

SOPHIA Learning

PSY1001: Introduction to Psychology (3 semester credits)

COURSE DESCRIPTION

Students in the Introduction to Psychology course get familiarized with the basic principles of psychology and the scientific method. Students study a variety of topics, including the brain, learning and memory, personality, social influence, child and lifespan development, and psychopathology. Students will demonstrate the application of these psychology topics to everyday situations.

Course Effective Dates: March 2019 - Present

Prerequisite(s): Entry level Gen Ed course – no prerequisites

Length of course: This is a self-paced course. Students have 60 days with an additional 30 day extension (if needed) to complete the course.

ACE CREDIT® Recommendation: In the lower-division baccalaureate/associate degree category, 3 semester hours in introduction to psychology (2/19).

LEARNING OUTCOMES

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

1. Identify foundational philosophies, therapies, and specializations in the field of psychology.
2. Analyze developmental psychology across a lifespan.
3. Identify theories of personality and personality assessment.
4. Articulate scientific research methodology and analytical approaches in the field of psychology.
5. Articulate how the brain and psychological factors impact mental health and behavior.
6. Classify psychological disorders and their impact on well-being.

OUTLINE OF MAJOR CONTENT AREAS

- Foundations of Psychology
- Contemporary Perspectives
- Careers in Psychology
- Psychotherapy
- Treatment
- Research and Ethics
- Biological and Environmental Development
- Socioemotional Development
- Theories of Socioemotional Development
- Cognitive Development
- Personality and Assessment
- Trait Theory
- Psychodynamic Theory
- Behaviorism Theory
- Humanistic Theory
- Research Basics
- Psychological Research
- Classical and Operant Conditioning
- Evaluating Scholarly Research

- Nervous System
- The Brain
- Limbic and Endocrine Systems
- Memory
- Mental Disorders
- Psychotic Disorders
- Mood Disorders
- Anxiety, Stress, and Dissociative Disorders
- Other Disorders
- Stress and Stress Responses

GRADING

This is a pass/fail course. Students are required to complete all 18 formative and 6 summative assessments with an overall course average of 70% or better.