

Introduction to Psychology

Duration: 24 Hours

Course Overview:

This course will assist students in understanding human behavior and acquiring knowledge of psychology to include: theories and perspectives; research methods; basic consciousness concepts; nature, nurture and human diversity; behavior genetics; prenatal development; cultural influences; drugs and society; sensation and perception; learning concepts; classical and operant conditioning; observational learning; memory; thinking and language development; intelligence and IQ scores; emotions; motivational concepts; drives and achievement; social psychology; and an introduction to abnormal and clinical psychology.

Course Outline:

Module 1: Foundations of Psychology & Human Behavior

- History & major schools of thought (Structuralism, Behaviorism, Humanism, Cognitive)
- Psychology's goals: Describe, Explain, Predict, and Influence behavior
- Branches: Clinical, Cognitive, Developmental, Industrial-Organizational, etc.

Module 2: Learning and Behavior

- Influences on behavior: environment, habits, peer pressure
- Classical Conditioning
- Operant Conditioning
- Observational learning
- Behavior modification principles

Module 3: Sensation & Perception

- How we receive and interpret sensory info
- Perception and cognitive bias
- Optical illusions and perception tricks

Module 4: Memory and Cognition

- Assessing prior Skills and Knowledge
- Types of memory (short-term, long-term, working memory)
- Forgetting, encoding, retrieval
- Cognitive distortions and thinking traps

Module 5: Motivation & Emotion

- The power of safety observations
- Theories of motivation (Maslow, Self-Determination, Incentive)

- Intrinsic vs. extrinsic motivation
- Emotions: Biological and psychological roots
- Emotional intelligence and regulation

Module 6: Personality & Individual Differences

- Major personality theories (Big Five, Freud, Jung, Humanistic)
- Traits vs. types
- Personality tests (MBTI, Big Five)

Module 7: Developmental Psychology Overview

- Self-leadership in team settings
- Stages of development (Erikson, Piaget)
- Nature vs. nurture debate
- Attachment theory and its impact

Module 8: Social Psychology

- Conformity, obedience, groupthink (Asch, Milgram, Zimbardo)
- Social perception, bias, and attribution theory
- Stereotypes and prejudice

Module 9: Abnormal Psychology & Mental Health

- What is “abnormal”? Overview of common disorders (anxiety, depression, etc.)
- Stigma and mental health awareness
- Role of therapy and treatment types (CBT, Psychodynamic, etc.)

Module 10: Psychology at Work & In Daily Life

- Psychology in the workplace (motivation, feedback, behavior change)
- Conflict resolution, stress management
- Building empathy and communication with psychology

Module 11: Thinking & Language Development

- The Power of Belief Bias
- Types of thinking: autistic (free-flowing) vs. directed (goal-oriented)
- Thinking and language: how language facilitates complex cognitive processes