

BARBADOS COMMUNITY COLLEGE

DIVISION OF GENERAL/CONTINUING EDUCATION

COURSE CODE:	GEED 140
LONG TITLE:	INTRODUCTION TO PSYCHOLOGY
CONTACT HOURS:	45
CREDITS:	3
PREREQUISITES:	NONE
CONTACT HOURS:	3 HOURS PER WEEK (TUES 1-4 PM)
TUTOR:	JOMO PHILLIPS, MSSW-MFT
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OFFICE HOURS:	BY APPOINTMENT (EMAIL FOR AN APPOINTMENT)

COURSE DESCRIPTION

This Course will introduce students to established principles governing human behaviour. It will show the relationship between biological and environmental factors in the development of personality and human learning and behaviour. It will explore the structure and dynamics of personality from several theoretical perspectives. Deviant behaviour and the dynamics of social interaction will be examined.

GENERAL OBJECTIVES

At the completion of this course students will be able to:

- I. Define behaviour and state the goals of psychology;
- II. Identify the major theories in psychology;
- III. List and explain the stages of psychological development and personality theories;
- IV. Demonstrate skills in social behaviour- interpersonal communication and perception;
- V. Explain the nature of stress and its impact of lifestyle and health;
- VI. List and explain abnormal behaviour;
- VII. Explain the method of psychotherapy used to identify and treat simple psychopathology;
- VIII. Explain the concepts and applications of social psychology.

COURSE CONTENT

UNIT # 1 THE EVOLUTION OF PSYCHOLOGY

- (1) Historical Perspectives
- (2) Psychology Today: Vigorous and Diverse
- (3) Putting Psychology in perspective
- (4) The Major Themes in Psychology

UNIT # 2 PSYCHOLOGY AND THE RESEARCH ENTERPRISE

- (1) Looking for Laws: The Scientific Approach to Behaviour
- (2) Looking for Causes: Experimental Research
- (3) Looking for Links: Descriptive/Correlation Research

UNIT # 3 BIOLOGICAL FOUNDATIONS OF BEHAVIOUR

- (1) The Functional Organization of the Nervous System
- (2) The Neurons
- (3) The Endocrine System
- (4) The Brain and Behaviour
- (5) Heredity and Behaviour

UNIT # 4 SENSATION AND PERCEPTION

- (1) Vision and Visual Features
- (2) Our Sense of Hearing- The Auditory System
- (3) Our Chemical Senses- Taste and Smell
- (4) Basic Premise of Gestalt Psychology
- (5) Perceptual Constancy and Space Perception illusions
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UNIT # 5 VARIATIONS IN CONSCIOUSNESS

- (1) The Nature of Consciousness
- (2) Biological Rhythms and Sleep
- (3) The Sleep and Wake Cycle
- (4) The World of Dreams
- (5) Hypnosis and Mediation
- (6) Altering Consciousness with Drugs

UNIT # 6 LEARNING AND MEMORY

- (1) Perspectives on Learning- Classical and Operant Conditioning
- (2) Rudimentary forms of Learning- (Classical and Instrumental Conditioning, Complex Learning
- (3) Principles and Procedures of Observational Learning
- (4) Behavioural Modification Principles

- (5) Types of Memory
- (6) Forgetting and the Improvement of Memory

UNIT # 7 MOTIVATION AND EMOTION

- (1) Concepts of Motivation
- (2) Homeostasis and Drive
- (3) Internal and External Determinants of Behaviour
- (4) Components of Emotions
- (5) Arousal and Emotion
- (6) Aggression as an Emotional Reaction

UNIT # 8 DEVELOPMENTAL PSYCHOLOGY

- (1) Maturation and Experience
- (2) Developmental Theories
- (3) Individual Differences
- (4) Cognitive Development
- (5) Social and Emotional Development

UNIT # 9 PERSONALITY AND INDIVIDUALITY

- (1) Individual Differences
- (2) Nature and Nurture, Continuity of Personality Across Life Span
- (3) Theories of Personality
- (4) Approaches to Personality

UNIT # 10 ABNORMAL BEHAVIOUR

- (1) Abnormal Behaviour: Myths, Realities and Controversies
- (2) Anxiety Disorders
- (3) Dissociative Disorders
- (4) Mood Disorders
- (5) Schizophrenic Disorders
- (6) Personality Disorders
- (7) Culture and Pathology

INSTRUCTIONAL METHODOLOGY:

This course is offered using primarily a lecture-discussion format, which includes face-to-face class sessions and one online class session. The course delivery also includes in-class learning activities and resources.

An important expectation is that you take responsibility for your own learning and that you carefully review the course notes and relevant chapter from the assigned textbook after each class. As you come to the class sessions take notes. I have created a folder entitled study skills which contains the Cornell notes format (check the study skills folder under resources for details on how to use the format) the Cornell notes format will assist you to better be able to capture the important information

contained in lectures and discussions.

METHODS OF EVALUATION:

Syllabus Quiz	1%
Four Pop Quizzes	8%
Class Participation	4%
Online Assignment	3%
Two online tests	24%
Final Examination	60%
Total	100%

COURSE POLICIES:

1. Email and Neo LMS will be the official means of communication for this course. You will need to ensure that you have regular access to the Internet throughout the semester. Please make sure you are checking Neo LMS and your email accounts regularly
2. I invite you to bring questions and challenges you are experiencing with that are respectfully and thoughtfully made. These strategies help us all to examine and consider our own assumptions and ideas. You are not required to agree with the course tutor or another student to earn your grade, other than those established as necessary components to being a future professional

STUDENT RESPONSIBILITIES:

1. Attend all classes it is a College requirement that to do examinations you must attend 80% of class sessions; if you have any challenges please make me aware
2. You are responsible for retrieving all class materials, including PowerPoint notes and text book chapters make sure that you bring your own copy (paper or electronic) of PowerPoint notes, handouts, and any other resources to each class
3. Complete reading the chapter for each unit and review notes after every class because the semester will go quickly and you want to make sure that you do not fall behind the schedule
4. Participate in class; making useful and relevant points are recorded and contribute to your participation mark
5. Engage respectfully with your classmates and tutor this is basic expectation of Barbados Community College students
6. Turn off your cell phone and other electronic communication devices when you are in class this facilitates you being engaged in the learning process
7. Complete the final examinations

REQUIRED TEXT

Weiten, W. (Latest edition) Psychology: Themes and variations. Belmont, CA: Cengage/Wadsworth (A copy of the text is available on the course website)