

Central Ohio Technical College
Fall Quarter, 2004
Syllabus, Part II

Course title: General Psychology

Course number: 1386

Course Description: General Psychology is designed to provide an introduction to those areas of psychology particularly relevant to the health, criminal justice, human services and early childhood technology student. It includes an overview of five different theories of behavior, the application of the scientific method to the study of behavior, an overview of the central nervous system, learning, memory, perception, motivation and emotion, sleep intelligence, development, personality theories and testing, abnormal psychology, stress and social psychology. The course goals are achieved through lecture, films and demonstrations. This course is not open to student with credit for 1396.

Course Goals:

1. Explain the scientific method.
2. Explain the biological foundations of behaviors.
3. Explain the process of sensation and perception.
4. Explain the principles of learning.
5. Describe the process of sensation and perception.
6. Explain current theories of intelligence and intelligence testing.
7. Explain motivation.
8. Describe current and historical personality theories and personality assessment techniques.
9. Describe current therapeutic approaches.
10. Explain stress management techniques.

Performance objectives: Given the lecture, films class discussion and learning activities, the successful student should be able to:

1.0 Describe the theoretical systems used to explain behavior.

- 1.1 Explain the definition and derivation of the word *psychology*.
- 1.2 Describe psychology's concerns about stability v. change, rationality v. irrationality and nature v. nurture.
- 1.3 Give an overview of the various perspectives in psychology.
- 1.4 Identify the basic and applied research subfields of specialization within psychology.
- 1.5 Explain the following descriptive methods: surveys, naturalistic observation, correlations, and clinical/case studies including the assets and disadvantages of each.
- 1.6 Explain the correlational method. Why are correlations useful? What problems are associated with them as a research method.

- 1.7 Explain experiments as a research method. Why are experiments the best way to draw conclusions about casual relationships?
- 1.8 Explain the ethical issues involved in research with human subjects.

2.0 Explain the biological foundations of behavior

- 2.1 Identify the parts of the neuron and explain the process of neuronal communication.
- 2.2 Explain saltatory conduction.
- 2.3 Explain the role of dopamine, serotonin, norepinephrine, gamma-amino-butyric acid and acetylcholine in the body.
- 2.4 Explain the role of endorphins on the body
- 2.5 Identify the parts of the nervous system and explain the functions of each.
- 2.6 Identify the parts of the brain and explain their individual functions.
- 2.7 Explain the role of the motor, sensory and association functions in the cortex.
- 2.8 Explain the role of Broca's and Wernicke's areas in speech.
- 2.9 Discuss plasticity and brain reorganization.
- 2.10 Explain the split-brain research.
- 2.11 Identify the specialized functions of the left and right hemispheres.
- 2.12 Explain hemispheric differences in the intact brain.

3.0 Explain the process of sensation and perception.

- 3.1 Define the following terms: sense organ, sensory receptor, sensation, perception, transduction and selective attention.
- 3.2 Distinguish between absolute thresholds, difference thresholds and subliminal stimulation.
- 3.3 Explain sensory adaptation and its function.
- 3.4 Explain what light is and discuss the relationship between light and color and light and brightness.
- 3.5 Identify the two visual transducers and explain how they function.
- 3.6 Explain the theories of color vision.
- 3.7 Describe how skin receptors work.
- 3.8 Explain the basis of pain, including rapid and slow pain pathways.
- 3.9 Explain the gate control theory of pain.
- 3.10 Explain the phantom limb phenomenon.
- 3.11 Explain how the 5 principles of perceptual organization and the 4 perceptual constancies illustrate perception.
- 3.12 Explain the monocular and binocular cues to depth perception.
- 3.13 Describe the individual and cultural influences on perception.

4.0 Explain the basic principles of learning

- 4.1 Explain classical conditioning. What was the importance of Pavlov's work.
- 4.2 Explain how fears and taste aversions may be classically conditioned.
- 4.3 Discuss the current research on classical conditioning.
- 4.4 Explain the processes of acquisition, extinction, spontaneous recovery, generalization and discrimination.
- 4.5 Describe the importance of cognitive processes and biological constraints in classical conditioning.

- 4.6 Explain operant conditioning including types of reinforcers, reinforcement schedules and shaping.
- 4.7 Explain the dangers of using punishment and the guidelines for using it when absolutely necessary.
- 4.8 Explain learned helplessness and how it seems to be related to depression in humans.

