 **Date:** Sep. 2015

Course Name and Number:

**Introduction to Psychology**

60-008-01

60-009-01

**Type of course:** Lecture

**Year of Studies:** 2015-2016 **Semester:** Fall & Spring **Hours/credits:** 2

**The courses objectives:**

This is a two-semester survey course that will attempt to cover the fundamentals of the field of psychology. Upon completion students will have gained the necessary background should they chose to continue further study in psychology and other related fields. Furthermore, the course should leave students with the necessary understanding of psychology in order to be more knowledgeable and critical consumers of psychological services and/or of the plethora of psychological research that reaches the popular media.

**Course Description:**

This course will provide the introduction to psychology necessary for further college level study. Throughout the course attention will be given to the interplay between psychological and biological determinants of behavior. The first semester will focus primarily on the neurobiological, developmental, and cognitive aspects of behavior. The second semester will move to the study of motivation and emotion; personality and individual differences; social behavior; and stress, psychopathology, and psychological intervention. Throughout the course there will be an underlying focus on “how psychologists know” and the distinction between hypothesized theories and “proven” theories.

**Detailed Lesson plan:**

(This syllabus is subject to changes in order and rate of presentation. Furthermore, additional readings may be assigned.

**Semester 1**

Class 1. Introduction and Psychological Research - Reading: Chapter 1, Appendix

Class 2. Physiological Psychology - Reading: Chapter 2

Class 3. Physiological Psychology (continued)

Class 4. Development - Reading: Chapter 3

Class 5. Sensation - Reading: Chapter 4

Class 6. Perception - Reading: Chapter 5

Class 7. Levels of Consciousness - Reading: Chapter 6

Class 8. Learning and Conditioning - Reading: Chapter 7

Class 9. Memory - Reading: Chapter 8

**Semester 2**

Class 1. Thought and Language - Reading: Chapter 9

Class 2. Motivation - Reading: Chapter 10

Class 3. Emotion - Reading: Chapter 11

Class 4. Individual Differences and Evaluation - Reading: Chapter 12

Class 5. Theories of Personality Development - Reading: Chapter 13

Class 6. Stress, Health, and Coping - Reading: Chapter 14

Class 7. Abnormal Psychology - Reading: Chapter 15

Class 8. Modes of Therapy - Reading: Chapter 16

Class 9. Social Beliefs and Attitudes - Reading: Chapter 17

Class 10. Social Interaction and Influence - Reading: Chapter 18

**Course requirements**

* class attendance/participation
* assigned readings
* weekly quizzes (by discretion of the instructor)
* class presentation (by discretion of the instructor)
* two or three non-cumulative exams each semester (including the final exam)

**Required textbooks, other textbooks**

Smith, E.E., Nolen-Hoeksema S., Fredrickson, B.L., & Loftus, G.R. (2003). *Atkinson & Hilgard’s Introduction to Psychology (16th ed.)*. Thomson-Wadsworth.

Purchase of the textbook is highly recommended.

(A limited number of copies are available in the psychology library.

Older editions of the book may be sufficient.)