Course Title: Psychology 40S

School Year and Semester: 2014 -2015

Teacher: Trudy Zelmer  
zelmer.trudy@bsd.ca

Course Description:

Psychology is the scientific study of behaviour and mental processes. It uses the scientific method to discover ways of understanding the complexities of human thought and behaviour, as well as differences among people.

Studying psychology gives students lifelong skills such as dealing with issues proactively, solving problems, learning, and nurturing healthy relationships. It helps students understand themselves, and deal with issues in their own lives such as inner conflicts, relationships with parents and peers, and intimacy. It also helps students understand social problems like drug dependency, aggression, and discrimination.

The course exposes students to the major topics found in the field of psychology. Themes include Introduction and Research Methods, Biopsychology, Developmental Psychology, Cognitive Psychology, and Variations in Individual and Group Behaviour. It emphasizes the issues that are of particular direct interest and relevance to students completing high school. Students explore the scientific methods upon which psychology is based. They can then apply what they learned to their daily lives.

General Learning Outcomes:

- Students will develop an understanding of the major concepts and theories in Psychology. In doing so, they will “learn a new language”.
- Students will apply psychological concepts to their own lives to broaden self-awareness. They will be encouraged to share personal insights and experiences.
- Students will develop critical thinking skills.
- Students will develop reading, writing and discussion skills. The activities in this course invite students to express themselves orally and in writing, and construct arguments logically and persuasively.
- Students will develop their communication skills.

Course Evaluation Structure:

- Tests: 30%
- Assignments, Labs & Projects: 40%
- Final Exam: 30%

Assignments, labs, and project evaluation structure will be distributed at the beginning of each unit.

Course Final Standing

The final mark for term work within the respective categories, (tests, assignments and projects) will be cumulative.
In accordance with the Brandon School Division Policy on student assessment, evaluation, and Reporting, the following standard for the completion of assignments by students apply:

- A zero grade is given to unit assignments that are not submitted by the end of the related unit’s summative evaluation.
- Any extension for a student to the above standard will be considered by the administration only when requested by the teacher.

### Unit Descriptions

**Theme 1: Introduction and Research Methods**  (Approximate instructional & test time: 10 classes)

#### Topic 1: Introduction – 5 classes

1.1.1 Define psychology, and list and explain its goals.
1.1.2 Describe and compare the biological, behavioural, cognitive, sociocultural, humanistic, and psychodynamic perspectives.
1.1.3 Discuss career opportunities in the major subfields of psychology.

#### Topic 2: Research Methods – 4 classes

1.2.1 Describe and compare quantitative and qualitative research strategies.
1.2.2 Demonstrate an understanding of how statistics are used in psychological research.
1.2.3 Describe ethical issues in psychological research.
1.2.4 Discuss the development of psychology as an empirical science.

**Theme 2: Biopsychology**  (Approximate instructional and test time: 22 classes)

#### Topic 1: Biological Bases of Behaviours – 6 classes

2.1.1 Describe the structure, function and organization of the nervous system.
2.1.2 Describe the structure and function of the major regions of the brain.
2.1.3 Demonstrate an understanding of scientific advances that have been developed to analyze brain behaviour and disease.
2.1.4 Describe the relationship between the endocrine glands and the nervous system.
2.1.5 Compare the effects of genetics, evolution and environment on behaviour.

#### Topic 2: Sensation and Perception – 6 classes

2.2.1 Identify the basic concepts of sensory processes and explain their capabilities and limitations.
2.2.2 Relate knowledge of sensory processes to applications in areas such as engineering psychology, advertising, music, and architecture.
2.2.3 Discuss the interaction of the person and the environment in determining perception.

