Sophia Learning

PSYC1010 - Introduction to Psychology: Smarter Decisions Through Psychology (3 semester credits)

COURSE DESCRIPTION

Why do you think, behave, and make decisions in the way that you do? Psychology is a human and scientific endeavor that uncovers the mysteries of thought and behavior. In this course, you will explore concepts such as learning, motivation, development, emotion, and personality and how you can use that knowledge to make smarter decisions for your future.

COURSE EFFECTIVE DATES: June 2021 - Present

PREREQUISITES: No prerequisites

LENGTH OF COURSE: This is a self-paced course. Students may use as much or as little time as needed to complete the course.

ACE CREDIT® RECOMMENDATION: 3 semester credit hours at the lower division level

GRADING: This is a pass/fail course. Students must complete 13 Challenges (formative assessments), 4 Milestones (summative assessments), and 3 Touchstones (project-based or written assessments) with an overall score of 70% or better.

LEARNING OUTCOMES

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

1. Describe neural structures and processes.
2. Describe biological factors that influence behavior and human development.
3. Identify factors associated with psychological disorders.
4. Compare behavior and cognitive learning.
5. Explain how memory functions.
6. Compare biological and environmental influences.
7. Discuss factors that motivate behavior.
8. Discuss factors that influence emotion.
9. Discuss factors related to social influence.
10. Define the basic brain functions and evidence-based drivers of problem solving and decision making.
11. Identify principles that hinder your ability to solve problems (lack of sleep, etc.).
12. Identify strategies to develop your problem solving skills.
13. Identify ways studying psychology helps develop your self and social awareness skills.
14. Discuss psychological research as a means of supporting ideas and opinions.
15. Use psychological principles to outline a decision making process.
16. Discuss the decision making process.

OUTLINE OF MAJOR CONTENT AREAS

- Goals and Definitions
- History of Psychological Theories: Structuralism, Functionalism, & Freud
- History of Psychological Theories: Behaviorism and Gestalt
- History of Psychological Theories: Cognitive Psychology and Humanism
- Three Levels of Analysis
- Research Basics and Critical Thinking
- Types of Research in Psychology
- Research Design and Other Considerations
- Ethics in Psychological Research
- Classic Psychological Studies
- Neural Structures
- Nervous System
- Endocrine System
- The Brain and Limbic System
- Cerebral Cortex
- Biological Influences
- Environmental Influences
- Nature vs. Nurture
- Cognitive Development
- Psychology of Learning
- Classical Conditioning
- The Basics of Operant Conditioning
- Operant Conditioning: Reinforcement and Punishment
- Personality Theory and Assessment
- Trait Theories
- Personality Types
- Social Learning Theory and Humanism Applied to Personality
- Social, Emotional, and Language Development
Childhood
Adolescence
Adulthood
Aging
Introduction to Psychological Disorders
Anxiety-related disorders
Major Depressive and Bipolar Disorders
Less Common Disorders
Psychological Treatment
The Psychology of Stress
Stressors and Stress Response
Stress and Disease
Regulating Emotions and Coping with Stress
Memory Processes
Memory Retrieval
Encoding
Forgetting
Problem Solving Concepts and Strategies
Making Judgments
Creative Thinking
The Decision-Making Process
Introduction to Motivation
Achievement Motivation and Grit
Mindset
Self-Regulation
Social Thinking
Group Behavior
Prosocial Relations
Psychology and Workplace Skills

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