

COURSE DESCRIPTION - PSYCHOLOGY

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This course is designed to help students gain insight into who they are, what motivates them, what people think, and provide tools to help them gain insight into their own behavior, as well as their relationships with other people. As a social science, psychology explores the influences of society on individual behavior and group relationships. We will learn about the social and biological aspects of human behavior through various activities, projects, and assignments. The development of critical thinking skills is essential to understanding how psychology applies to the student. This course will help students develop a variety of critical thinking skills.

=====BODY AND MIND=====

- ❖ *Chapter One – What Is Psychology?*
 - *Why Study Psychology?*
 - *What Psychologists Do*
 - *A History of Psychology*
 - *Contemporary Perspectives*
- ❖ *Chapter Two – Psychological Methods*
 - *Conducting Research*
 - *Surveys, Samples and Populations*
 - *Methods of Observation*
 - *The Experimental Method*
 - *Ethical Issues*
- ❖ *Chapter Three – Biology and Behavior*
 - *The Nervous System*
 - *The Brain: Our Control Center*
 - *The Endocrine System*
 - *Heredity: Our Genetic Background*

❖ *Chapter Four – Sensation and Perception*

- *Sensation and Perception: The Basics*
- *Vision*
- *Hearing*
- *Other Senses*
- *Perception*

❖ *Chapter Five – Consciousness*

- *The Study of Consciousness*
- *Sleep and Dreams*
- *Meditation, Biofeedback, and Hypnosis*
- *Drugs and Consciousness*

=====PERSONALITY=====

❖ *Chapter Thirteen – Motivation and Emotion*

- *The Psychology of Motivation*
- *Biological Needs: Focus on Hunger*
- *Psychological Needs*
- *Emotions*

=====HEALTH AND ADJUSTMENT=====

❖ *Chapter Seventeen – Stress and Health*

- *What is Stress?*
- *Responses to Stress*
- *Physical Effects of Stress*
- *Psychological Factors and Health*
- *Ways of Coping with Stress*

❖ *Chapter Eighteen – Psychological Disorders*

- *What are Psychological Disorders?*
- *Anxiety Disorders*
- *Dissociative Disorders*
- *Somatoform Disorders*
- *Mood Disorders*
- *Schizophrenia*
- *Personality Disorders*

❖ *Chapter Nineteen – Methods of Therapy*

- *What is Therapy?*
- *The Psychoanalytic Approach*
- *The Humanistic Approach*
- *Cognitive Therapy and Behavior Therapy*
- *Biological Therapy*