

Northern Marianas College
CURRICULUM ACTION REQUEST

Effective Semester / Session: Spring 2011

Type of Action:

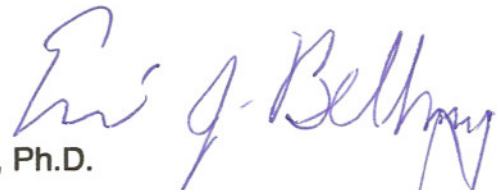
- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: PY 101

Course Title: General Psychology

Reason for initiating, revising, or canceling:

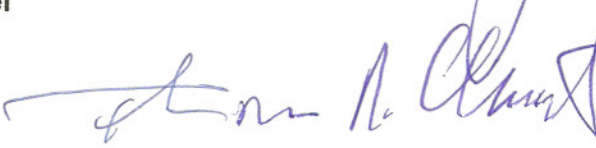
This course guide has been revised to reflect changes in the textbook, catalog course description, English Placement Level, course outline, instructional goals, and student learning outcomes.

 12/6/2010

Eric J. Belky, Ph.D.

Proposer


Date

 12/6/10

Thomas D. Sharts

Department Chair

Date

Barbara K. Merfalen  12-7-10

Dean of Academic Programs and Services

Date

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Course Guide

Course: PY 101 General Psychology

1. Department

Social Sciences and Fine Arts

2. Purpose

This course provides an overview of the field of psychology, its concepts, principles, methods, and scope of study. This course introduces students to the complex interrelationship of the human brain, the human body, and behavior, and establishes a foundation of knowledge and perspective which underlies or informs many other areas of study. This course is of broad utility in both academic and professional applications, and would enrich anyone's understanding of the human experience.

This course or its equivalent is found in the General Education curriculum of virtually every accredited U.S. postsecondary institution, and it fulfills a General Education requirement at most such institutions.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required:

Weiten, Wayne. *Psychology: Themes and Variations*. 8th edition, briefer version. Belmont, CA: Wadsworth, Cengage Learning, 2011.

Readability level: Grade 12

B. Contact Hours

1. **Lecture:** 3 hours per week / 45 hours per semester

2. **Lab:**

3. **Other:**

C. Credits

1. **Number:** 3

2. **Type:** Regular Degree Credits

D. Catalogue Course Description

This introductory course provides an overview of the field of psychology and of its fundamental concepts, theories, methods, history, and scope of study. This course covers introductory behavioral research methods; basic brain anatomy, brain chemistry, and the interrelationships of the human brain, the human body, and behavior; learning principles; memory; personality and theories of

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personality; abnormal behavior, personality disorders, and addictions; and standard treatments for common psychological and neurological disorders. Prerequisites: None. English Placement Level: EN 101. Math Placement Level: None. (Offered Fall and Spring)

E. Degree or Certificate Requirements Met by Course

This is a required course for the A.A. degree in Liberal Arts, the A.S. degree in Nursing, the A.A.S. degree in Criminal Justice, the B.S. degree in Education, and the Certificate of Completion in Basic Law Enforcement. This course also fulfills a General Education Requirement for the A.A. degree in Business, and it fulfills the Social Sciences elective for the A.S. degree in Natural Resource Management.

F. Course Activities and Design

This course incorporates lectures, class discussions and other class or group activities, audiovisual presentations, one or more short written assignments, take-home assignments, online assignments, periodic quizzes, a research project, and a final exam.

4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)

Prerequisites: None.

English Placement Level: EN 101

Math Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 3-credit course, the cost of the textbook, and the student activities fee.

Cost to the College: Instructor's salary.

Instructional resources needed for this course include a laptop computer, projector, chalk and chalkboard, TV/VCR, DVD and videotaped programs, overhead projector and transparencies, internet access, access to online course content management software such as Moodle, and library books to be identified by the instructor.

