

ITT Technical Institute
PY3150
Psychology
Onsite and Online Course

SYLLABUS

Credit hours: 4.5

Contact/Instructional hours: 45 (45 Theory Hours)

Prerequisite(s) and/or Corequisite(s):

Prerequisites: EN1320 Composition I or equivalent

Course Description:

This course introduces psychological theories from behavioral, humanistic and biological viewpoints. Students apply the skills of critical thinking, observation, information gathering and analysis to practice social science and scientific methodology.



COURSE SUMMARY

COURSE DESCRIPTION

This course introduces psychological theories from behavioral, humanistic and biological viewpoints. Students apply the skills of critical thinking, observation, information gathering and analysis to practice social science and scientific methodology.

MAJOR INSTRUCTIONAL AREAS

1. Social science and scientific methodology
2. Neuroscience and biological foundations
3. Lifespan human development
4. Cognition, learning, and memory
5. Sensation and perception
6. Theories of personality and motivation
7. Psychological disorders, evaluations, and treatment

COURSE LEARNING OBJECTIVES

By the end of this course, you should be able to:

1. Define selected terms in the field of psychology.
2. Describe historical and contemporary topics in the field of psychology.
3. Examine the principles that apply to scientific research in psychology.
4. Describe the biological basis of neuropsychology.
5. Analyze how sensation, perception, motivation, and emotion impact human experiences and behavior.
6. Evaluate the various theories of learning and memory.
7. Use relevant developmental theories to compare and contrast human development characteristics occurring across different stages of the human lifespan.
8. Differentiate between the five primary theories of personality (trait, psychoanalytic/psychodynamic, humanistic, social-cognitive and biological).
9. Analyze the major psychological disorders and historical and contemporary treatments using the biopsychosocial approach.

10. Analyze the causes of stress in order to recommend the cognitive strategies that can be used to deal with stress and promote health.

COURSE OUTLINE

MODULE 1: PSYCHOLOGY–ORIGIN AND RESEARCH METHODS

COURSE LEARNING OBJECTIVES COVERED

- Define selected terms in the field of psychology.
- Describe historical and contemporary topics in the field of psychology.
- Examine the principles that apply to scientific research in psychology.

TOPICS COVERED

- Origin of Psychology
- Six Basic Steps of Scientific Research
- The Scientific Method

MODULE LEARNING ACTIVITIES	GRADE D	OUT-OF- CLASS TIME
Reading: Carpenter, S., & Huffman, K., Chapter 1 (pp. 2–31)	No	2.5 hours
Lesson: Study the lesson for this module.	No	1.5 hours
Discussion: Participate in the discussion titled “Relevance of Psychology.”	Yes	1.5 hours
Research: Submit the research titled “Origin of Psychology Research Paper.”	Yes	3 hours
Project: Read and begin the project.	No	1 hour

Total Out-Of-Class Activities: 9.5 Hours

MODULE 2: SENSATION, PERCEPTION, AND CONSCIOUSNESS

COURSE LEARNING OBJECTIVES COVERED

- Define selected terms in the field of psychology.
- Describe historical and contemporary topics in the field of psychology.
- Examine the principles that apply to scientific research in psychology.
- Describe the biological basis of neuropsychology.
- Analyze how sensation, perception, motivation, and emotion impact human experiences and behavior.

TOPICS COVERED

- Fight-or-Flight Prevails
- Consciousness, Sleep, and Dreams
- Sensation versus Perception
- Altered States of Consciousness

MODULE LEARNING ACTIVITIES	GRADE D	OUT-OF- CLASS TIME
Reading: Carpenter, S., & Huffman, K., Chapter 2 (pp. 32–63), Chapter 4 (pp. 86–117), and Chapter 5 (pp. 118–145)	No	7.5 hours
Lesson: Study the lesson for this module.	No	2 hours
Discussion: Participate in the discussion titled “Sensory Adaptation.”	Yes	1.5 hours
Research: Submit the research titled “States of Consciousness: Sleep Deprivation.”	Yes	3 hours
Analysis 1: Submit the analysis titled “REM and Stages of Sleep.”	Yes	2 hours
Analysis 2: Submit the analysis titled “Nature versus Nurture.”	Yes	3 hours
Project: Continue work on Project Part 1.	No	2 hours

Total Out-Of-Class Activities: 21 Hours

MODULE 3: LANGUAGE, LEARNING, AND INTELLIGENCE

COURSE LEARNING OBJECTIVES COVERED

- Define selected terms in the field of psychology.
- Describe historical and contemporary topics in the field of psychology.
- Examine the principles that apply to scientific research in psychology.
- Analyze how sensation, perception, motivation, and emotion impact human experiences and behavior.
- Evaluate the various theories of learning and memory.

