

Course Syllabus

Psychology 1A: Introduction to Psychology

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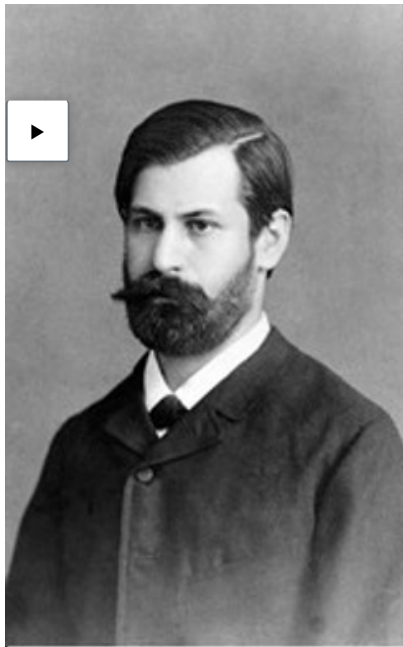
Required Textbook:

Essentials of Understanding Psychology by Robert S. Feldman, McGraw Hill. **10th Edition**

COURSE OUTLINE

(Numbers are pages in the required text)

Unit 1. Freud and Psychoanalysis: 18, 224-225, 385-393.



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Introduction: 18: The Psychodynamic Perspective

Age-Stage Theory: 387-388: Developing Personality

Structure of the Psyche: 386-387: Structuring Personality: Id, Ego, Superego

Defense Mechanisms: 388-390

Recovered Memories: 224-225: Repressed and False Memories

Jung; Adler; Horney: 391-393: The Neo-Freudian Psychoanalysts

Evaluating Psychodynamic Theories: 390-391: Evaluating Freud's Legacy

Unit 2. Behaviorism, Learning and Memory: 18-19, Chapter 5, 398-399, 429-430.

Introduction: 18-19: The Behavioral Perspective

Learning:

Classical Conditioning: 169-175



Principles of Classical Conditioning

Preparedness: 175

Timing: 171

Extinction and Spontaneous Recovery in Classical Conditioning: 173-174

Generalization and Discrimination in Classical Conditioning: 174

Higher Order Conditioning

Experimental Neurosis

Operant Conditioning: 177-186

Reinforcement and Punishment: 178-180

Positive and Negative Reinforcements. 180

The power of Positive Reinforcement

Primary and Secondary Reinforcements. 179

Punishment: 180

Principles of Operant Conditioning

Timing

Extinction and Spontaneous Recovery

Generalization and Discrimination: 184

Schedules of Reinforcement: 182-184

Shaping: 186

Superstitious Conditioning

Pros and Cons of Punishment: 181-182

Learned Helplessness: 429-430

Personality: 398-399

Social Learning Theory: 194-196: Observational Learning

Culture and Learning: 197-198: Exploring Diversity

Memory: xxxvi-xlix, Chapter 6

Textbook Learning and Memory:

Levels of Processing: 219-220

Reinforcement

Rehearsal: 209

Active Responding

State Dependence:

Sensory Modality

Chunking. 208

Overlearning

Distribution of Practice:

Primacy and Recency: 230: Proactive and Retroactive Interference

Flashbulb Memories: 221-222

Mnemonics: 209

Memory Reconstruction: 222-224: Constructive Processes in Memory

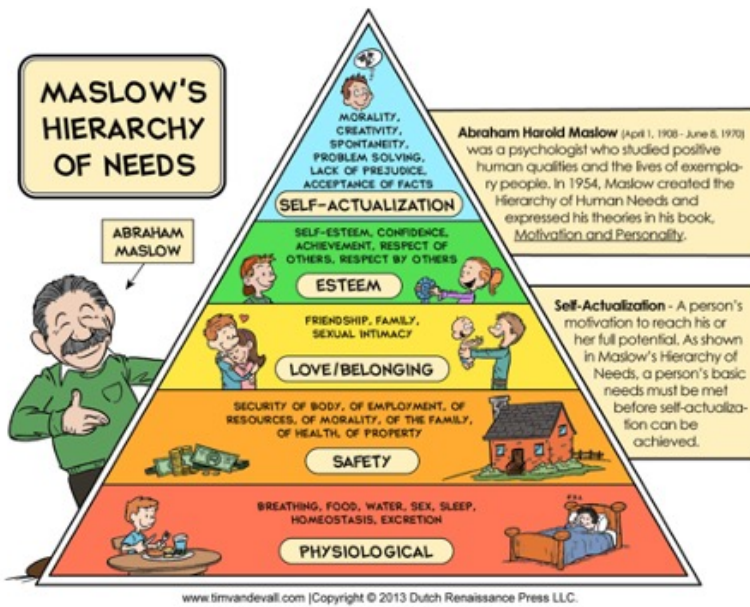
Forgetting: 229-230: Why We Forget

Improving memory: xxxvi-xlix, 233-234

Unit 3. Humanism:19, 293-294, 404-406, 507-509

Introduction: 19: The Humanist Perspective

Maslow's Hierarchy of Needs: 293-294



Carl Rogers and Client Centered Therapy: 507-509: Humanistic Therapy Peaceful Conflict Resolution



