

Personal Psychology I: Course Syllabus

Personal Psychology: The Road to Self-Discovery Course Syllabus

COURSE DESCRIPTION:

Self-knowledge is the key to self-improvement! Psychology is a subject that can be applied to everyday life. New research and ideas will change the way we view ourselves and each other. This course offers exciting online psychology experiments about our own behaviour and how we behave with other people.

Unit 1: An Invitation to the World of Psychology

Objectives:

Upon completion of this unit, you will be able to:

- * **State the nature of psychology.**
- * **Describe what psychologists do and how they differ from psychiatrists.**
- * **List major subfields and applied specializations of psychology.**
- * **Explain the importance of studying psychology.**
- * **Outline how psychology developed.**
- * **Compare current perspectives in psychology.**

ASSIGNMENTS:

An Invitation to the World of Psychology: Unit Text Questions

Homework

10 points

An Invitation to the World of Psychology: Online Psychology Lab Questions

Homework

10 points

<i>Unit 1 Discussion Assignment 1</i>	<i>Discussion</i>	5 points
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<i>Unit 1 Discussion Assignment 2</i>	<i>Discussion</i>	5 points
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<i>Unit 1 Quiz: An Invitation to the World of Psychology</i>	<i>Quiz</i>	15 points
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Unit 2: Research & Ethics in Psychology

Objectives:

Upon completion of this unit, you will be able to:

- * **State reasons psychologists do research, and list steps of the scientific method.**
- * **Define theory and hypothesis, and explain how the two concepts are related.**
- * **Explain how researchers do experiments, and state the pros and cons of experimental studies.**
- * **Describe naturalistic studies, and identify their advantages and drawbacks.**
- * **Explain how researchers undertake surveys, and distinguish between correlation and cause and effect.**
- * **Describe case studies, and list their uses and limitations.**
- * **State how researchers analyze data, test hypotheses, and communicate results.**
- * **Identify ethical guidelines for the conduct of psychological research.**

ASSIGNMENTS:

<i>Research & Ethics in Psychology: Unit Text Questions</i>	<i>Homework</i>	10 points
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<i>Research & Ethics in Psychology: Online Psychology Lab Questions</i>	<i>Homework</i>	10 points

<i>Unit 2 Discussion Assignment 1</i>	Discussion	5 points
<i>Unit 2 Discussion Assignment 2</i>	Discussion	5 points
<i>Unit 2 Quiz: Research & Ethics in Psychology</i>	Quiz	15 points

Unit 3: Infancy & Childhood

Objectives:

Upon completion of this unit, you will be able to:

- * **Describe longitudinal and cross-sectional studies, and explain the nature-nurture debate.**
- * **Outline physical developments that occur during the prenatal period, infancy, and childhood.**
- * **Identify Piage's stages of cognitive development, explain assimilation and accommodation, and describe how infants and children develop language.**
- * **List Erickson's stages of psychosocial development, and explain the roles of temperament and parenting style in emotional and social development.**
- * **Describe Kohlberg's stages of moral reasoning, and explain why Kohlberg's theory may have gender and cultural biases.**

ASSIGNMENTS:

<i>Infancy & Childhood: Unit Text Questions</i>	Homework	10 points
<i>Infancy & Childhood: Online Psychology Lab Questions</i>	Homework	10 points

Discussion

Unit 3 Discussion Assignment 1

5 points

Unit 3 Discussion Assignment 2**Discussion**

5 points

Unit 3 Quiz: Infancy & Childhood**Quiz**

15 points

Unit 4: Adolescence**Objectives:**

Upon completion of this unit, you will be able to:

- * **Define adolescence, and describe how different experts view this stage of life.**
- * **Describe the physical changes of adolescence and possible consequences of early or late maturation.**
- * **Identify cognitive and moral developments that typically occur during adolescence.**
- * **Define identity, and describe Marcia's states of identity formation.**
- * **Explain how social relationships normally change during adolescence, and describe peer pressure.**
- * **Identify risk behaviors that many adolescents adopt, and explain how adolescents may learn behaviors from other teens.**
- * **Name mental health problems that are relatively common in adolescents, and identify warning signs of suicide.**
- * **List protective factors for adolescents, and explain how the factors relate to self-esteem and resilience.**

ASSIGNMENTS:**Adolescence: Unit Text Questions****Homework**

10 points

Adolescence: Online Psychology Lab Questions**Homework**

10 points

*Unit 4 Discussion Assignment 1**Discussion*5 points

*Unit 4 Discussion Assignment 2**Discussion*5 points

*Unit 4 Quiz: Adolescence**Quiz*15 points

Psychology Midterm Exam**Objectives:**

Upon completion of this unit, you will be able to:

