

Syllabus

Psychology, Semester B

Course Overview

This one-semester course is intended for you to familiarize yourself with various theories of psychology and analyze human behavior. This course has 12 lessons and 5 Course Activities. Each lesson contains one or more Lesson Activities.

In Psychology, Semester B, you will explain the established theories of cognitive, psychosocial, and moral development. You will identify the factors that influence interpersonal relationships, recognize the origins and effects of violence, and describe prevention and treatment options for addictive behavior. You will explain abnormal behavior and describe different types of psychological disorders. You will trace the history of psychological counseling and therapy and describe strategies used for problem solving and coping with stress. You will describe some key statistical concepts used in psychological research and testing, and identify career opportunities in psychology.

Your teacher will grade your work on the Course Activities, and you will grade your work on the Lesson Activities by comparing them with the given sample responses. The Course Activities (submitted to the teacher) and the Lesson Activities (self-checked) are major components of this course. There are other assessment components, namely the mastery test questions that feature along with the lesson and an end-of-semester test. These tests are a combination of simple multiple-choice questions and technology-enhanced (TE) questions.

Course Goals

By the end of this course, you will be able to do the following:

- Explain established theories of cognitive, psychosocial, and moral development.
- Explain various behavioral and social learning theories.
- Identify the origins of attraction and describe various factors that influence interpersonal relationships.
- Identify the origins of violence and describe various strategies to reduce violence.
- Describe various prevention and treatment options for addictive behavior and obesity.
- Explain the major perspectives regarding psychological disorders and describe various disorders.
- Describe abnormal behaviors and their origins and characteristics.

- Describe the different types of psychological counseling and therapy, and assess the effectiveness of past and present methods of therapy.
- Identify strategies and obstacles associated with problem solving and decision making.
- Assess various cognitive and behavioral strategies used for dealing with stress.
- Describe statistical concepts used in psychological research and testing.
- Identify and describe different subfields and career opportunities in psychology.

General Skills

To participate in this course, you should be able to do the following:

- complete basic operations with word-processing software such as Microsoft Word or Google Docs
- perform online research using various search engines and library databases
- communicate through email and participate in discussion boards

For a complete list of general skills that are required for participation in online courses, refer to the Prerequisites section of the Plato Student Orientation document, found at the beginning of this course.

Credit Value

Psychology, Semester B is a 0.5-credit course.

Course Materials

- computer with Internet connection and speakers or headphones
- Microsoft Word or equivalent
- Microsoft Excel or equivalent

Course Pacing Guide

This course description and pacing guide is intended to help you keep on schedule with your work. Note that your course instructor may modify the schedule to meet the specific needs of your class.

| Day | Activity/Objective | Type |
|--------|---|--------------------|
| 1 day: | Syllabus and Plato Student Orientation | Course Orientation |

| Day | Activity/Objective | Type |
|------------------|--|-------------------|
| 1 | <i>Review the Plato Student Orientation and Course Syllabus at the beginning of this course.</i> | |
| 6 days: 2–7 | Cognitive, Psychosocial, and Moral Development Theories <i>Explain established theories of cognitive, psychosocial, and moral development.</i> | Lesson |
| 5 days: 8–12 | Behavioral and Social Theories <i>Explain various behavioral and social learning theories.</i> | Lesson |
| 1 day: 13 | Thwack-A-Mole | Game |
| 1 day: 14 | Course Discussion 1 | Course Discussion |
| 3 days: 15–17 | Course Activity 1 | Course Activity |
| 5 days: 18–22 | Interpersonal Relationships <i>Identify the origins of attraction and describe various factors that influence interpersonal relationships.</i> | Lesson |
| 5 days: 23–27 | Violence <i>Identify the origins of violence and describe various strategies to reduce violence.</i> | Lesson |
| 3 days: 28–30 | Course Activity 2 | Course Activity |
| 5 days: 31–35 | Addiction <i>Describe various prevention and treatment options for addictive behavior and obesity.</i> | Lesson |
| 1 day: 36 | Course Discussion 2 | Course Discussion |

| Day | Activity/Objective | Type |
|------------------|--|-------------------|
| 5 days: 37–41 | Psychological Disorders <i>Explain the major perspectives regarding psychological disorders and describe various disorders.</i> | Lesson |
| 1 day: 42 | Para Jumble | Game |
| 5 days: 43–47 | Abnormal Behavior <i>Describe abnormal behaviors and their origins and characteristics.</i> | Lesson |
| 6 days: 48–53 | Psychological Counseling and Therapy <i>Describe the different types of psychological counseling and therapy, and assess the effectiveness of past and present methods of therapy.</i> | Lesson |
| 1 day: 54 | Space Jumble | Game |
| 3 days: 55–57 | Course Activity 3 | Course Activity |
| 5 days: 58–62 | Problem Solving and Decision Making <i>Identify strategies and obstacles associated with problem solving and decision making.</i> | Lesson |
| 1 day: 63 | Course Discussion 3 | Course Discussion |
| 5 days: 64–68 | Stress Management <i>Assess various cognitive and behavioral strategies used for dealing with stress.</i> | Lesson |
| 1 day: 69 | Thwack-A-Mole | Game |

| Day | Activity/Objective | Type |
|------------------|---|-------------------|
| 3 days: 70–72 | Course Activity 4 | Course Activity |
| 5 days: 73–77 | Statistics and Testing <i>Describe statistical concepts used in psychological research and testing.</i> | Lesson |
| 1 day: 78 | Course Discussion 4 | Course Discussion |
| 5 days: 79–83 | Career Opportunities in Psychology <i>Identify and describe different subfields and career opportunities in psychology.</i> | Lesson |
| 1 day: 84 | Space Jumble | Game |
| 1 day: 85 | Course Discussion 5 | Course Discussion |
| 3 days: 86–88 | Course Activity 5 | Course Activity |
| 1 day: 89 | Semester Review | |
| 1 day: 90 | End-of-Semester Test | Assessment |