Unit 4. Cognitive Psychology: 10, Chapter 7

Introduction: 19: The Cognitive Perspective:

Mental Images: 241-242

Algorithms and Heuristics: 243-245

Solving Problems: 245-253

Representation of the Problem: 246-248: Preparation, Understanding and Diagnosing Problems

Solutions: 248-251: Production: Generating Solutions



Obstacles to Problem Solving: 251-253: Impediments to Solutions

Logical Fallacies:

Overgeneralization

False Cause

Drawing Cause from Correlation

Affirming the Consequent

Confirmation Bias: 252-253: Inaccurate Evaluation of Solutions

Language, Thought and Culture. 259-262: Understanding Language Acquisition

Animals: 262

Creativity and Problem Solving: 253-255

Intelligence: 266-282

Theories of Intelligence: 267-272

Intelligence Tests: 272-279: Assessing Intelligence

SAMPLE INTELLIGENCE TEST QUESTIONS

- Which number should come next in the pattern?

37, 34, 31, 28

- Find the answer that best completes the analogy:

Book is to Reading as Fork is to:

- A. drawing
- B. writing
- C. stirring
- D. eating

- Find two words, one from each group, that are the closest in meaning:

Group A

talkative, job, ecstatic

Group B

angry, wind, loquacious

A. talkative and wind

B. job and angry

C. talkative and loquacious

D. ecstatic and angry

- Which of the following can be arranged into a 5-letter English word?

A. H R G S T

B. R I L S A

C. T O O M T

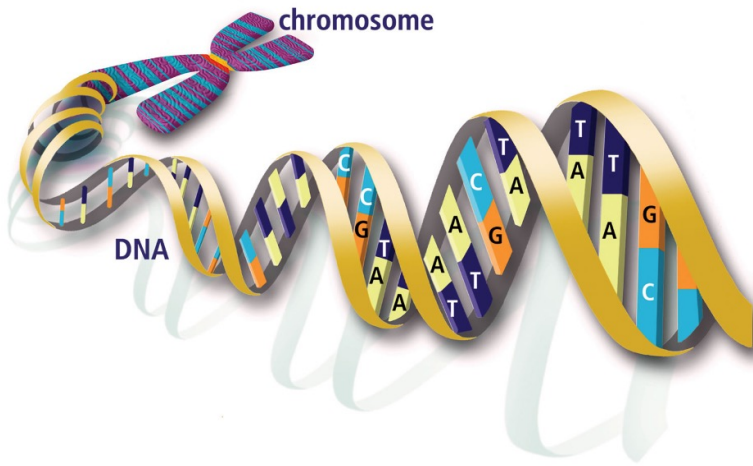
D. W Q R G S

Heredity, Environment and Intelligence: 280-282

Unit 5. Biology: 17, Chapter 2, 213-215

Introduction. 17: The Neuroscience Perspective





Neural Plasticity and Neurogenesis: 77-78

The Organization of the Nervous System: 60-62

Autonomic Nervous System: 62-63

Endocrine System: 64-66

The Cerebral Cortex: 73-77

The Central Core: 70-73

The Limbic System: 72-73

Memory: 213-215: The Neuroscience of Memory

Consciousness: What is it and where is it located in the brain???

Hemispheric Specialization: 78-81

Neurons and Neurotransmitters: 51-58

Tools for Studying the Brain: 68-70: Studying the Brain's Structure and Functions

Unit 6. Overview: Chapter 1, 63-64

Theoretical Perspectives: 8-9, 16-19

Psychoanalysis, Behaviorism, Humanism, Cognitive Psychology, Biology, Evolutionary Psychology, Multicultural Psychology, Positive Psychology, Behavioral Genetics, Clinical Neuropsychology

