

PSY101: Introduction to Psychology

Welcome

Welcome to the study of psychology.

Psychology is a challenging subject, but as the great modern Western philosopher Baruch Spinoza said, "All things excellent are as difficult as they are rare." The fundamental values of psychology will vastly enhance both your self-understanding and your understanding of others, develop and sharpen your thinking skills, provide numerous ideas for self-improvement and helping others, and introduce you to many of the important human issues of today – all for three college credits of study and work. The ancient Greek philosopher Socrates said it simply, "Know thyself," and that's what psychology is all about.

This course will introduce you to the methods of science and critical thinking and how they are applied to the study of psychology. Psychology is the scientific study of human behavior and the human mind. Not only will you leave this course with factual and theoretical information about the human mind and human behavior, you will also learn how to question, examine, and evaluate ideas about psychology using the methods of science and critical thinking.

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Lessons

The course is divided into 14 lessons. Each lesson has a **video recorded lecture**, and **reading** from the **textbook**. The textbook for the course is *Psychology* by Peter Gray.

The Psychology 101 Selected Web Links is a supplemental resource for the course. Remember, the textbook and lessons are the primary reading assignments. You will find the list of links at the end of this document.

Lesson Topic	Video Lectures	Readings
Lesson 1: Background to the Study of Psychology	Introduction	Chapters 1 and 2
Lesson 2: Physiological Mechanisms of Behavior	This is Your Brain	Chapter 5
Lesson 3: Foundations	Freud Skinner	Chapter 15 (pp. 570-576) Chapter 17 (pp. 650-656) Chapter 4 Online: A Review of B.V. Skinner's Verbal Behavior
Lesson 4: Development of Thought and Language	What Is It Like to Be a Baby: The Development of Thought How Do We Communicate?: The Development of Thought	Chapter 11
Lesson 5: Sensation, Perception, Memory, and the	Conscious Past: Language, Vision, and Memory	Chapters 7, 8, and 9

Conscious Mind	<u>Conscious Past: Vision and Memory (cont.)</u>	
Lesson 6: Evolution, Emotion, and Reason	<u>Evolution, Emotion, and Reason: Love</u> <u>Evolution, Emotion, and Reason: Evolution and Rationality</u>	Chapter 3 (pp. 63-70) Chapter 10 (pp. 351-359)
Lesson 7: Evolution, Emotion, and Reason: Emotions I & II	<u>Evolution, Emotion, and Reason, Part I</u> <u>Evolution, Emotion, and Reason, Part II</u>	Chapter 3 (pp. 70-90) Chapter 6 (pp. 185-195; 208-229) Chapter 14 (pp. 533-546)
Lesson 8: Why are People Different?: Differences	<u>Why are People Different?: Differences</u>	Chapter 3 (pp. 51-63) Chapter 10 (pp.375-395) Chapter 15
Lesson 9: Sex as a Motivator	<u>What Motivates Us: Sex</u>	Chapter 3 (pp. 78-91) Chapter 6 (pp. 201-208)
Lesson 10: Morality	<u>A Person in the World of People: Morality</u>	Chapter 14
Lesson 11: Social Perception and States of Unconsciousness	<u>A Person in the World of People: Self and Other, Part I</u> <u>A Person in the World of People: Self and Other, Part II</u>	Chapter 13 Chapter 6 (pp. 208-218)
Lesson 12: Mental Illness	<u>What Happens When Things Go Wrong: Mental Illness, Part I</u>	Chapter 16 (pp. 613-619)
Lesson 13: Mental Illness continued	<u>What Happens When Things Go Wrong: Mental Illness, Part II</u>	Chapter 16
Lesson 14: Coping with Stress, Treatment for Mental Illness, and Happiness	<u>The Good Life: Happiness</u>	Chapter 17

Each lesson has a standard format or organization. The lessons are divided into the following parts:

- **Connecting Your Learning**
- **Focusing Your Learning**
- **Instruction**
- **Summarizing Your Learning**