

Personal Psychology II

Pre-Requisites:

Credits:

Estimated Completion Time:

Earliest Start Date: March 2014

Description

Personal Psychology: Living in a Complex World

COURSE DESCRIPTION:

Enrich the quality of your life by learning to understand the actions of others! Topics include the study of memory, intelligence, emotion, health, stress and personality. This course offers exciting online psychology experiments about the world around us.

Major Topics and Concepts

Unit 1: How We Learn

Objectives:

Upon completion of this unit, you will be able to:

- * Understand what learning is and how it differs from instincts and reflexes.
- * Examine the theory of classical conditioning.
- * Investigate operant conditioning and its real world applications.
- * Discuss social learning, including modeling and vicarious conditioning.
- * Learn the PQ4R technique for learning.

Unit 2: Memory & Thought

Objectives:

Upon completion of this unit, you will be able to:

- * Learn about the different types of memory.
- * Discuss how memories are formed, stored, and recalled.
- * Examine the various types of information that are stored in memory.
- * Investigate common memory failures and disorders.
- * Discuss the accuracy of memory.

Unit 3: Thinking & Language

Objectives:

Upon completion of this unit, you will be able to:

- * Examine what thinking is and how we categorize situations and objects in our minds.
- * Investigate how we problem solve and some obstacles that we may encounter in doing so.
- * Discuss inductive and deductive reasoning, including how they differ from each other.
- * Look at the elements of language and meaning.
- * Understand more about the relationship between thinking and language.

Unit 4: Intelligence

Objectives:

Upon completion of this unit, you will be able to:

- * Learn what intelligence is and why defining this human aspect is difficult.
- * Examine different tests that are used to measure intelligence.
- * Discuss how psychologists have approached the understanding of intelligence.
- * Investigate the possibility of multiple intelligences.
- * Discuss the effects of heredity and environment on the development of intelligence.

Unit 5: Motivation & Emotion

Objectives:

Upon completion of this unit, you will be able to:

- * Learn what motivation is and how primary and secondary needs affect motivation.

- * Examine the five different perspectives which seek to explain motivation.
- * Discuss how intrinsic and extrinsic motivation affect our components of emotions.
- * Learn what emotions and moods are, including the three components of emotions.
- * Investigate the physical and psychological relationship that comprises emotion.

Unit 6: Stress & Health

Objectives:

Upon completion of this unit, you will be able to:

- * Learn more about the history of health psychology.
- * Examine some common causes of stress and their effects on individuals.
- * Discuss the general adaptation syndrome and the effects that this has.
- * Investigate the four types of conflicts that individuals experience.
- * Explore ways of coping with and managing stress.

Unit 7: Personality & Individuality

Objectives:

Upon completion of this unit, you will be able to:

- * Learn what personality is.
- * Discuss Freud's three models of personality.
- * Investigate how cognition and thought affect personality.
- * Learn what personality traits and types are and how psychologists have used these concepts to study personality consistency.
- * Examine the person-centered approach and how other people help shape personality.

Unit 8: Abnormal Psychology

Objectives:

Upon completion of this unit, you will be able to:

- * Understand what abnormal psychology is and how it differs from normal psychology.
- * Examine the criteria used to identify abnormal psychology and mental disorders.
- * Learn about the two major classification systems.
- * Discuss anxiety, mood, personality, and somatoform disorders.
- * Learn about psychotic disorders and how they differ from other psychological disorders.