#### Topic 3: Motivation and Emotion – 3 classes

2.3.1 Apply motivational concepts to the behaviour of humans and other animals.
2.3.2 Investigate the role of biology and learning in motivation and emotion.
2.3.3 Describe the theories of motivation.
2.3.4 Discuss cultural factors in emotions and motivations.
2.3.5 Describe theories of emotion.
Topic 4: Stress, Coping and Health – 5 classes

2.4.1 Identify the sources of stress, and explain the psychological and physiological reactions to stress.
2.4.2 Identify and explain cognitive and behavioural strategies to deal with stress and promote health.
2.4.3 Investigate different holistic approaches to deal with stress and promote health.

Theme 3: Developmental Psychology  (Approximate instructional and test time: 10 classes)

Topic 1: Life Span Development – 5 classes

3.1.1 Describe physical, social, emotional and cognitive changes throughout the human life span.
3.1.2 Discuss how biological and cultural notions of gender shape the experiences of men and women.
3.1.3 Examine the development of ethnic identity.

Topic 2: Personality and Assessment – 4 classes

3.2.1 Define personality
3.2.2 Explain the characteristics of psychodynamic, cognitive behavioral, humanistic, and trait approaches.
3.2.3 Compare and contrast various forms of personality assessment.

Theme 4: Cognitive Psychology  (Approximate instructional and test time: 24 classes)

Topic 1: Learning – 7 classes

4.1.1 Describe learning from a psychological perspective.
4.1.2 Describe classical conditioning.
4.1.3 Describe operant conditioning.
4.1.4 Explain observational and cognitive learning approaches.
4.1.5 Discuss the roles of biology and culture in learning.

Topic 2: Memory – 4 classes

4.2.1 Describe encoding.
4.2.2 Describe sensory, short term and long term memory systems.
4.2.3 Describe retrieval.
4.2.4 Investigate strategies for improving memory.

Topic 3: Thinking and Language – 4 classes

4.3.1 Explain how thinking involves the manipulation and understanding of information.
4.3.2 Recognize that information is classified into categories, containing similar properties known as concepts.
4.3.3 Compare the different strategies and obstacles involves in problem solving and decision making.
4.3.4 Discuss language acquisition across species.

Topic 4: States of Consciousness – 4 classes

4.4.1 Describe states and levels of consciousness.
4.4.2 Describe the sleep cycle.
4.4.3 Compare theories that explain why we sleep.
4.4.4 Demonstrate an understanding of types of sleep disorders.
4.4.5 Compare different dream theories.
4.4.6 Describe hypnosis and its uses in psychology.
4.4.7 Characterize the major categories of psychoactive drugs and their effects.

**Topic 5: Individual Differences – 4 classes**

4.5.1 Explain how intelligence and personality may be influenced by heredity and environment.
4.5.2 Discuss theories of intelligence.
4.5.3 Demonstrate an understanding of how intelligence is measured.

**Theme 5: Variations in Individual and Group Behaviour**  
(Approximate instructional and test time: 21 classes)

**Topic 1: Psychological Disorders and Treatments – 11 classes**

5.1.1 Differentiate between normal, abnormal, and disordered behaviour.
5.1.2 Discuss the major categories of disorders.
5.1.3 Distinguish the common characteristics of disorders and cite examples.
5.1.4 Identify the principle methods used to treat individuals with psychological disorders.

**Topic 2: Social and Cultural Dimensions of Behaviour – 9 classes**

5.2.1 Demonstrate an understanding of person perception, attraction, social judgment, and attitude formation.
5.2.2 Identify basic social and cultural categories and discuss how they affect behaviour.
5.2.3 Demonstrate an understanding of the effects of the presence of others on individual behaviour.
5.2.4 Describe how social structure can affect intergroup relations.
5.2.5 Discuss the nature and effects of bias and discrimination toward groups such as indigenous peoples, immigrants, and refugees.
5.2.6 Discuss the circumstances under which conformity, compliance, and obedience are likely to occur.
5.2.7 Discuss the nature and benefits of altruism in society.
5.2.8 Demonstrate an understanding of the role of aggression in society.

**Final Exam Review:** 2 days