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## Course Outline for PSYC 16

### SELECTED TOPICS IN PSYCHOLOGY

Effective: Fall 2017

#### I. CATALOG DESCRIPTION:

PSYC 16 — SELECTED TOPICS IN PSYCHOLOGY — 3.00 units

Selected topics, issues and controversies in contemporary psychology. Study of behavior as a personal, social, and biological phenomenon. Examination of information and theory for practical application. 3 hours.

3.00 Units Lecture

#### Grading Methods:

#### Discipline:

- Psychology

	<u>MIN</u>
<b>Lecture Hours:</b>	54.00
<b>Total Hours:</b>	54.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

1. describe theories and principles of selected topic in psychology employing current methods of inquiry available to social and behavioral sciences
2. describe the nature of a selected topic in psychology
3. describe current research relating to the selected topic
4. describe issues and controversies relating to the selected topic

#### V. CONTENT:

- A. Examination of specific topics in psychology such as: understanding current themes in psychological research; psychology and the media; psychology in the movies; historical approaches to mental health; psychological factors affecting older adults; the "recovered memory" controversy; memory; school violence; the psychology of personal growth; interpersonal relations; child abuse; obesity; substance dependency; careers in psychology; stress management; meditation; counseling skills; ethical issues in mental health; creativity; coping with anxiety.
- B. Examination of current research relating to the topic.
- C. Examination of prominent theories relating to the topic.
- D. Examination of issues and controversies relating to the topic.

#### VI. METHODS OF INSTRUCTION:

- A. **Discussion** -
- B. **Demonstration** -
- C. **Field Trips** -
- D. **Guest Lecturers** - Presentations/Guest Speakers
- E. **Lecture** -

#### VII. TYPICAL ASSIGNMENTS:

A. Lecture 1. "Stress and Disease." B. Readings 1. "Immunity, Stress, and Disease," Chapter 8 in Saplosky 2. Stress: "From the Aroused Brain to the Reacting Heart", from Cerebrum, Winter 2002 C. Class/small group Discussion 1. Identify current life stressors. 2. Describe physical reactions to stress. 3. Identify healthy and unhealthy coping styles. D. Writing Project 1. A 2-3 page essay discussing the effects of stress on health.

#### VIII. EVALUATION:

##### A. **Methods**

1. Exams/Tests
2. Class Participation
3. Home Work
4. Other:
  - a. Exams

1. Typical multiple choice question:
  - a. Memory for learned information (such as names and dates) is referred to as: a) episodic memory b) procedural memory; semantic memory; or d) priming.
2. Typical essay question:
  - a. Howard Garnder, in his book *Frames of Mind*, describes seven kinds of intelligence. How does this model help you understand figures such as Raymond Babitt ("Rainman") and Forest Gump?
- b. Homework
  1. Readings
  2. Essays and opinion papers
- c. Class Participation

**B. Frequency**

1. Minimum of one midterm examination
2. Minimum of one multiple-page paper
3. One final examination

**IX. TYPICAL TEXTS:**

1. McGaugh, James L. *Memory and Emotion: "The Making of Lasting Memories."*, Columbia University Press, 2003.
2. Sapolsky, Robert M. *Why Zebras Don't Get Ulcers: "A Guide to Stress, Stress-Related Diseases, and Coping."*, W.H. Freeman, 1994.
3. Schacter, Daniel L. *The Seven Sins of Memory: "How the Mind Forgets and Remembers."*, Houghton Mifflin, 2001.
4. Torrey, E. Fuller *The Invisible Plague: "The Rise of Mental Illness from 1750 to the Present."*, Rutgers University Press, 2001.
5. Wedding, D. and Boyd, M. *Movies and Mental Illness: "Using Films to Understand Psychopathology."*, McGraw-Hill, 1999.

**X. OTHER MATERIALS REQUIRED OF STUDENTS:**