

# Minnesota State College Southeast

## PSYC 1110: Introduction to Psychology

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: Goal 05 - Hist/Soc/Behav Sci, Goal 07 - Human Diversity

Psychology applies to everyone's personal and workplace daily life. In this course, you will be introduced to the history of psychology, consciousness, learning theories, memory, problem-solving, intelligence, motivation, life-span development, personality, abnormal psychology and therapy. (Fulfills MnTC Goal 5 & 7) (Prerequisite: none) (3 credits: 3 lecture/0 lab)

### B. COURSE EFFECTIVE DATES: 07/27/2016 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduction to and history of psychology
2. Research methods and ethical standards
3. Behavioral neuroscience, sensation, and perception
4. Consciousness and altered states
5. Motivation and emotion
6. Learning and memory
7. Cognition, language, and intelligence
8. Lifespan development
9. Personality theories and assessment
10. Social psychology
11. Psychopathology, assessment, and therapies
12. Stress, coping, health and positive psychology

### D. LEARNING OUTCOMES (General)

1. Describe the history of psychology, comparing and contrasting psychology to related disciplines such as sociology and philosophy
2. Demonstrate an understanding of the key concepts, terminology, and research methods of psychology as a science
3. Discuss the major topics of psychology as denoted in the above content areas
4. Compare and contrast the main theoretical perspectives of psychology
5. Apply critical thinking skills in evaluating information from multiple sources and problem solving
6. Demonstrate an understanding of the impact of various aspects of human diversity on behavior and mental processes
7. Apply psychological concepts and theories to one's own life

## **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

### Goal 05 - Hist/Soc/Behav Sci

1. Employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. Examine social institutions and processes across a range of historical periods and cultures.
3. Use and critique alternative explanatory systems or theories.
4. Develop and communicate alternative explanations or solutions for contemporary social issues.

### Goal 07 - Human Diversity

1. Demonstrate an awareness of the individual and institutional dynamics of unequal power relations between groups in contemporary society.
2. Analyze their own attitudes, behaviors, concepts and beliefs regarding diversity, racism, and bigotry.
3. Demonstrate communication skills necessary for living and working effectively in a society with great population diversity.

## **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

## **G. SPECIAL INFORMATION**

This course was previously PSYC 2510 General Psychology.