

# Syllabus of Record



**Program:** CET Shanghai

**Course Code / Title:** (SH/PSYC 100) Introduction to Psychology

**Total Hours:** 45

**Recommended Credits:** 3

**Primary Discipline / Suggested Cross Listings:** Psychology / Education, Biology, Neuroscience, Sociology

**Language of Instruction:** English

**Prerequisites / Requirements:** None

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## Description

This course introduces students to the principles, theories, models, and applications of psychological science and the work that psychologists do and how they do it. Specifically, the course is designed to provide students with a broad understanding of human behaviors, human development, sense and perception, learning and intelligence, mind and consciousness, cognitive processes, motivation, emotions, personality, social psychology, and psychological disorders and their treatments and therapies. Ideally, students are prepared to apply a scientifically-based understanding of psychology to their own lives and study.

## Objectives

At the end of this course students will understand and demonstrate familiarity with:

- the various areas within the field of psychology
- psychology from a scientific perspective and the use of experimental findings to explain mental processes and behaviors
- the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology
- the basic research methods in psychology (e.g., descriptive research, correlational research, and experimental research)

## Course Requirements

Students are to attend each class as outlined in the CET Attendance Policy. Preparation in advance of each class and engaged participation during class is essential to the learning experience. The course uses a hybrid style of lectures during seminar and student participatory activities.

Graded assignments consist of:

- Preparation and participation: Students are evaluated on their contributions during seminars and classroom learning activities.
- Two midterm exams: Each one-hour midterm test consists of multiple-choice questions covering material from class lectures, videos shown in class, and textbook reading assignments. The exams are non-cumulative.
- A final exam: The multiple-choice and short-answer questions on the final exam will be cumulative and drawn both from the textbook and class lectures.

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### Grading

Students are evaluated on the basis of their performance as follows:

- 20% Class preparation and participation
- 20% First midterm exam
- 20% Second midterm exam
- 40% Final examination

### Readings

Feldman, Robert S. *Understanding Psychology*. 15th International edition. McGraw-Hill, 2020.

Gerrig, Richard J., and Philip G. Zimbardo, *Psychology and Life*. 19th edition. Pearson Education, 2010.

### Outline of Course Content

Topic 1 – Understanding Psychology as a Science

- The past, the present, and the future of psychology
- What do psychologists do?
- Key issues and controversies in the field
- The scientific methods in psychological research
- Critical issues in human research

Topic 2 – Neuroscience and Behavior: The Biological and Evolutionary Bases of Psychology

- Heredity and behavior
- The nervous systems and the endocrine system
- The brain: Structures and functions

Topic 3 – Sensation and Perception

- Sensory knowledge of the world around us
- The visual system
- Hearing
- Other senses
- Organizational processes in perception
- Identification and recognition processes

Topic 4 – Mind and Consciousness

- The contents of consciousness
- Sleep and dreams
- Hypnosis and meditation
- Mind-altering drug use

Topic 5 – Learning Theories

- Classic conditioning
- Operational conditioning
- Cognitive approaches to learning

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### Topic 6 – Memory

- The foundations of memory and its processes
- Short-term memory and working memory
- Long-term memory: Structures and recalling
- When memory goes wrong

### Topic 7 – Cognitive Processes and Language

- Problem solving and reasoning
- Judgment and decision making
- Language use

### Topic 8 – Intelligence and Creativity

- Theories of intelligence
- Intelligence assessment
- Variations, group differences, and the politics of intelligence
- Theories of creativity
- Creativity assessment

### Topic 9 – Human Development

- Physical development across the life span
- Cognitive development across the life span
- Social development across the life span
- Moral development

### Topic 10 – Motivation and Emotion

- Human needs and motivation
- Motivation for personal achievement
- Theories of emotions
- Understanding emotional experiences
- Stress and coping

### Topic 11 –Sexuality and Gender

- Gender and sex
- Understanding sexual responses
- The diversity of sexual norms and behaviors
- Relationship science

### Topic 12 – Personality

- Trait personality theories
- Psychodynamic theories
- Humanistic theories
- Social-learning and cognitive theories
- Self-theories
- Assessing personality

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### Topic 13 – Health Psychology and Stress

- Understanding stressors
- Physiological consequences of stress
- Psychological factors of stress
- Coping with stress

### Topic 14 – Psychological Disorders and therapies

- Making the distinction: Normal or abnormal?
- The major psychological disorders: Anxiety, depression, personality disorders, dissociative disorders, schizophrenic disorders
- Therapies for psychological disorders: Psychodynamic, behavior, cognitive, humanistic, biomedical, and group therapies
- Treatment evaluation and prevention strategies

### Topic 15 – Social Psychology

- Constructing social reality
- The power of the situation
- Attitudes and attitude change
- Prejudice and discrimination
- Negative and positive social behavior: Aggression, altruism, and prosocial behavior