TOPICS COVERED

- Observational Learning: Exploring Behavioral Patterns
- Memory Processes
- Sigmund Freud—A Bio-sketch
- Inherited and Nurtured Intelligence

MODULE LEARNING ACTIVITIES	GRADE D	OUT-OF- CLASS TIME
Reading: Carpenter, S., & Huffman, K., Chapter 6 (pp. 146–173), Chapter 7 (pp. 174–199), and Chapter 8 (pp. 200–227)	No	6.5 hours
Lesson: Study the lesson for this module.	No	2 hours
Discussion: Participate in the discussion titled “Observational Learning and Aggression.”	Yes	1.5 hours
Research: Submit the research titled “Language in Nonhuman Animals.”	Yes	3 hours
Analysis: Submit the analysis titled “Improving Memory.”	Yes	3 hours
Project: Submit Project Part 1.	Yes	2 hours

Total Out-Of-Class Activities: 18 Hours

MODULE 4: HUMAN NATURE AND PERSONALITY THEORIES

COURSE LEARNING OBJECTIVES COVERED

- Define selected terms in the field of psychology.
- Describe historical and contemporary topics in the field of psychology.
- Examine the principles that apply to scientific research in psychology.
- Analyze how sensation, perception, motivation, and emotion impact human experiences and behavior.
- Use relevant developmental theories to compare and contrast human development characteristics occurring across different stages of the human lifespan.
- Differentiate between the five primary theories of personality (trait, psychoanalytic/psychodynamic, humanistic, social-cognitive and biological).

TOPICS COVERED

- Stages of Cognitive Development
- Maslow's Hierarchy of Needs
- Sigmund Freud: A Psychological Analysis
- Sigmund Freud's Psychoanalytic Theory

MODULE LEARNING ACTIVITIES	GRADE D	OUT-OF- CLASS TIME
Reading: Carpenter, S., and Huffman, K., Chapter 9 (pp. 228–255), Chapter 10 (pp. 256–281), Chapter 11 (pp. 282–311), and Chapter 12 (pp. 312–339)	No	8.5 hours
Lesson: Study the lesson for this module.	No	2 hours
Discussion: Participate in the discussion titled “Personality Assessment.”	Yes	1 hour
Research: Submit the research titled “Psychoanalytic Theory: Sigmund Freud.”	Yes	3 hours
Analysis 1: Submit the analysis titled “Motivation: Maslow’s Hierarchy of Needs.”	Yes	3 hours
Analysis 2: Submit the analysis titled “Psychosocial Development.”	Yes	3 hours
Project: Begin work on Project Part 2.	No	2 hours

Total Out-Of-Class Activities: 22.5 Hours

MODULE 5: SOCIAL PSYCHOLOGY AND PSYCHOLOGICAL DISORDERS

COURSE LEARNING OBJECTIVES COVERED

- Define selected terms in the field of psychology.
- Describe historical and contemporary topics in the field of psychology.
- Examine the principles that apply to scientific research in psychology.
- Analyze how sensation, perception, motivation, and emotion impact human experiences and behavior.
- Analyze the major psychological disorders and historical and contemporary treatments using the biopsychosocial approach.

TOPICS COVERED

- Psychological Disorders
- Normal versus Abnormal Behavior
- Cognitive Dissonance
- Behavioral Therapies

MODULE LEARNING ACTIVITIES	GRADE D	OUT-OF- CLASS TIME
Reading: Carpenter, S., and Huffman, K., Chapter 13 (pp. 340–373), Chapter 14 (pp. 374–401), and Chapter 15 (pp. 402–431)	No	8.5 hours
Lesson: Study the lesson for this module.	No	2 hours
Discussion: Participate in the discussion titled “Group Behavior and Roles.”	Yes	1.5 hours
Research: Submit the research titled “Normal versus Abnormal Behavior.”	Yes	3 hours
Analysis 1: Submit the analysis titled “Attitudes and Cognitive Dissonance.”	Yes	3 hours
Analysis 2: Submit the analysis titled “Behavioral Therapies.”	Yes	3 hours
Project: Continue work on Project Part 2.	No	1 hour

Total Out-Of-Class Activities: 22 Hours

MODULE 6: STRESS AND HEALTH PSYCHOLOGY

COURSE LEARNING OBJECTIVES COVERED

- Define selected terms in the field of psychology.
- Describe historical and contemporary topics in the field of psychology.
- Examine the principles that apply to scientific research in psychology.
- Describe the biological basis of neuropsychology.
- Analyze how sensation, perception, motivation, and emotion impact human experiences and behavior.
- Evaluate the various theories of learning and memory.
- Use relevant developmental theories to compare and contrast human development characteristics occurring across different stages of the human lifespan.
- Differentiate between the five primary theories of personality (trait, psychoanalytic/psychodynamic, humanistic, social-cognitive and biological).
- Analyze the major psychological disorders and historical and contemporary treatments using the biopsychosocial approach.
- Analyze the causes of stress in order to recommend the cognitive strategies that can be used to deal with stress and promote health.

