

**Saint Leo University
School of Arts and Sciences**

**PSY 161
FUNDAMENTALS OF PSYCHOLOGY**

Course Description:

This introductory course in psychology is designed for students who intend to major in psychology and represents a survey of the core areas in psychology including the physiological bases of behavior, cognition and learning, motivation and emotion, personality and social influences, and mental disorders and their treatment among other major areas of the field. Students are exposed to the broad spectrum of theories used in understanding human behavior and mental processes and learn foundational knowledge necessary for students to excel in the psychology major.

Prerequisite:

None

Textbooks:

American Psychological Association. (2019). Publication manual of the American Psychological Association (7th ed.). Washington, DC: Author. ISBN-13: 978-1-433-83216-1

The custom book information which appears on our Saint Leo Follett Bookstore order site is as follows:

Cengage Unlimited eTEXTBOOKS (4-month access). Cengage Learning. ISBN#: 9780357693339

You will use the resource above to access the following text:

Bernstein, D.A. (2016). Essentials of Psychology (10th ed.) Cengage Learning. ISBN#: 9781305114302

Note: The digital edition of the above text is also included with a subscription to Cengage Unlimited: <https://www.cengage.com/unlimited/>

Instructions for accessing the textbook can be found in the Start Here module of the course.

Learning Outcomes:

Upon completion of the course:

1. Students will describe the various domains in psychology and explain basic concepts.
2. Student will be able to identify how the scientific approach is used to solve problems related to behavior and mental processes.
3. Students will demonstrate effective communication of psychological information through writing and oral presentation.
4. Students will develop insight into their own and other's behavior and mental processes.

Core Values:

The Mission Statement and Core Values of Saint Leo University are fundamental to all courses. The Psychology Department has identified the following Saint Leo University Core Values to be included in the curriculum for this course:

The Psychology Department has identified the Saint Leo University Core Values of **Personal Development**, **Integrity**, and **Excellence** as the core values that most readily relate to material in PSY 161.

Personal Development. Physiological psychology provides students with information which enables them to better understand how the human body functions and how physiology is the basis for understanding many of their experiences. Instructors can help students make this connection with demonstrations of basic physiological phenomena, videos (followed by discussion) which demonstrate physiological effects, or by assignments (such as having students keep journals) which ask students to demonstrate understanding of how they can see application of what they are learning to their lives.

Integrity. The commitment of Saint Leo University to excellence demands that its members live its mission and deliver on its promise. The faculty, staff, and students pledge to be honest, just and consistent in word

Excellence. Physiological psychology is a challenging course for many students. Instructors can encourage students to assimilate the knowledge gained in this course to become morally responsible leaders by having them role play positions of leadership (such as being teachers or parents) and demonstrate how what they have learned would inform decisions they might make in these roles.

Evaluation:

In this course, students will be evaluated by the following methods:

1. Objective Testing (**40%**) – 4 multiple-choice exams.
2. Annotated Bibliography (**20%**) – The annotated bibliography should be double spaced in a reasonable font (10-12 point), and include citations and references in APA style from no more than 10 peer reviewed sources.
3. Psychological Application Paper (**20%**) – This assignment requires students to think of one instance in their lives where they acted in a manner very different than normal.
4. Empirical Article Assignment (**10%**) – Each student write a brief paper (no more than 5 pages, double-spaced) on how the scientific process was used to conduct the study provided and evaluate the results.
5. Discussions (**10%**) – Weekly discussion board activities.

Assessment of the Learning Outcomes:

Course Learning Outcome	Assessment Method
1	Students will complete course examinations.
2	Students will read at least one article presenting the results of an empirical research study and identify how the scientific approach is demonstrated in the article.

3	Students will complete an annotated bibliography and a group class presentation.
4	Students will complete a writing assignment in which they use a psychological construct to explain human behavior.

Grading Guide:

<u>Grade</u>		<u>Percentage</u>
A	Exceptional	94% to 100%
A-	Superior	90% to 93%
B+	Excellent	87% to 89%
B	Very Good	84% to 86%
B-	Good	80% to 83%
C+	Above Average	77% to 79%
C	Average	74% to 76%
C-	Below Average	70% to 73%
D+	Marginal	67% to 69%
D	Poor	60% to 66%
F	Failure	Below 60%

Course Schedule:

Module 1 Introduction to Psychology; Research in Psychology and Biological Psychology

Objectives

At the conclusion of this module, students will be able to:

- Define psychology, including its scope, goals, and methods.
- Describe the different subfields of psychology and distinguish between them by examining the different kinds of work in each field.
- Identify how the scientific approach is used to solve problems related to behavior and mental processes.
- Describe the organization of the human nervous system.

