

# Psychology (PSYC 1030)

## Introduction to Psychology: History and Approaches INT

- a Define psychology and explain its usefulness in today's world. INT1A
- b Recognize crucial historical figures, foci, and periods in psychology's history. INT1B
- c Identify psychology's contemporary foci. INT 1C
- d List academic and non-academic career options available to psychologists. INT 1D

## Research RES

- a Explain the difference between evidence-based scientific research and intuition/anecdotal experience. RES 2A
- b Identify and distinguish between the style of the scientific method in written accounts of research studies. RES 2B
- c Identify and explain the major research designs and approaches in the field of psychology. RES 2C
- d Evaluate a research scenario to determine if a potential ethical conflict exists. RES 2D
- e Identify and contrast the variable in experiments, such as independent, dependent, and confounding variables. RES 2E
- f Define and explain important terminology such as hypothesis, research question, causality, reliability, and validity. RES 2F

## Brain Physiology and Function BRA

- a Describe how genetics and other biological factors influence human behavior. BRA 3A
- b List features and functions of central and peripheral nervous system, including somatic, autonomic, sympathetic, parasympathetic systems. BRA 3B
- c Identify components of brain communication and their functions including neurons and neurotransmitters. BRA 3C
- d Identify regions and functions of different areas of the brain including the spinal cord, hindbrain, midbrain, forebrain, and hemispheres. BRA 3D
- e Describe neuroimaging techniques used to study the brain, including EEG, MRI, fMRI, and PET BRA 3E

## Human Development HUM

- a Differentiate between heredity and environmental factors that influence development. HUM 4A**

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- b Compare and contrast the research designs used in developmental psychology. HUM 4B**

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- c Identify factors that impact prenatal development. HUM 4C**

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- d Summarize and explain the physical, cognitive, and social development during infancy. HUM 4D**

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- e Summarize and explain the physical, cognitive, and social development during childhood. HUM 4E**

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- f Summarize and explain the physical, cognitive, and social development during adolescence. HUM 4F**

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- g Summarize and explain the physical, cognitive, and social development during adulthood. HUM 4G**

## Sensation and Perception SEN

- a Compare and contrast the processes of sensation and perception and elaborate on how they interact. SEN 5A**

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- b Describe the visual, sensory, and auditory systems. SEN 5B**

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- c Describe perceptual illusions and the nature of attention. SEN 5C**

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- d Explain Gestalt's principles of perception. SEN 5D**

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- e Explain how experiences and expectations influence perception. SEN 5E**

## Memory MEM

- a Distinguish between sensory, short term and long-term memories MEM 6A**

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- b Describe the information-processing (three-stage) memory model including the duration and capacity of each stage. MEM 6B**

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- c Discuss theories of forgetting and explanations of memory failure MEM 6C**

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- d Identify the role of specific structures and areas of the brain in forming and storing memory. MEM 6C**

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- e Describe strategies for improving memory. MEM 6E**

## Consciousness CON

- a Define consciousness and identify, compare, and contrast states of consciousness, including wakefulness, sleep, intoxication, hypnosis, and meditation. CON 7A**

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- b Describe the role and interaction of the environment, body, and brain as they contribute to sleep onset, progression, and waking. CON 7B**

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- c Identify, compare, and contrast the role and function of sleep and dreams from different psychological perspectives (evolutionary, psychodynamic, cognitive, and neuroscience.)** CON 7C

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  - d Distinguish between sleep deprivation, sleep problems, sleep disorders as well as interventions and treatments.** CON 7D

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  - e Explain how each drug category produces specific effects and recognize symptoms of substance use disorder.** CON 7E
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**Cognition and Intelligence** COG

- a Identify and explain the function of cognition and the process of concept formation, including prototypes and schemata** COG 8A

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  - b Identify, compare, and contrast theories of intelligence, including Sternberg, Gardner, and Spearman.** COG 8B

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  - c Analyze and explain the role of language in cognition, including semantics, the Sapir-Whorf hypothesis, and concept formation** COG 8C
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**Psychological Disorders** PSY

- a Distinguish between atypical thoughts, feelings, and behaviors and a psychological disorder.** PSY 9A

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  - b Define the concept of comorbidity and how it impacts diagnosis.** PSY 9B

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  - c Identify the major categories of disorders according to the DSM-5.** PSY 9C

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  - d Describe perspectives on the origin of psychological disorders.** PSY 9D
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**Therapy and Treatment** THE

- a Demonstrate an understanding of therapeutic approaches and commonly used techniques including cognitive, behavioral, psychodynamic, and client-centered therapies.** THE 10A

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  - b Define the various modalities of treatment.** THE 10B

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  - c Describe mental health treatment throughout history.** THE 10C

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  - d Demonstrate an understanding of effective pairings between therapeutic approaches and commonly seen diagnoses.** THE 10D
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**Social Psychology** SOC

- a Recognize and apply social psychology constructs in one's own life experiences, including attribution, conformity, group dynamics, obedience, aggression, prejudice, attraction, and helping behavior.** SOC 11A

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  - b Demonstrate knowledge of the scientific nature of the study of social psychology.** SOC 11B

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  - c Demonstrate an understanding of foundational studies such as Milgram's, Asch's, and Zimbardo's.** SOC 11C
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## Motivation and Emotion MOT

- a** Distinguish between intrinsic and extrinsic sources of motivation. MOT 12A

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- b** Identify and describe the levels of Maslow's hierarchy of needs and give examples of each. MOT 12B

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- c** Describe how motivation influences eating and sexual behavior. MOT 12C

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- g** Describe the main differences between emotions and moods. MOT 12G

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- h** Distinguish between the 3 components of emotion: physiological arousal, psychological arousal, and subjective experiences. MOT 12H

## Health Psychology HEA

- a** Trace the history of research findings and methods in the study of stress and health. HEA 13A

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- b** Distinguish between distress and eustress with respect to healthy and unhealthy physical, emotional, and behavioral outcomes and responses to events. HEA 13B

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- c** Discuss contributions of positive psychology to our understanding of happiness, life-satisfaction, and wellbeing. HEA 13C

## Learning LEA

- a** Describe, compare, and contrast the general principles of classical conditioning, operant conditioning, and observational learning. LEA 14A

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- b** Define the key terms of acquisition, extinction, instinct, latent learning, reflex, and shaping. LEA 14B

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- c** Match examples of classical conditioning, operant conditioning, or social learning applied to everyday situations with the appropriate technique. LEA 14C

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- d** Identify the key differences between reinforcement and punishment. LEA 14D

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- e** Distinguish between the various reinforcement schedules (continuous, fixed-interval, fixed-ratio, variable interval, and variable-ratio). LEA 14E

## Personality PER

- a** Compare and contrast the major theories in understanding personality. PER 15A

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- b** Discuss how a theory interprets/explains personality or predicts behavior. PER 15B

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- c** Identify similarities and differences in objective personality tests and projective personality tests. PER 15C