- * **Review information acquired and mastered from this course up to this point.**
- * **Take a course exam based on material from the first four units in this course (Note: You will be able to open this exam only one time.)**

ASSIGNMENT:*Psychology Midterm Exam**Exam***50 points**

*Midterm Discussion Assignment**Discussion*5 points

Unit 5: Adulthood & Aging**Objectives:**

Upon completion of this unit, you will be able to:

- * **Define adulthood, and outline psychological theories of adult development.**

- * Identify life challenges and physical changes of young adulthood, and list strategies for making young adulthood the best it can be.**
- * State how people choose spouses, why couples divorce, and how divorce affects couples and their children.**
- * Identify physical changes and life challenges of middle adulthood, and list strategies to make middle age a great age.**
- * Describe physical and cognitive changes of late adulthood, and list strategies for making late adulthood healthy and happy.**
- * Explain how people come to accept their own death or the death of a loved one.**

ASSIGNMENTS:

<i>Adulthood & Aging: Unit Text Questions</i>	<i>Homework</i>	10 points
<i>Adulthood & Aging: Online Psychology Lab Questions</i>	<i>Homework</i>	10 points
<i>Unit 5 Discussion Assignment 1</i>	<i>Discussion</i>	5 points
<i>Unit 5 Discussion Assignment 2</i>	<i>Discussion</i>	5 points
<i>Unit 5 Quiz: Adulthood & Aging</i>	<i>Quiz</i>	15 points

Unit 6: Brain, Body & Behavior

Objectives:

Upon completion of this unit, you will be able to:

- * Distinguish between the central and peripheral nervous systems, and identify their functions.**

- * **Describe the structure of neurons, and explain how neurons carry nerve impulses.**
- * **Distinguish between the parts of the brain, and identify their functions.**
- * **Explain how scientists study the structure and function of the brain.**
- * **Describe the endocrine system, and explain how the hypothalamus provides a link between the nervous and endocrine systems.**
- * **Explain how psychologists study the influences of heredity and environment on psychological traits.**

ASSIGNMENTS:

<i>Brain, Body & Behavior: Unit Text Questions</i>	<i>Homework</i>	10 points
<i>Brain, Body & Behavior: Online Psychology Lab Questions</i>	<i>Homework</i>	10 points
<i>Unit 6 Discussion Assignment 1</i>	<i>Discussion</i>	5 points
<i>Unit 6 Discussion Assignment 2</i>	<i>Discussion</i>	5 points
<i>Unit 6 Quiz: Brain, Body & Behavior</i>	<i>Quiz</i>	15 points

Unit 7: Sensation & Perception

Objectives:

Upon completion of this unit, you will be able to:

- * **Describe how humans sense stimuli.**
- * **Explain how perception differs from sensation.**
- * **Outline aspects of visual perception, such as depth perception.**

* **Describe the nature of subliminal messages.**

* **Define extrasensory perception.**

ASSIGNMENTS:

<i>Sensation & Perception: Unit Text Questions</i>	<i>Homework</i>	10 points
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<i>Sensation & Perception: Online Psychology Lab Questions</i>	<i>Homework</i>	10 points
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<i>Unit 7 Discussion Assignment 1</i>	<i>Discussion</i>	5 points
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<i>Unit 7 Discussion Assignment 2</i>	<i>Discussion</i>	5 points
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<i>Unit 7 Quiz: Sensation & Perception</i>	<i>Quiz</i>	15 points
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Unit 8: States of Consciousness

Objectives:

Upon completion of this unit, you will be able to:

- * **Define consciousness and altered states of consciousness.**
- * **Describe the sleep cycle, and explain why humans need sleep.**
- * **State the nature of dreams, and list possible reasons that people dream.**
- * **Describe hypnosis, meditation, and biofeedback.**
- * **Identify categories of psychoactive drugs, and describe their effects.**

ASSIGNMENTS:

<i>States of Consciousness: Unit Text Questions</i>	<i>Homework</i>	10 points
<i>States of Consciousness: Online Psychology Lab Questions</i>	<i>Homework</i>	10 points
<i>Unit 8 Discussion Assignment 1</i>	<i>Discussion</i>	5 points
<i>Unit 8 Discussion Assignment 2</i>	<i>Discussion</i>	5 points
<i>Unit 8 Quiz: States of Consciousness</i>	<i>Quiz</i>	15 points

Psychology Final Exam

Objectives:

Upon completion of this unit, you will be able to:

- * **Review information acquired and mastered from this course up to this point.**
- * **Take a course exam based on material from units five to eight in this course – the last four units. (Note: You will be able to open this exam only one time.)**

ASSIGNMENT:

<i>Psychology Final Exam</i>	<i>Exam</i>	50 points
<i>Class Reflection Discussion Assignment</i>	<i>Discussion</i>	10 points

