

WTCS Repository

10-809-198 Intro to Psychology

Course Outcome Summary

Course Information

Alternate Title Introduction to Psychology

Description This science of psychology course is a survey of multiple aspects of behavior and mental processes. It provides an overview of topics such as research methods, theoretical perspectives, learning, cognition, memory, motivation, emotions, personality, abnormal psychology, physiological factors, social influences, and development.

Total Credits 3

Pre/Corequisites

Prerequisite Each Wisconsin Technical College determines the General Education course prerequisites used by their academic institution. If prerequisites for a course are determined to be appropriate, the final Course Outcome Summary must identify the prerequisites approved for use by the individual Technical College.

Course Competencies

1. Differentiate psychological perspectives

Assessment Strategies

1.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 1.1. characterize psychological perspectives
- 1.2. compare and contrast psychological perspectives
- 1.3. identify the role of biological, psychological and social influences as interactive causes of human behavior

Learning Objectives

- 1.a. Describe the psychological perspectives
- 1.b. Explore psychological perspectives
- 1.c. Identify the use of psychological perspectives

2. Examine research methods

Assessment Strategies

2.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 2.1. compare research methods
- 2.2. identify research methods
- 2.3. articulate ethical concerns in research
- 2.4. identify sources of bias and error in research
- 2.5. analyze the components of scientific process

Learning Objectives

- 2.a. Demonstrate scientific thinking
- 2.b. Explore the science of psychology
- 2.c. Examine research methods
- 2.d. Identify optimal methods for research questions
- 2.e. Discuss ethical considerations in research
- 2.f. Practice using parts of the scientific method

3. Distinguish learning theories

Assessment Strategies

- 3.1. Written, Oral or Practical Application

Criteria

- 3.1. communicate principles of major learning theories
- 3.2. apply learning strategies to specific situations

Learning Objectives

- 3.a. Describe various learning theories (e.g. behaviorism - classical, operant, observational)
- 3.b. Differentiate among different types of learning
- 3.c. Apply learning theory to everyday life

4. Examine biological and environmental influences on behavior and mental processes

Assessment Strategies

- 4.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 4.1. match major structures of the central and peripheral nervous systems with their functions
- 4.2. explain neural communication
- 4.3. investigate the biological influences on behavior and mental processes
- 4.4. identify the environmental influences on behavior and mental processes

Learning Objectives

- 4.a. Discuss biological and environmental influences
- 4.b. Examine neural communication
- 4.c. Identify structures of the nervous system
- 4.d. Explain the functions of the nervous system

5. Investigate cognitive processes

Assessment Strategies

- 5.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 5.1. summarize different types of cognitive processes
- 5.2. apply concepts of cognitive processes in everyday life

Learning Objectives

- 5.a. Summarize cognitive processes (e.g. language, thinking, intelligence and memory)
- 5.b. Apply cognitive strategies (e.g. problem-solving, memory techniques)

6. Explore relationships among social influences, behavior, and mental processes

Assessment Strategies

- 6.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 6.1. identify principles of social thinking and social influences
- 6.2. analyze social psychological interactions in everyday life

Learning Objectives

- 6.a. Examine types of social influences
- 6.b. Analyze the interaction of social influences, behavior, and mental processes
- 6.c. Discuss research related to social influences

7. Examine personality theories

Assessment Strategies

- 7.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 7.1. differentiate among personality theories
- 7.2. apply principles of personality theories

Learning Objectives

- 7.a. Summarize personality theories
- 7.b. Compare and contrast personality theories
- 7.c. Investigate measures of personality

8. Explore motivational theories

Assessment Strategies

- 8.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 8.1. examine personal motivational patterns
- 8.2. distinguish theories of motivation
- 8.3. apply principles of motivation to specific situations

Learning Objectives

- 8.a. Explain what motivates behavior
- 8.b. Differentiate among theories of motivation
- 8.c. Apply principles of motivation to daily life

9. Investigate stress

Assessment Strategies

- 9.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 9.1. identify the relationship between the perception of stress and stressors
- 9.2. determine physiological and psychological responses to stress
- 9.3. analyze factors contributing to the effects of stress
- 9.4. construct a plan for effective stress management

Learning Objectives

- 9.a. Describe types of stressors
- 9.b. Describe the physiological and psychological responses to stress
- 9.c. Differentiate between various types of coping strategies

10. Examine states of consciousness

Assessment Strategies

- 10.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 10.1. examine states of consciousness (e.g. sleep, hypnosis, effects of substances)
- 10.2. explore the effects of states of consciousness on behavior

Learning Objectives

- 10.a. Differentiate states of consciousness
- 10.b. Discuss the impact of sleep related issues
- 10.c. Discuss the effects of substances

11. Investigate sensation and perception

Assessment Strategies

- 11.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 11.1. distinguish between sensation and perception
- 11.2. discuss the relationship between sensation and perception

Learning Objectives

- 11.a. Summarize sensation and perception
- 11.b. Explore how senses work
- 11.c. Identify the principles of perceptual organization
- 11.d. Examine problems with sensation and perception

12. Identify psychological disorders and treatment approaches

Assessment Strategies

- 12.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 12.1. discriminate between normal and abnormal behavior and mental processes
- 12.2. differentiate among common therapeutic approaches

Learning Objectives

- 12.a. Summarize criteria that separate mental health from mental illness
- 12.b. Discuss categories of psychological disorders in current DSM
- 12.c. Identify mental health resources
- 12.d. Differentiate among various treatments

13. Summarize human development processes

Assessment Strategies

- 13.1. Written, Oral or Practical Application

Criteria

You will know you are successful when you:

- 13.1. identify cognitive, physical, emotional, and social changes across the lifespan
- 13.2. assess the impact of cognitive, physical, emotional, and social changes across the lifespan

Learning Objectives

- 13.a. Explore cognitive changes across the lifespan
- 13.b. Examine physical changes across the lifespan
- 13.c. Characterize emotional and social changes across the lifespan