This course is designed to present basic psychological concepts and to introduce students to the scientific study of behavior. Topics covered include methods of psychological research, biological basis of behavior, altered states of awareness, principles of learning, memory/forgetting, sensation/perception, language/thought, and motivation/emotion/stress. Psychological theories, uses of psychology (individual and general), and careers in psychology will be discussed.

PREREQUISITES: None

REQUIRED FOR:

ELECTIVE FOR: All curricula with a social science elective

TEXTS CURRENTLY IN USE:

UNIT I: 
Introduction to Psychology/Research Methodology/Physiological Basis of Behavior

Part A: 
psychology and psychologists
history of psychology
goals of psychology
scientific method
techniques of research
pseudopsychologies

Part B: 
the nervous system: neurons and nerve impulses
structure and function of the brain
the brain and behavior
neurotransmitters
images of the brain: diagnostic technology
hemispheric specialization
brain damage: behavioral effects
agnosia and aphasia

UNIT II: Sensation and Reality
Part A: 
sensory systems
psychophysics: thresholds and limits
subliminal stimulation
vision and visual disruptions
hearing and deafness
smell and taste
somesthetic senses
adaptation, attention and gating
pain sensations
acupuncture

Part B: 
perceptual constancies
perceptual organization
perceiving depth and distance
optical illusions
perceptual learning
attention, habituation and motives
expectancies and sets
evaluating extrasensory perception
UNIT III: States of Consciousness/Conditioning and Learning

Part A:
- altered states of awareness
- biological rhythms
- sleep: stages, types, patterns, disturbances
- REM and NREM sleep
- dreams and dream theories
- hypnosis: susceptibility, induction, effects
- meditation, the relaxation response
- sensory deprivation
- psychoactive substances and drug-altered consciousness
- alcohol and the development of drinking problems

Part B:
- principles of classical conditioning
- antecedents and consequences
- reinforcement theory
- anxiety and conditioned emotional responses
- principles of operant conditioning
- negative reinforcement and punishment
- superstitious behavior
- schedules of reinforcement
- stimulus control
- learning, feedback and programmed instruction
- observational learning
- behavioral self-management

UNIT IV: Memory/Motivation and Emotion

Part A:
- stages of memory: sensory, short-term, long-term
- memory processes: encoding, storage and retrieval
- measurement of memory: recall, recognition and relearning
- theories of memory and forgetting
- types of memory
- recovered memories and the false memory syndrome
- techniques for improving memories/mnemonics
Part B:
types of motives
models of motivation
needs, drives and goals
homeostasis
thirst, hunger and eating, sex, pain
eating disorders and behavioral dieting
stimulus motives
arousal theory
leaned motives
achievement
theories of emotion
fight or flight responses
physiology and expression of emotion