



PSY1160 - INTRODUCTION TO PSYCHOLOGY LETHBRIDGE SCHOOL DIVISION COHORT

Offered in the Winter semester

Delivery Method: On-Campus

Schedule: Monday, Wednesday + Friday - 8 to 9 a.m.

Total Hours: 45

Post-Secondary Credits: 3

High School Credits: 5

Pre-Requisites: None

Materials Cost: \$100 (approx.)

Course Description:

This course gives students a basic understanding and overview of the field of psychology. Attention is given to the scientific method, biological factors, cognitive processes, learning, memory, intelligence, motivation, personality and social psychology. Developmental factors of the lifespan are explored along with the definition, and treatment of psychological disorders.

Course Outcomes:

1. Discuss schools of psychology and beginnings of psychology as a science.
2. Identify the relationship between physiology and behaviour.
3. Identify theories of personality formation and assessment.
4. Describe the developmental issues spanning the prenatal environment, newborn, adolescence, and early, middle and later adulthood.
5. List and describe the features and functions of the central and peripheral nervous system.
6. Define intelligence and identify intelligence testing instruments.
7. Explain short and long-term memory and how we remember and/or forget information.
8. Describe the principles of learning (classical, operant, and observational).
9. Explain social perception, attitudes, social influences, prejudice, and discrimination.
10. Define abnormal behaviour, its causes, and the various approaches to therapy.
11. Examine several different psychological disorders, how they manifest and appropriate interventions.
12. Define stress, its impact, and how we cope with it.

Assessments:

- Exams
- Quizzes
- Activities

Required Equipment & Materials:

- Textbook

Transferability:

- *Required course for:* Criminal Justice – Corrections, Criminal Justice – Policing, Bachelor of Nursing
- *Approved Elective for:* Business Administration, General Arts and Science
- *External Transfer Equivalent at:* Athabasca University, Bow Valley College, College of the Rockies, Concordia University of Edmonton, The King's University, MacEwan University, Medicine Hat, Mount Royal University, NorQuest, Northern Lakes College, SAIT, University of Alberta, University of Calgary, University of Lethbridge, University of Regina



Participation in this course is reserved for students of Lethbridge School Division.