Readings

MindTap reading assignments from Chapters 1, 2, and 3.

Assignments

Items to be Completed:	Due No Later Than:
Post an introduction to the class	Thursday 11:59 PM EST/EDT
Post initial response to Discussion 1	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Empirical Article Topic	Sunday 11:59 PM EST/EDT

Module 2 Sensation, Perception, and Consciousness

Objectives

At the conclusion of this module, students will be able to:

- Define sensation and perception.
- Identify and describe the different stages of sleep.
- Discuss the role of circadian rhythms in our lives.
- Identify the various theories of dreaming.
- Describe the physiological basis of addiction.

Readings

MindTap reading assignments from Chapters 4 and 9.

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 2	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Complete Quiz 1	Sunday 11:59 PM EST/EDT

Module 3 Learning and Memory

Objectives

At the conclusion of this module, students will be able to:

- Define and describe the major principles of learning including classical conditioning, operant conditioning, modeling, and Application of some of these principles to real world issues.
- Discuss current learning topics such as the influence of television violence, cultural influences, and learning styles on human behavior.
- Define memory and the basic processes including encoding, storing, and retrieving information.
- Describe how memories are often not accurate.

Readings

MindTap reading assignments from Chapters 5 and 6.

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 3	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT

Module 4 **Thought, Language, and Intelligence**

Objectives

At the conclusion of this module, students will be able to:

- Describe the biological basis of language.
- Define intelligence and the issues related to its definition and describe alternative views of intelligence, including Gardner's model of multiple intelligences.
- Describe cultural influences on the definitions of intelligence.
- Describe the basic functions of thought including problem solving and decision-making.

Readings

MindTap reading assignments from Chapters 7 and 8.

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 4	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Complete Quiz 2	Sunday 11:59 PM EST/EDT

Module 5 Human Development and Motivation

Objectives

At the conclusion of this module, students will be able to:

- Describe the changes that occur in the zygotic, embryonic, and fetal stages of prenatal development and define examples of teratogens.
- Describe Piaget's theory of cognitive development.
- Define temperament, attachment, and the four parenting styles.
- Define the stages of development according to Erik Erikson.
- Describe the theories of motivation including, Maslow's hierarchy of needs.

Readings

MindTap reading assignments from Chapters 10 and 11.

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 5	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT

Module 6 Health, Stress, and Coping; Personality

Objectives

At the conclusion of this module, students will be able to:

- Define health psychology.
- Define stress, stressors, and stress reactions. Give examples of the following types of psychological stressors: catastrophic events, life changes or strains, chronic stressors, and daily hassles.
- Describe the Freud's psychodynamic approach to personality and the id, ego, and superego, and defense mechanisms.
- Describe the basic assumptions of the trait, social-cognitive, and the humanistic approaches to personality.

Readings

MindTap reading assignments from Chapters 12 and 13.

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 6	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Submit Empirical Article Assignment	Sunday 11:59 PM EST/EDT
Complete Quiz 3	

Module 7 Psychological Disorders and Treatment of Psychological Disorders

Objectives

At the conclusion of this module, students will be able to:

- Define and discuss the nature of abnormality.
- Describe the various types of mental disorders.
- Define psychotherapy and common features of various treatment methods.
- Compare and contrast psychiatrists, psychologists, and other types of therapists.

Readings

MindTap reading assignments from Chapters 14 and 15.

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 7	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Submit Annotated Bibliography	Sunday 11:59 PM EST/EDT

Module 8 Social Psychology

Objectives

At the conclusion of this module, students will be able to:

- Describe social psychology.
- Define social identity and social cognition.
- Describe how human behavior can change depending on situation – including conformity and compliance.
- Describe the most important components of intimate relationships.

Readings

MindTap reading assignments from Chapter 16.

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 8	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Submit Application Paper	Sunday 11:59 PM EST/EDT
Complete Quiz 4	Sunday 11:59 PM EST/EDT