

Essentials of Psychology

Course Syllabus

Course Description

Essentials of Psychology examines human behavior and allows students to reflect on themselves and others. This course explores psychological discoveries about what humans do, and why. Students will learn how to predict and influence their behavior and the behavior of others in personal, social, and professional settings.

Learning Outcomes

Upon successful completion of this course, students will be able to:

- Explain basic psychological concepts.
- Interpret research findings related to psychological concepts.
- Apply psychological principles to everyday life.
- Draw logical and objective conclusions about behavior from empirical evidence.
- Design, conduct, or evaluate psychological research.
- Evaluate how psychological science can be used to counter unsubstantiated statements, opinions, or beliefs.

Course Outline

Chapter 1: Introduction to the Science of Psychology

1. The World of Psychology: An Overview
2. Approaches to the Science of Psychology
3. Human Diversity and Psychology
4. The Impact of Sociocultural Diversity on Psychology
5. Thinking Critically about Psychology
6. Research Methods in Psychology
7. Statistical Analysis of Research Results
8. Ethical Guidelines for Psychologists

Chapter 2: Biological Aspects of Psychology

1. Cells of the Nervous System
2. The Peripheral Nervous System
3. The Central Nervous System
4. The Chemistry of Psychology: Neurotransmitters
5. The Endocrine System

Chapter 3: Sensation and Perception

1. Sensing and Perceiving the World
2. Sensory Systems
3. Seeing
4. Hearing
5. The Chemical Senses: Taste and Smell
6. Sensing Your Body
7. Perception
8. Organizing the Perceptual World
9. Recognizing the Perceptual World
10. Attention

Chapter 4: Consciousness

1. The Scope of Consciousness
2. Sleeping and Dreaming
3. Hypnosis
4. Psychoactive Drugs

Chapter 5: Learning

1. Classical Conditioning: Learning Signals and Associations
2. Instrumental and Operant Conditioning: Learning the Consequences of Behavior
3. Cognitive Processes in Learning
4. Using Research on Learning to Help People Learn

Chapter 6: Memory

1. The Nature of Memory
2. Storing New Memories
3. Retrieving Memories
4. Constructing Memories
5. Forgetting
6. Biological Bases of Memory
7. Improving Your Memory

Chapter 7: Thought, Language, and Intelligence

1. Basic Functions of Thought
2. Mental Representations: The Ingredients of Thought
3. Thinking Strategies
4. Problem Solving
5. Decision Making
6. Language
7. Testing Intelligence
8. Evaluating Intelligence Tests
9. Diversity in Intelligence

Chapter 8: Motivation and Emotion

1. Concepts and Theories of Motivation
2. Hunger and Eating
3. Sexual Behavior
4. Achievement Motivation
5. Relations and Conflicts Among Motives
6. The Nature of Emotions
7. Theories of Emotion
8. Communicating Emotion

Chapter 9: Human Development

1. Exploring Human Development
2. Beginnings
3. Infancy and Childhood: Cognitive Development
4. Infancy and Childhood: Social and Emotional Development
5. Adolescence
6. Adulthood

Chapter 10: Health, Stress, and Coping

1. Health Psychology
2. Understanding Stress and Stressors
3. Stress Responses
4. Stress Mediators
5. The Physiology and Psychology of Health and Illness
6. Promoting Healthy Behavior

Chapter 11: Personality

1. The Psychodynamic Approach
2. The Trait Approach
3. The Social-Cognitive Approach
4. The Humanistic Psychology Approach
5. Assessing Personality

Chapter 12: Psychological Disorders

1. Defining Psychological Disorders
2. Explaining Psychological Disorders
3. Classifying Psychological Disorders
4. Anxiety Disorders
5. Obsessive-Compulsive and Related Disorders
6. Somatic Symptom and Related Disorders
7. Dissociative Disorders
8. Depressive and Bipolar Disorders
9. Schizophrenia Spectrum and Other Psychotic Disorders
10. Personality Disorders
11. Additional Psychological Disorders
12. Psychological Disorders and the Law

Chapter 13: Treatment of Psychological Disorders

1. Basic Features of Treatment
2. Psychodynamic Psychotherapy
3. Humanistic Psychotherapy
4. Behavior Therapy and Cognitive Behavior Therapy
5. Group, Family, and Couples Therapy
6. Evaluating Psychotherapy
7. Biological Treatments
8. Community Psychology

Chapter 14: Social Psychology

1. Social Influences on the Self
2. Social Perception
3. Attitudes
4. Prejudice and Stereotypes
5. Interpersonal Attraction
6. Social Influence
7. Obedience
8. Aggression
9. Altruism and Prosocial Behavior
10. Group Processes

Chapter 15: Industrial and Organizational Psychology

1. An Overview of Industrial and Organizational Psychology
2. Assessing People, Jobs, and Job Performance
3. Recruiting and Selecting Employees
4. Training Employees
5. Employee Motivation
6. Job Satisfaction
7. Occupational Health Psychology
8. Work Groups and Work Teams

Chapter 16: Neuropsychology

1. Foundations of Neuropsychology
2. Mechanisms of Brain Dysfunction
3. Neuropsychological Disorders

Completion and Accreditation

Students who pass the chapter tests with an overall average of 70% or higher will receive a certificate of completion and 17.0 Continuing Education Units (CEUs). One CEU is equivalent to 10 hours of class time.

Corexcel is accredited by the International Association for Continuing Education and Training (IACET) and is authorized to issue the IACET CEU. In obtaining this accreditation, Corexcel has demonstrated that it complies with the ANSI/IACET Standard which is recognized internationally as a standard of good practice. As a result of their Authorized Provider membership status, Corexcel is authorized to offer IACET CEUs for its programs that qualify under the ANSI/IACET Standard.