

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

PSY 1 - Principles of Psychology

3 Unit(s)

Prerequisite(s): NONE

Recommended Prep: Reading Level IV; English Level IV

Transfer Status: CSU/UC

51 hours Lecture

This course provides an introduction to the principles of psychology by surveying the basic theories, concepts and research in the science of human behavior and cognitive processes. Topics include the science of psychology, the biological bases of behavior, ethics, sensation and perception, learning and memory, development, cognition, motivation and emotion, sexuality and gender, stress and health, personality, social psychology, psychological disorders and therapies, and applied psychology. (C-ID PSY 110).

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Demonstrate familiarity with the major concepts, theoretical perspectives, research methods, core empirical findings, and historic trends in psychology.
- B. Explain and compare major theoretical perspectives of psychology (e.g., behavioral, biological, cognitive, evolutionary, humanistic, psychodynamic and socio-cultural).
- C. Demonstrate knowledge and understanding representing selected content areas of psychological theory and research representing each 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 psychology, (8) psychological disorders, and (9) motivation and emotion.
- D. Describe and demonstrate an understanding of applied areas of psychology (e.g., clinical, counseling, forensic, community, organizational, school, health).
- E. Draw the distinction between scientific and non-scientific methods of understanding and analysis.
- F. Recognize and understand the impact of diversity on psychological research, theory and application, including (but not limited to): race, ethnicity, culture, gender, socio-economic status, disability, and sexual orientation.
- G. Understand and apply psychological principles to personal, social, and organizational issues.
- H. Demonstrate critical thinking skills in acquiring knowledge and evaluating research.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Major concepts of theories, research methods, and significant findings of psychology	6.00
2. Scientific method, research design, the use of statistics, and ethics	6.00
3. The biological bases of behavior	3.00
4. Perception	3.00
5. Cognition	3.00

6. Learning	3.00
7. Memory	3.00
8. Emotion	3.00
9. Motivation	3.00
10. Development	3.00
11. Personality	3.00
12. Social psychology	3.00
13. Psychological disorders	3.00
14. Therapeutic approaches	3.00
15. Applied psychology	3.00
Total Hours	51.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Collaborative Group Work
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Reading Assignments
- E. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Exams/Tests
- B. Quizzes
- C. Class participation

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read chapter 1 on research methods and history and systems of psychology and be prepared to discuss in class.
 - 2. Read chapter 2 on neurotransmitters and be prepared to discuss in class.
- B. Writing Assignments
 - 1. Read, review and submit a 3 page critique of a scientific research article in the field of psychology.
 - 2. Write a 3-page essay on research findings on the neurology and psychology of stress.
- C. Out-of-Class Assignments
 - 1. Analyze your own behaviors from the four major theoretical perspectives.
 - 2. Interpret one of your dreams utilizing the key concepts from the chapter of consciousness.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Ciccarelli, S. & White, Noland J.. Psychology. 3rd Edition. New Jersey: Pearson Education, Inc., 2012.
- B. Myers, D. Exploring Psychology. 8th Edition. Worth Publishers, 2011.