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Alabama
Department of
Postsecondary Education

Representing Alabama's Public Two-Year College System

Jefferson State Community College

**PSY 200
General Psychology**

- I. PSY 200 General Psychology - 3 Semester Hours**
Core Area IV, ASCI TSCI (Lec 3 hrs)
- II. Course Description**
This course is a survey of behavior with emphasis upon psychological processes. This course also includes the biological bases for behavior, thinking, emotion, motivation, and the nature and development of personality.
- III. Prerequisite**
None.
- IV. Textbook**
Wood, Samuel E. The World of Psychology 7th edition.
Ally/Bacon Publishing. ISBN: 0-205-01978-1
- V. Course Objectives**
 - A. Working knowledge of the specialized vocabulary used in psychology.
 - B. Understanding of basic scientific methods used in psychology.
 - C. Understanding of the major theoretical perspectives used in psychology.
 - D. Understanding of the relationship between the psychological, physiological, and socio-cultural factors that influence behavior across cultures.
 - E. Acquiring knowledge that will enhance personal development.
 - F. Acquiring knowledge that will improve critical thinking skills.
- VI. Course Outline of Topics**
 - A. History
 - B. Research methods
 - C. Biological / Physiological
 - D. Learning and memory
 - E. Motivation and emotion
 - F. Cognition
 - G. Abnormal psychology
 - H. Developmental psychology
 - I. Sensation and perception
 - J. Personality

- K. Stress and Health
- L. Gender and Sexuality
- M. Methods of Therapy
- N. Social Psychology

VII. Evaluation and Assessment

Written assessment

Grades will be given based upon A = 90 – 100%, B = 80 – 89%, C = 70 – 79%, D = 60 – 69%, and F = below 60%.

VIII. General Course Competencies

- A. The student will understand the place of psychology in the universe of human knowledge.
- B. The student will understand him/herself as a biological, sensing, and perceiving organism.
- C. The student will understand how people learn, remember, and process information.
- D. The student will understand the contributions of psychology in explaining the nature of emotions, drives, and motives.
- E. The student will understand the theories of personality development and the conflicting forces within him/herself and the implications thereof.
- F. The student will understand the causes and course of stress and mental disorders and the various treatments of these life problems.

IX. Course Competencies Stated in Performance Terms

- A. Learn the place of psychology in the universe of human knowledge.
 - 1. The student will acquaint him/herself with the historical roots of psychology.
 - 2. The student will distinguish the major schools of psychology.
 - 3. The student will examine the different types of professional psychologists.
 - 4. The student will explore the various methods of psychological research.
- B. Develop an understanding of him/herself as a biological, sensing, and perceiving organism.
 - 1. The student will describe the structure and functions of the brain and the central nervous system.
 - 2. The student will explain the role of the endocrine system as an integral part of the biology of behavior.
 - 3. The student will analyze the functions of the various senses in relaying information to the brain.
 - 4. The student will define the process by which the brain organizes and interprets sensory information.
- C. Comprehend how people learn, remember, and process information.
 - 1. The student will explain the fundamental principles of classical and operant conditioning as well as social and cognitive learning theories.
 - 2. The student will appreciate the functions of reinforcement, punishment, discrimination, and modeling in the learning process.
 - 3. The student will name and describe the types of memory and information processing.
 - 4. The student will explain the causes of retention, forgetting, and recalling information and the methods of improving memory.
- D. Analyze the contributions of psychology in explaining the nature of emotions, drive and motives.

1. The student will explore the expression of emotions, the nature of emotional responses, and the stimuli that elicit them.
 2. The student will describe the theories of emotion and identify the role of emotions in human interactions.
 3. The student will analyze the role of drives in important human behaviors such as eating, sleeping, aggression and sexual interaction.
 4. The student will describe the nature and origins of motives and their role in directing behavior.
- E. Explore the theories of personality and the conflicting forces within him/herself.
1. The student will distinguish between different theories of personality.
 2. The student will describe the methods of measuring individual differences in personality.
 3. The student will examine the nature of anxiety, conflict, and frustration.
 4. The student will identify the methods of coping with conflicts within him/herself including the use of defense mechanisms.
- F. Comprehend the causes of stress and mental disorders and the various methods of treating these life problems.
1. The student will describe the physical, psychological, and behavioral problems relating to stress.
 2. The student will examine the various types of mental disorders including their symptoms, incidence, and possible biological or environmental causes.
 3. The student will analyze the classifications and diagnosis of personality disorders.
 4. The student will describe the methods of treatment of stress and mental disorders.

X. Attendance

Students are expected to attend all classes for which they are registered. Students who are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability to achieve the objectives required in the course. Withdrawal from class can affect eligibility for federal financial aid.

XI. Statement on Discrimination/Harassment

The College and the Alabama State Board of Education are committed to providing both employment and educational environments free of harassment or discrimination related to an individual's race, color, gender, religion, national origin, age, or disability. Such harassment is a violation of State Board of Education policy. Any practice or behavior that constitutes harassment or discrimination will not be tolerated.

XII. Americans with Disabilities

The Rehabilitation Act of 1973 (Section 504) and the Americans with Disabilities Act of 1990 state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College. The ADA Accommodations office is located in FSC 300 (205-856-7731).