



Syllabus

PSY 100 Introduction to Psychology

General Information

Date March 16th, 2023

Author Matthew Holla

Department Social Science

Course Prefix PSY

Course Number 100

Course Title Introduction to Psychology

Course Information

Catalog Description This course is a comprehensive overview of the scientific study of behavior and mental processes. It will familiarize students with the scientific methods used in the field of psychology. It will also introduce various topics within the field, such as consciousness, motivation, learning, memory, cognition, development, personality, psychological disorders and their treatments, social psychology, and the biological bases of behavior. This course will help students understand diversity and how our diverse experiences impact the psychological development and experiences of individuals. There are no pre- or co-requisites for this course. This course carries SUNY General Education credit in Social Sciences and Diversity, Equity, Inclusion & Social Justice.

Credit Hours 3

Lecture Contact Hours 3

Lab Contact Hours 0

Other Contact Hours 0

Grading Scheme Letter

Prerequisites

None

Co-requisites

None

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed categories

Diversity, Equity, Inclusion and Social Justice Outcome 1, Diversity, Equity, Inclusion and Social Justice Outcome 2, Diversity, Equity, Inclusion and Social Justice Outcome 3, and Social Sciences

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality, Inquiry, Perseverance, and Interconnectedness

Course Learning Outcomes

Course Learning Outcomes

1. Evaluate scientific methods, psychological approaches and disciplines (e.g., biological, psychodynamic, humanistic), and their contribution to the field.
2. Apply psychology principles from the various approaches and disciplines of psychology to develop critical thinking and interpersonal and social responsibility.
3. Identify and describe historical and contemporary societal factors that shape the development of individual and group identity involving race, socioeconomic status, and gender.
4. Anatomize the role that complex networks of social structures and systems play in the creation and perpetuation of the dynamics of power, privilege, oppression, and opportunity.
5. Students will apply their knowledge of rights, access, and equity to future interactions in a way that benefits social justice action.

Outline of Topics Covered

- The major theories of and approaches to psychology
 - Psychodynamic, Humanistic, Behavioral, Cognitive, Gestalt, and Biological
- Research methods
 -

Descriptive methods, Correlational methods, Experimental methods, Ethics in Psychological research

- Behavior and mental processes
 - Biological, Psychological, cultural, and systemic influences
- How psychology develops critical thinking skills
- Biology and behavior
 - Nervous system, Brain structure and function, Endocrine system, Genetics and environmental influences
- Learning
 - Classical conditioning, Operant conditioning, learning by watching others
- Memory
 - How memories are created, maintained, stored, and retrieved
- Thought, language and intelligence
- Human development
 - Socioemotional development, Physical development, cognitive development and mitigating factors such as; drugs and alcohol, race, socioeconomic status, sex, gender, and culture
 - Systemic factors such as; access to education, healthcare, affordable housing, proper nutrition
- Personality and identity
 - Self-concept, Self-esteem, Psychodynamic, humanistic, social cognitive, and Trait approaches, personality assessment, how biology affects personality
- Health, stress, and coping
- Social Psychology
 - Social cognition, Stereotypes, Prejudice and discrimination, Implicit and explicit bias and attitudes, subjective construal, obedience, conformity, cognitive dissonance, attributions

The course will also cover a subset of the following topics:

- Sensation and perception
- Consciousness
- Sex, gender and sexuality
- Motivation and emotion
- Psychological disorders
- Treatment of psychological disorders