

Effective Implementation date: Spring 2018, 201830

**Course Prefix and Number:** PSY101

**Course Title:** General Psychology I

**Course Credits:** 3

**Course Description:** Focuses on the scientific study of behavior including motivation, emotion, physiological psychology, stress and coping, research methods, consciousness, sensation, perception, learning, and memory. This is a statewide Guaranteed Transfer course in the GT-SS3 category.

**Guaranteed Transfer (GT) Pathways Course Statement:**

The Colorado Commission on Higher Education has approved PSY101 for inclusion in the Guaranteed Transfer (GT) Pathways program in the GT-SS3 category. For transferring students, successful completion with a minimum C– grade guarantees transfer and application of credit in this GT Pathways category. For more information on the GT Pathways program, go to <https://highered.colorado.gov/academics/transfers/gtpathways/curriculum.html>.

**GT-SS3: HUMAN BEHAVIOR, CULTURE OR SOCIAL FRAMEWORKS CONTENT CRITERIA**

Students should be able to:

- a. Develop knowledge of human behavior, including learning, cognition, and human development **or** cultural or social frameworks/theories that explore and compare issues and characteristics of individuals, groups, communities, or cultures.
- b. Use tools, approaches, and skills from the Social & Behavioral Sciences to analyze and interpret issues.
- c. Understand diverse perspectives and groups.

**GT-SS1 COMPETENCIES & STUDENT LEARNING OUTCOMES**

**Competency: Critical Thinking:**

Students should be able to:

1. **Explain an Issue**
  - a. Use information to describe a problem or issue and/or articulate a question related to the topic.
2. **Utilize Context**
  - a. Evaluate the relevance of context when presenting a position.
  - b. Identify assumptions.
  - c. Analyze one's own and others' assumptions.
5. **Understand Implications and Make Conclusions**
  - a. Establish a conclusion that is tied to the range of information presented.
  - b. Reflect on implications and consequences of stated conclusion.

**Competency: Diversity & Global Learning:**

Students should be able to:

- 1. Build Self-Awareness**
  - a. Demonstrate how their own attitudes, behaviors, or beliefs compare or relate to those of other individuals, groups, communities, or cultures.
  
- 2. Examine Perspectives**
  - a. Examine diverse perspectives when investigating social and behavioral topics within natural or human systems.
  
- 3. Address Diversity**
  - a. Make connections between the world-views, power structures, and experiences of individuals, groups, communities, or cultures, in historical or contemporary contexts.

**REQUIRED COURSE LEARNING OUTCOMES**

1. Explain the discipline of psychology, its history, and how it is practiced today.
2. Demonstrate the basic rules of research in psychology and be able to evaluate their application.
3. Identify the biological influences on behavior.
4. Explain consciousness and factors that may influence it.
5. Summarize motivation in terms of inborn and learned determinants.
6. Analyze emotion and its relationship to physiology and cognition.
7. Define the principles of sensation and perception.
8. Demonstrate the principles of learning and its application to behavior.
9. Outline memory and forgetting and the application of memory skills to life.
10. Identify the factors involved in stress and effective strategies for management of stress.
11. Write and speak clearly and logically in presentations and essays about topics related to psychology.
12. Demonstrate psychology information literacy by evaluating the validity of information sources in the study of psychology.
13. Analyze, evaluate, and apply written material related to the study of psychology.

**REQUIRED TOPICAL OUTLINE**

- I. Introduction to the Discipline
  - A. The Goals of Psychology
  - B. Professional Roles and Activities
  - C. History of Discipline
  - D. Theoretical Perspectives
  
- II. Research Methods in Psychology
  - A. Basic Research and Statistical Methods
  - B. Basic vs. Applied Science
  - C. Evaluation of Psychological Research
  - D. Ethics in Research
  
- III. Physiological Psychology
  - A. Genetics
  - B. Heredity vs. Environmental Influences
  - C. Endocrine System
  - D. The Nervous System

- IV. Consciousness
  - A. The Nature of Consciousness
  - B. Sleep and Dreams
  - C. Altered States of Consciousness
- V. Motivation
  - A. Basic Drives
  - B. Theories of Motivation
  - C. Learned Motives
  - D. Intrinsic and Extrinsic Motives
- VI. Emotion
  - A. The Physiology of Emotion
  - B. Theories of Emotion
  - C. The Development and Expression of Emotion
  - D. Cognition and Emotion
- VII. Sensation and Perception
  - A. Principles of Sensation
  - B. The Senses
  - C. Principles of Perception
- VIII. Learning
  - A. Classical Conditioning
  - B. Operant Conditioning
  - C. Observational Conditioning
  - D. Cognitive learning
- IX. Memory
  - A. Theories of Memory
  - B. Theories of Forgetting
  - C. The Physiology of Memory
  - D. Memory Disorders
  - E. Effective Studying
- X Stress and Coping
  - A. Physiological Components of Stress
  - B. Psychological Components of Stress
  - C. Stress Management