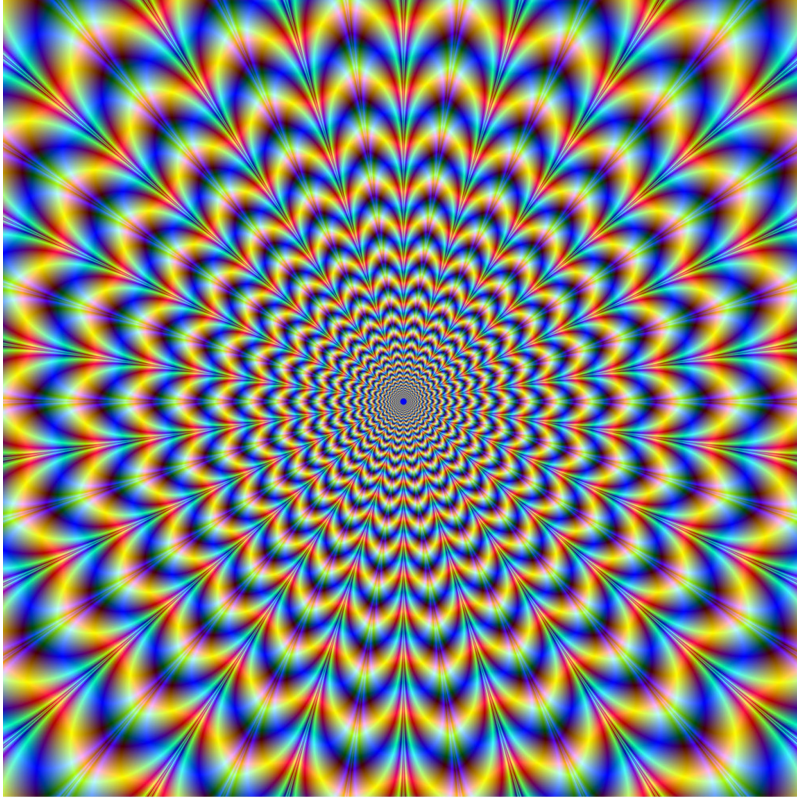
Research Methods: 26-38, 43-44

Case Study, Survey, Observation, Correlation, Experiment

Research Ethics: 40-43

Unit 7. Consciousness and Its Altered States: 90-92, 116-126, Chapter 4, 330, 401-402

Sensory Thresholds, Subliminal Perception, Extrasensory Perception: 90-92, 125-126
Perception: 116-126



Characteristics of Altered States of Consciousness

Drug Altered Consciousness: 152-163

Behavioral Genetics: 330. 401-402

Dreams and Sleep: 133-145

Hypnosis and Meditation: 147-151

Unit 8. Stress and Coping. 81-82, Chapter 11

Stress – The General Adaptation Syndrome: 426-427

Stress and the Immune System: 427: Psychoneuroimmunology and Stress

Stress and Illness: 423-425: The High Cost of Stress; 434-439

Stressors – Sources of Stress: 421-423

Extreme Stressors

Post-Traumatic Stress Disorder

Personality and Stress: 429-430: Learned Helplessness, The Hardy Personality

Coping With Stress 428-429, 431-432



**Socioeconomic and Gender Differences:
Stress Reduction Techniques.**

Biofeedback: 81-82

Unit 9. Psychological Disorders: Chapter 12

Defining Abnormality: 453-454

Perspectives on Psychological Disorders: 455-458

The DSM: 458-460, 487

Schizophrenia: 474-478

Mood Disorders: 470-474

Anxiety Disorders, Somatoform Disorders, Dissociative Disorders: 463-470

Personality Disorders 479-480

Childhood Disorders: 480-481

Depression

ADHD

Autism

Unit 10. Therapies: Chapter 13

Psychotherapies:



Insight Therapies: 496-498, 507-510

Cognitive Therapies: 502-505

Behavior Therapies: 498-502

Effectiveness of Therapy: 510-513

Culture and Therapy: 513

Biological Treatments: 515-520

Prevention: 521-523

Unit 11. Developmental Psychology: Chapter 9

From:



To:



Prenatal Environmental Influences: 337-338

The Newborn: 340-344

Attachment: 344-348: Development of Social Behavior

Parent-Child Relationships: 248-250: Parenting Styles and Social Development

Personal-Social Development: Erik Erikson: 350-351, 362-366

Cognitive Development: 351-356

Moral Development: 360-362

Stages of Grief and Loss: 377-378

Unit 12. Social Psychology: Chapter 14

Attitudes: Formation and Modification: 529-534

Attribution Processes: 347-350

Prejudice and Overcoming Prejudice: 549-553



Social Protest

Cognitive Dissonance: 532-533

Groupthink: 542-543

Obedience to Authority: 546-547

The Stanford Prison Experiment: 543-544: Conformity to Social Roles

Compliance: 544-546

Relationships:

Social Cognition: 534-539

Liking and Loving: 555-558

Gender/ Gender Role: a modern view

Aggression: 559-561, 564

Bullying

Helping Behavior vs. Bystander Apathy: 561-563

War and Peace

SUMMARY

What factors contribute to the development of the least aggressive, most helpful, and, hopefully, the most psychologically healthy person?

Course Summary:

Date	Details	Due
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