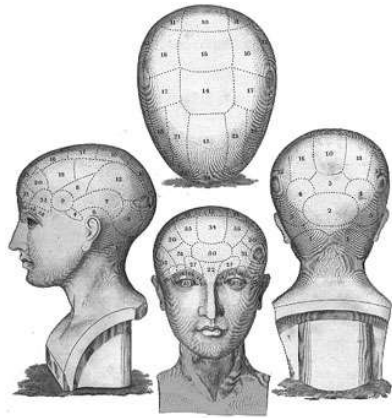


Psychology



Psychology is a course that studies the behavior of individuals. This course is designed to accomplish three broad objectives: to survey the fascinating topics that draw people to the field of Psychology, to introduce terms and concepts psychologists use and to explain the significance of psychological findings in one's life.

The course is broken up into the six units listed.

Unit Objectives:

Unit 1: Approaches to Psychology

- ✦ Identify various approaches to the study of psychology

- ✦ Examine experimental procedures psychologists use to avoid biases

Unit 2: Developmental Psychology (The Life Span)

- ✦ Describe the physical and perceptual development of newborns and children
- ✦ Describe the role of family and peers during adolescence
- ✦ Identify changes that occur in health and life situations during old age

Unit 3: The Workings of Mind and Body

- ✦ Identify the structure and function of the human brain
- ✦ Describe research into such techniques as biofeedback and meditation
- ✦ Outline the principles involved in perception

Unit 4: Learning and Cognitive Processes

- ✦ Describe the principles and techniques of classical and operant conditioning and social learning
- ✦ Explain the concept of memory and information processing
- ✦ Identify the basic elements of language
- ✦ List the reasons for the physiological and psychological factors associated with motivation and emotion.

Unit 5: Personality and Individuality

- ✦ Describe the characteristics of good psychological tests
- ✦ List the major theories of personality development

Unit 6: Adjustment and Breakdown

- ✦ Identify the various sources of stress
- ✦ Define psychological disorders
- ✦ Describe psychotherapy and its goals

