

Springfield Technical Community College
Academic Affairs

Course Number: PSY-101 Class/Lect. Hours: 3 Lab Hours: 0 Credits: 3 Dept.: Social & Behavioral Sciences

OBJECTIVES/COMPETENCIES

Course Objectives	Competencies
<p>1. Survey the discipline of psychology including its historical origins and evolution, important contributors, and major theories.</p>	<p>1.1 Define psychology and discuss its philosophical origins. 1.2 Define the major psychological schools of thought such as Structuralism, Functionalism, Psychoanalysis, Gestalt, Behaviorism, and Humanism. 1.3 Identify major contributors to the evolution of psychology such as Wundt, James, Freud, Erikson, Skinner, Pavlov, Watson, Kohler, Koffka, Maslow and Rogers. 1.4 Define and describe major theories associated with a variety of psychological focus areas such as emotion, motivation, cognition, consciousness, etc. 1.5 Discuss the various areas of study within the domain of psychology as well as the types of careers associated those specific areas.</p>

2. Develop an understanding of major biological structures and processes associated with human behavior and cognition.

- 2.1. Identify major anatomical structures and their functions of the central and peripheral nervous system.
- 2.2. Describe the function of neurotransmitters.
- 2.3. Discuss the processes in which messages are transmitted and received throughout the body.
- 2.4. Distinguish between the roles of the different chemical messengers utilized throughout the body.
- 2.5. Discuss the influence of nature versus nurture on development and human behavior.
- 2.6. Explain the role of genetics in the areas of cognition, personality and mental illness.
- 2.7. Describe the physiological functions associated with sensation and perception mechanisms.
- 2.8. Describe the process of memory formation.
- 2.9. Define cognition, identifying and describing the areas of focus in cognitive psychology.

3. Trace the psychological and cognitive development of an individual across the lifespan.

- 3.1. Define and distinguish between the various domains of development: physical, cognitive and psychosocial.
- 3.2. Compare and contrast various lifespan development theories such as the psychosexual, psychosocial, and cognitive theories of development.
- 3.3. Define learning and discuss the various ways an individual learns as they age.
- 3.4. Describe classical conditioning, operant conditioning and observational learning.

<p>4. Examine contributing factors of psychological health and illness.</p>	<p>4.1. Identify various ways in which stress, lifestyle and physical health impact an individual's psychological state.</p> <p>4.2. Define psychological disorder.</p> <p>4.3. Identify and describe some of the major psychological disorder classifications and associated symptoms.</p> <p>4.4. Describe common social, biological, and chemical contributions to the development of mental illness .</p> <p>4.5. Identify major treatment techniques such as psychoanalytic therapy, cognitive therapy, behavior therapy, etc.</p> <p>4.6. Discuss various treatment modalities.</p>
<p>5. Provide an overview of the scientific approach utilized in the study of human behavior.</p>	<p>5.1. Define the scientific method, discussing the function of each of the steps of research.</p> <p>5.2. Discuss the role of scientific research in the field of psychology as related to its continued development.</p> <p>5.3. Explain the various methods of research commonly used to study human behavior and psychological constructs.</p> <p>5.4. Identify prominent historical examples of research.</p>
<p>6. Critically analyze ethical considerations relevant to the study and practice of psychology.</p>	<p>6.1. Define ethics, discussing the manner in which ethics are utilizing in the field of psychology.</p> <p>6.2. Explain the importance of ethics in psychological research and practice.</p> <p>6.3. Identify and discuss ethical application using historical and contemporary examples.</p>

7. Recognize and apply the principles and theories of psychology to the modern world, utilizing various perspectives.

- 7.1. Identify the major perspectives utilized in the field of psychology, such as the biological, psychosocial and cultural perspectives.
- 7.2. Discuss the ways in which the various perspectives have been seen to influence the development and implementation of psychological theory.
- 7.3. Connect various psychological theories to real world and personal experiences.
- 7.4. Define social psychology.
- 7.5. Identify and explain some of the major focuses of within the field of social psychology, such as social roles/norms and the constructs of prejudice, discrimination and stereotypes.
- 7.6. Explain the influence of culture on human behavior and cognitive processes.
- 7.7. Describe the stigma associated with mental illness, discussing its impact on individuals diagnosed with a psychological disorder and on society as a whole