

Course Syllabus

Course Name: Psychology 1

Description: The human brain is fascinating. Where do thoughts and memories come from? What are emotions? And why do we behave the way we do? Above all, how do these factors influence our relationships with others? In Psychology I, you will begin to understand the human mind by exploring the research and theories of some of the most brilliant psychologists throughout history. Learn how psychology influences personality and development throughout the entire human lifespan, even from birth. Explore different psychological disorders and how they are treated according to the Diagnostic and Statistical Manual of Mental Disorder. And learn psychological tips that you can use every day, like how to cope and reduce stress. So, are you ready to unlock the mysteries of the human brain?

Estimated Completion Time: 1 segment / 16-18 weeks for one segment course

Major Topics and Concepts:

Segment 1:

Theories and Perspectives

- Roots of Psychology
- Principles of Psychological Research
- Psychodynamic Perspectives
- Humanistic Perspectives
- Trait and Social-Cognitive Perspectives

The Human Lifespan

- Studying Development
- Prenatal Development and the Newborn
- Early Childhood Development
- Development in Childhood
- Adolescence
- Aging

Learning and Memory

- Classical Conditioning
- Operant Conditioning
- Observational and Cognitive Learning
- Information Processing
- Storage
- Retrieval

Thinking and Language

- Language Acquisition
- Language and Thought
- Problem Solving and Decision Making

- Obstacles
- Stress
- Coping

Psychological Disorders and Treatment

- History of Psychological Disorders
- Using the DSM
- Schizophrenic and Dissociative Disorders
- Bipolar, Depressive, and Anxiety Disorders
- Personality Disorders, OCD, and PTSD
- Treatment of Psychological Disorders

Course Assessment and Participation Requirements: To achieve success, students are expected to submit work in each course weekly. Students can learn at their own pace; however, "any pace" still means that students must make progress in the course every week. To measure learning, students complete self-checks, practice lessons, multiple-choice questions, discussion-based assessments, discussions, and projects. Students are expected to maintain regular contact with teachers; the minimum requirement is monthly. When teachers, students, and parents work together, students are successful.

