

## Introduction to Psychology

### Teaching Arrangement

Day	Course material	Lab
1	<p>Welcome and introduction</p> <ul style="list-style-type: none"> <li>Giving an overview of the foundational psychological theories.</li> <li>Neuroscience: the physical basis of mental lives.</li> </ul>	Introduction to R and the TechX dataset.
2	<p>Research methods and critical thinking</p> <ul style="list-style-type: none"> <li>What is the scientific method</li> <li>Outline of the experimental method. What is the placebo effect?</li> <li>How are experimental and control groups differ?</li> <li>Why can we not use correlational data to provide evidence for cause-effect relationships?</li> </ul>	Study design
3	<p>Brain &amp; the mind</p> <ul style="list-style-type: none"> <li>Basic introduction to brain anatomy.</li> <li>Identify parts of a neuron: how do neurons communicate?</li> <li>Discuss the crucial functions handled by the brainstem.</li> <li>Introduce the functions of the frontal, parietal, occipital, and temporal lobes.</li> <li>Introduce the tools we use to study brain function.</li> </ul>	Data description and data visualization
4	<p>Learning</p> <ul style="list-style-type: none"> <li>Describe the processes of classical conditioning</li> <li>How does extinction occur during classical conditioning?</li> <li>Outline the factors that influence classical conditioning.</li> <li>What are the differences of positive and negative reinforcements?</li> <li>Describe the process of observational learning as demonstrated by Bandura's experiments and discuss the impact of antisocial and prosocial modeling.</li> <li>How are mirror neurons related to observational learning?</li> </ul> <p><u>Guest lecture: What can we learn about the brain from artificial agents. – Connor Brennan</u></p>	Experimental design
5	<p>Human development</p> <ul style="list-style-type: none"> <li>How do we understand how infants and children think?</li> <li>Introduce Harlow's research regarding maternal deprivation and attachment in monkeys.</li> <li>Introduce the characteristics of Piaget's stages of development.</li> </ul>	Individual project idea generation

	<ul style="list-style-type: none"> <li>Review Erikson's stages of psychosocial development, particularly those related to adolescence, middle age, and later adulthood.</li> <li>Outline neural, cognitive, and social changes associated with adolescence.</li> </ul>	
6	<p>Personality</p> <ul style="list-style-type: none"> <li>Outline approaches to personality assessment and discuss the reliability and validity of each approach.</li> <li>Present examples the big five personality test.</li> <li>Introduce each trait in the big five personality theory.</li> <li>Discuss trait theories of personality development.</li> </ul>	Individual project study design
7	<p>Social behavior</p> <ul style="list-style-type: none"> <li>How do we perceive the self and others.</li> <li>Introduce the classic studies by Milgram and Zimbardo, and discuss the ethical implications of these studies.</li> <li>Introduce conformity.</li> <li>Introduce the processes associated with stereotypes, prejudice, and discrimination.</li> <li>Describe and give examples of empathy and altruism.</li> </ul>	Multivariate regression
8	<p>Persuasion</p> <ul style="list-style-type: none"> <li>Define attitudes and discuss their relationship with behavior.</li> <li>The role of fear and guilt in persuasion.</li> <li>Explain the foot-in-the-door phenomenon and the effect of role playing on attitudes in terms of cognitive dissonance theory.</li> </ul>	Interactions
9	<p>Health psychology</p> <ul style="list-style-type: none"> <li>Discuss how stress increases the risk of disease by inhibiting the activity of the body's immune system.</li> <li>Introduce and discuss different strategies for coping with stress.</li> <li>Introduce the Integrated Model of Behavior Change and its role in health interventions.</li> <li>Introduce several intervention techniques used for health promotion.</li> </ul>	Data visualization
10	<p>Psychological disorders</p> <ul style="list-style-type: none"> <li>Introduce the DSM-5 diagnostic and classification system for mental disorders.</li> <li>Discuss the criteria used to differentiate normal from abnormal behavior.</li> </ul>	Individual project data analysis

	<ul style="list-style-type: none"> <li>• Introduce and give examples of various types of mental disorders including depression, obsessive-compulsive disorder, anxiety disorders.</li> <li>• Introduce common personality disorders.</li> <li>• Discuss the usefulness of DSM-5 in making treatment decisions.</li> </ul> <p><u>Guest lecture: My experiences being a therapist in the U.S. – Jeunkeun Kim(subject to change)</u></p>	
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Recommended books (not required for the course):

- Influence: The Psychology of Persuasion by Robert B. Cialdini.
- Thinking, Fast and Slow by Daniel Kahneman.
- Predictably Irrational by Dan Ariely.
- The Art of Loving by Erich Fromm.
- The War for Kindness by Jamil Zaki.
- Grit by Angela Duckworth.