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6. Method of Evaluation

Student grades will be based on the regular letter grade system as described below:

- A: Excellent – grade points: 4.0;
- B: Above average – grade points: 3.0;
- C: Average – grade points: 2.0;
- D: Below average – grade points: 1.0;
- F: Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Introduction to Research Methods for the Behavioral Sciences

1.1 Looking for Causes: Experimental Research

1.1.1 Independent and Dependent Variables

1.1.2 Experimental and Control Groups

1.1.3 Extraneous Variables

1.1.4 Advantages and Disadvantages of Experimental Research

1.2 Looking for Links: Descriptive/Correlational Research

1.2.1 The Concept of Correlation

1.2.2 Advantages and Disadvantages of Descriptive/Correlational Research

2.0 The Biological Bases of Behavior

2.1 Communication in the Nervous System

2.1.1 Nervous Tissue: The Basic Hardware

2.1.2 The Neural Impulse: Using Energy to Send Information

2.1.3 Neurotransmitters and Behavior

2.2 Organization of the Nervous System

2.3 The Brain and Behavior

2.4 Right Brain/Left Brain: Cerebral Specialization

3.0 Learning

3.1 Classical Conditioning

3.2 Operant Conditioning

3.3 Observational Learning

3.4 Subliminal Perception/Learning

3.5 Applied Psychology: Learning and Advertising

3.6 Applied Psychology: Learning and Education; Learning and Child Rearing

4.0 Human Memory

4.1 Encoding: Getting Information into Memory

4.2 Storage: Maintaining Information in Memory

4.3 Retrieval: Getting Information Out of Memory

4.4 Forgetting: When Memory Lapses

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4.5 In Search of the Memory Trace: The Physiology of Memory

4.6 Systems and Types of Memory

5.0 Psychological Disorders

5.1 Abnormal Behavior: Myths and Realities

5.2 Anxiety Disorders

5.3 Somatoform Disorders

5.4 Dissociative Disorders

5.5 Mood Disorders

5.6 Schizophrenic Disorders

6.0 Treatments for Psychological Disorders

6.1 The Medical Model

6.2 Biomedical Therapies

6.3 Behavior Modification: Systematic Desensitization

7.0 Personality: Theory Research and Assessment

7.1 Trait Theory: The Five Factor Model

7.2 Myers-Briggs Type Inventory – Keirsey Types

7.3 Psychodynamic Perspectives

7.4 Behavioral Perspectives

7.5 Humanistic Perspectives

7.6 Biological Perspectives

8.0 Schools of Thought in Psychology

8. Instructional Goals

This course will introduce students to:

1.0 Elementary behavioral research methods concepts;

2.0 Basic brain anatomy, brain physiology, and brain chemistry;

3.0 The interrelationship between brain structures and their functions, and thought, mood, and behavior;

4.0 Fundamental learning principles and learning theories;

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- 5.0 Memory processes and functions;
- 6.0 Abnormal psychology and its assessment;
- 7.0 Treatments, especially biomedical treatments, for psychological and neurological disorders;
- 8.0 Personality theories and personality assessment;
- 9.0 Brief overviews of schools of thought in psychology and their history;
- 10.0 Selected topics in applied psychology; and
- 11.0 Critical thinking strategies for applying psychological knowledge, principles, and understanding to real-life issues.

9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Identify basic behavioral science research methods and demonstrate an understanding of their merits and limitations;
- 2.0 Identify brain structures, their normal functions, and their locations in the brain;
- 3.0 Relate brain structures and brain chemistry to normal and abnormal behavior;
- 4.0 Identify and define fundamental learning principles and demonstrate an understanding of the theories explaining them;
- 5.0 Explain the structure and function of memory, and how information is encoded, stored, retrieved, and forgotten;
- 6.0 Identify common psychological and neurological disorders based on their symptoms, and demonstrate an understanding of their origins, causes, effects, and prognosis;

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- 7.0 Determine appropriate treatments for specific psychological and neurological disorders, and demonstrate an understanding of how they work (where this is known) and their effectiveness;
- 8.0 Describe influential personality theories and explain how traits and types are assessed;
- 9.0 Explain the theoretical bases and history of various schools of thought in psychology and describe the influences of these on science and society;
- 10.0 Apply psychological principles to solve practical problems such as making advertisements more effective, or improving child rearing and education, or reducing stress and anxiety; and
- 11.0 Apply critical thinking skills in written assignments to evaluate ongoing issues in applied psychology, mental health, or personal improvement.

10. Assessment Measures

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Objective exams;
- 2.0 In-class and take-home quizzes;
- 3.0 In-class and take-home review exercises;
- 4.0 In-class discussion and participation;
- 5.0 Writing assignments; and
- 6.0 Final exam.