

# 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:** September 2012 – 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 psychology (3/13).

### 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 & Ethics
- Biological & Environmental Development
- Socioemotional Development
- Theories of Socioemotional Development
- Cognitive Development
- Personality & Assessment
- Trait Theory
- Psychodynamic Theory
- Behaviorism Theory
- Humanistic Theory
- Research Basics
- Psychological Research
- Classical & Operant Conditioning
- Evaluating Scholarly Research

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

### **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.