5.0 Discuss stress and its effect on the body and describe the best coping skills for stress.

- 5.1 Explain the role of the endocrine system in stress
- 5.2 Explain Helye's General Adaptation Syndrome.
- 5.3 Explain how humans seem to respond to the following types of stressors:
 - Catastrophes
 - Significant life changes
 - Daily hassles
- 5.4 Explain how the following factors affect the human response to stress
 - Perceived control
 - Poverty/inequality
 - Optimism/pessimism
- 5.5 Explain how one can decrease the effects of stress by exerting additional control. Apply this to a current stressor.
- 5.6 Explain Friedman and Rosenman's research on Type A and B behaviors. What characteristics of Type A's seem to put a person at higher risk for coronary disease?
- 5.7 Explain how stress affects the immune system.
- 5.8 Identify the ineffective coping strategies you use when under stress.
- 5.9 Explain the physiological and psychological effects of the following effective coping strategies.
 - Aerobic exercise
 - Biofeedback
 - Relaxation
 - Social Support
 - Spirituality

6.0 Explain the basic concepts of social psychology

- 6.1 Explain the fundamental attribution error.
- 6.2 Define the term individuation and show its relationship to group behaviors.
- 6.3 Explain the research on bystander apathy.
- 6.4 Explain the research on social facilitation and social loafing.
- 6.5 Explain the foot-in-the-door technique.
- 6.6 Explain polarization and groupthink as risks of group decision-making, including the relevant research.
- 6.7 Explain Asch's, Zimbardo's and Milgram's research and their implications for everyday life.
- 6.8 Explain how the characteristics of the message and of the person hearing the message affect persuadability.

7.0 Explain motivation

- 7.1 Define motivation.
- 7.2 Differentiate between primary and secondary motives.
- 7.3 Explain homeostasis.
- 7.4 Explain the hypothalamic mechanisms involved in the regulation of food intake.
- 7.5 Explain the importance of psychological factors in determining eating behaviors, including the relevant research.
- 7.6 Describe the characteristics of anorexia nervosa and bulimia nervosa.
- 7.7 Describe how researchers have attempted to assess common sexual practices.
- 7.8 Describe the four stages of human sexual response including the impact of hormones and psychological factors on sexual motivation.
- 7.9 Describe how internal and external stimuli affect sexual motivation.
- 7.10 Explain Maslow's hierarchy of motives theory. Contrast it with need reduction theories.
- 7.11 Describe the physiological responses which accompany emotions and explain how these are used in lie detector tests.
- 7.12 Describe the optimum arousal theory of emotions.
- 7.13 Describe some nonverbal indicators of emotions.
- 7.14 Explain Freud's concept of catharsis and the relevant research.
- 7.15 Identify some of the advantages and disadvantages of openly expressing anger.
- 7.16 Explain what the term "fair fight" means and the rules for having one.
- 7.17 Discuss the rules for giving and receiving criticism.
- 7.18 Explain the effects of violent media on aggressiveness levels in humans.
- 7.19 Explain the psychological and biological causes of aggression.

8.0 Explain the process by which remembering and forgetting occur.

- 8.1 Describe the three stages of memory including how information is stored, organized, remembered and forgotten in each stage. Discuss the relevant research.
- 8.2 Explain reconstruction theory. What factors seem to influence the accuracy of memories? Explain the relevant research.
- 8.3 Explain repression and the problems associated with "recovered" memories.

9.0 Explain the current theories of intelligence and intelligence testing.

- 9.1 Define intelligence.
- 9.2 Explain the controversy over whether intelligence is a single general factor or is made up of several different abilities. Which view is correct?
- 9.3 Identify Alfred Binet, Louis Terman and David Weschler and their contributions to intelligence testing.
- 9.4 Explain emotional intelligence.
Intelligence Test.
- 9.5 Explain how IQ has been measured historically and currently.
- 9.6 Explain the criteria that apply to all tests.
- 9.7 Discuss the issues of whether intelligence tests re cultural based.
- 9.8 Describe the genetic and environmental factors which contribute to individual differences in IQ and explain the relevant research.
- 9.9 Describe and explain ethnic and gender difference in intelligence test scores.
- 9.10 Describe the research on gifted children and adults. What seems to be the relationship between intelligence and creativity?

10.0 Describe the current and historical personality theories and personality assessment techniques.

- 10.1 Explain Freud's historical background.
- 10.2 Explain the 3 stages of consciousness and the 3 parts of the personality.
- 10.3 Explain Freud's concept of the importance of sexual and aggressive motives in determining both normal and problem behaviors.
- 10.4 Explain the defense mechanisms and how they protect the individual from anxiety.
- 10.6 Describe the self-actualized person, according to Maslow.
- 10.7 Explain trait theories and explain how personality inventories such as the MMPI are used to assess traits.
- 10.8 Explain the relationship between personality and culture.
- 10.9 Describe situational influences on personality, including the relevant research.