

SOPHIA Learning

PSYC1010: 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

Prerequisite(s): 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: 3 semester credit hours at the lower division level

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

GRADING: This is a pass/fail course. You are required to complete all 13 formative assessments, 4 summative assessments, and 3 summative written case-study responses with an overall course average of 70% or better.