and major theories of life span development
4. Describe the processes of perceptual organization and interpretation
5. Compare and contrast the major learning theories.
6. Discuss memory formation, retention and loss. Explain how memory can be improved.
7. Elucidate the connections between thinking, language, and intelligent behavior
8. Summarize the major concepts of motivation and emotion and how they relate to behavior.
9. Compare and contrast the major personality theories.
10. Describe the characteristics and causal factors associated with major psychological disorders.
11. Identify and discuss the theoretical underpinnings of approaches to psychotherapy
12. Describe the stress process and explain the interaction between stress and health.
13. Appraise social psychology research findings related to social thought, behavior, and relations.

Student Learning Outcomes (SLOs):

After completion of the course students will be able to :

1. Apply the knowledge base of Psychology to identify, describe, explain, and critically evaluate relevant issues, ethical dilemmas, and arguments.
2. Comprehend the history of psychology, including psychological perspectives and research methods.
3. Elucidate the connections between thinking, language, and intelligent behavior
4. Understand the stress process and explain the interaction between stress and health.
5. Describe the stress process and explain the interaction between stress and health.

Course Structure:

This course is lecture and activity based. Students are expected to come to class and learn information being presented, willing to ask questions, and ready to engage in classroom activities. Classroom activities may include group work within the class or take home assignments.

Texts and Materials:

All reading and learning material required for this course is posted on the Canvas website.

Evaluation and Grading & Assignments:

Evaluation will be based on the following three criteria:

- 1. Attendance and participation in the class.**
- 2. Passing to semester based exams and comprehensive final exam.**
- 3. Completion of all class activities as assigned throughout the semester.**

Attendance and participation (512points, 39% of final grade) :

There are 32 scheduled classes. Each class is worth 16 points for a total of 512 points. In order to get full points students must attend on time (5 points will be deducted for every 5 minutes a student is late for class) and fully participate in the class.

Exams (500 points, 38% of final grade)

Class activities (288 points, 23% of final grade)

Apache Cultural Component: San Carlos Apache College is in the process of developing culturally relevant curriculum and coursework in Apache history, culture, and language. Student and community feedback will guide this process. All SCAC instructors will find ways to incorporate culturally relevant topics and materials into their courses as appropriate.

Policies and expectations-

Classroom behavior/expectations:

This class is a professional adult learning environment, and both the instructor and students are expected to conduct themselves in a manner consistent with respect and academic conduct.

Extra credit/Late work/Make-up rules

Extra credit maybe offered throughout the course, but is not guaranteed.

Late work can only be made up if arrangements are made with the instructor BEFORE the due date of the given work.

Academic dishonesty definition/policy statement:

Plagiarism, cheating and other forms of academic dishonesty are prohibited. Students guilty of academic misconduct, either directly or indirectly, through participation or assistance, are immediately responsible to the instructor of the class. In addition to other possible disciplinary sanctions, which may be imposed

through the regular classroom policy and college policy. Cheating in this course is based on the perception of the instructor.

Course Outline:

The course outline is based on topics, during the semester to meet the standard requirements of an Introduction to Psychology, we must get through all the topics. How quickly we get through each topic is based on the needs and interest of the class. In order the topics are as follow:

Topic 1: Introduction to the study of psychology. Surveys the history and major fields of thoughts.

Topic 2: Scientific Method. While psychology grew out of philosophy, modern psychology uses the scientific method to investigate human behavior and mental processes. This topic explores the different ways in which psychologist use the scientific method to investigate psychological process.

Topic 3: The biological basis of psychology explores mainly the nervous system of the human body and how it gives way to our physical experience of the world around us.

Topic 4: Sensation and Perceptions. In order to have conscious experience of our world, we first must be able to sense our surrounding and then understand it through our perceptions.

5: Development. Psychologist have learned over the past several decades that we develop and change through-out the life cycle. This topic section will survey what we know happens at each stage of life and how we change across the lifespan.

Topic 6: Learning. Learning for psychologist is not necessarily what we experience in the classroom but rather how our behaviors change in response to a given

experience. This section will explore how behavior change occurs and the rules that govern those changes.

Topic 7: Cognition and memory. One of the unique things about being a human is our ability to do self-reflection, and to consciously remember past experiences and purposely change our behavior and emotions in our current situation based on those past experiences. This ability is so engrained in us that we often do not realize how uniquely human this ability is and has resulted in many of human being success, and unfortunately failures as well.

Topic 8: Emotions and attitudes. While our emotions and our attitudes are actually poor predictors of our actual behavior, they do determine our experience of those behaviors and situations. They also can gravitate us towards others who will help maintain those emotions and attitudes either for the better or the worse. This section examines how emotions and attitudes are used to govern and determine our experience of a given situation.

Topic 9: Personality and individual differences. Ever wonder what makes you unique? The study of personality and individual differences is the field that tries to answer that particular question. This section will explore how different personality factors shape our individual experience of the world around us.

Topic 10: Social psychology. Humans as a species is one of the most social based species, indeed, most of the higher areas of the human brain is dedicated to processing social information, unlike most other species where their brains mainly focus on processing of incoming stimuli and immediate responses. This section explores how individuals influence others, and how others can influence an individual's behavior.

Topic 11: Abnormal psychology. The last topic of the course will explore how a society determines what abnormal behavior is, and will explore the concepts of psychological disorders (including mood disorders, psychosis, anxiety disorders, and personality disorders). Some emphasis will be placed on the identification and treatment of different disorders

DISCLAIMER: This syllabus is designed to evolve and change throughout the semester based on class progress and interests. You will be notified of any changes as they occur.