TOPICS COVERED

- Understanding Stress
- Health Psychology and Stress Management
- Resources for Healthy Living

MODULE LEARNING ACTIVITIES	GRADE D	OUT-OF- CLASS TIME
Reading: Carpenter, S., and Huffman, K., Chapter 3 (pp. 64–85)	No	2 hours
Lesson: Study the lesson for this module.	No	1.5 hours
Discussion: Participate in the discussion titled “Stress and Illness.”	Yes	1.5 hours
Project: Submit Project Part 2.	Yes	1 hour
Final Exam: Prepare for final exam.	No	5 hours

MODULE LEARNING ACTIVITIES	GRADE D	OUT-OF- CLASS TIME
Final Exam: Take the final exam.	Yes	N/A

Total Out-Of-Class Activities: 11 Hours

EVALUATION AND GRADING

EVALUATION CRITERIA

The graded assignments will be evaluated using the following weighted categories:

CATEGORY	WEIGHT
Discussion	15%
Research	20%
Analysis	25%
Project	25%
Final Exam	15%
TOTAL	100%

GRADE CONVERSION

The final grades will be calculated from the percentages earned in the course, as follows:

GRADE	PERCENTAGE
A (4.0)	90–100%
B+ (3.5)	85–89%
B (3.0)	80–84%
C+ (2.5)	75–79%
C (2.0)	70–74%
D+ (1.5)	65–69%
D (1.0)	60–64%

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F (0.0)	<60%

LEARNING MATERIALS AND REFERENCES

REQUIRED RESOURCES

COMPLETE TEXTBOOK PACKAGE

- Carpenter, S., & Huffman, K. (2013). *Visualizing psychology (3rd ed.)*. Hoboken, NJ: John Wiley and Sons, Inc.

OTHER ITEMS

Here are step-by-step directions for gaining access to all Wiley student resources for ITT Tech courses.

- **Wiley Student Companion Site**

Wiley offers a Student Companion Site for the course's required text. Log on to:

<http://as.wiley.com/WileyCDA/WileyTitle/productCd-1118547594.html>

Or you can log on to www.wiley.com, then type the text ISBN (9781118388068) in the search bar on the upper right hand side of the web page and click the search button. You will then be taken to a screen with the text cover image and title listed. Click on the "Visit the Companion Sites" link under the text title and then click on the "Student Companion Site" link from the drop down menu.

(Note: This site is not password protected)

- **Wiley Media Site**

There are many media elements included in this course, including animations and videos. You can access all of the links to the media on a specific web site set up for ITT Technical Institute at:

<http://as.wiley.com/WileyCDA/WileyTitle/productCd-1118547594.html>

Click on the book. Then, click on Student Resources. Choose the Unit. Accept the Agreement, enter the password, and log in. Choose the Unit one more time. Click on the media element to begin.

Password: ittstu

RECOMMENDED RESOURCES

- ITT Tech Virtual Library (accessed via Student Portal | <https://studentportal.itt-tech.edu>)
 - [School of Study> General Education Information> Recommended links> Self-assessment> Self-Assessment Library 3.4 \(Pearson/Prentice Hall\)](#)

- Websites

- <http://www.biography.co>
- http://www.sleepmanagement.md/Sleep_Quiz.aspx
- <http://psychology.about.com/od/nindex/g/nature-nurture.htm>
- <http://www.britannica.com/EBchecked/topic/219848/Sigmund-Freud>
- <http://www.freudfile.org/childhood.html>
- <http://www.notablebiographies.com/Fi-Gi/Freud-Sigmund.html>
- <http://www.personalitytest.org.uk/>

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INSTRUCTIONAL METHODS AND TEACHING STRATEGIES

The curriculum employs a variety of instructional methods that support the course objectives while fostering higher cognitive skills. These methods are designed to encourage and engage you in the learning process in order to maximize learning opportunities. The instructional methods include but are not limited to lectures, collaborative learning options, use of technology, and hands-on activities.

To implement the above-mentioned instructional methods, this course uses several teaching strategies, such as scenarios, research, discussions, and lectures. Your progress will be regularly assessed through a variety of assessment tools including discussion, research, analysis, project, and final exam.

OUT-OF-CLASS WORK

For purposes of defining an academic credit hour for Title IV funding purposes, ITT Technical Institute considers a quarter credit hour to be the equivalent of: (a) at least 10 clock hours of classroom activities and at least 20 clock hours of outside preparation; (b) at least 20 clock hours of laboratory activities; or (c) at least 30 clock hours of externship, practicum or clinical activities. ITT Technical Institute utilizes a “time-based option” for establishing out-of-class activities which would equate to two hours of out-of-class activities for every one hour of classroom time. The procedure for determining credit hours for Title IV funding purposes is to divide the total number of classroom, laboratory, externship, practicum and clinical hours by the conversion ratios specified above. A clock hour is 50 minutes.

A credit hour is an artificial measurement of the amount of learning that can occur in a program course based on a specified amount of time spent on class activities and student preparation during the program course. In conformity with commonly accepted practice in higher education, ITT Technical Institute has institutionally established and determined that credit hours awarded for coursework in this program course (including out-of-class assignments and learning activities described in the “Course Outline” section of this syllabus) are in accordance with the time-based option for awarding academic credit described in the immediately preceding paragraph.

ACADEMIC INTEGRITY

All students must comply with the policies that regulate all forms of academic dishonesty or academic misconduct. For more information on the academic honesty policies, refer to the Student Handbook and the School Catalog.

INSTRUCTOR DETAILS

Instructor Name	
Office Hours	
Contact Details	

(End of Syllabus)