



**COURSE OUTLINE
2021 Spring**

Course:	Introduction to Psychology	
Course Code:	SPS100	
Time(s) & Location(s):	Online Tutorial: Tuesdays 7:30-9:00 pm EST	
Course Instructor(s):	Dr. Aoife Earls BSc, MSc, ND	
E-mail address:	aearls@ccnm.edu	
Office Hours:	By appointment	
Office Location:	Online	
ASSESSMENT	PERCENT	DATE
Module Quizzes	10%	7 Self-scheduled Quizzes
Participation	5%	Ongoing tutorial sessions
Midterm	30%	May 25 2021
Term assignment	5%	Due June 15 2021
Final Exam	50%	Week of June 22 2021

Methods of Assessment

Academic Regulations

Plagiarism and cheating are academic offences and will be treated seriously by the College. Students should refer to the CCNM's policies on academic misconduct posted on in the Academic Calendar. Students may seek guidance from a number of style manuals located in the CCNM library. Students are expected to read and comply with all academic regulations published by the Canadian College of Naturopathic Medicine for the academic year of 2020-2021 ([Academic Calendar](#)).

Course Description

This course will investigate the field of psychology, the study of behaviour, thought and experience be affected by physical, mental, social and environmental factors. Beginning with an investigation of the workings of the human brain; linking understanding of structures and function in the brain and how they work together to produce different behaviours will be reviewed. The concept of nature vs. nurture and its interaction and affect on personality and behaviour will be reviewed and how past experiences and certain conditions can influence our thoughts and behaviour. Understanding the nature of how group environment and interactions can affect individuals, as well as developing an appreciation for emotions and how they can influence happiness and health will be applied. Finally, with these broad understandings mental health concepts of well-being will be explored and how these contribute to the management and treatment of mental health disorders.

Course Outcomes

The completion of this course will have students given a broad understanding of how biology, genetics, and behaviour are linked. Students will have the ability to apply understanding anatomical, chemical and electrical workings of the human mind to application of models that have been developed to conceptualize and develop functional skills of critical thinking, learning, memory, behaviour, emotional development. An appreciated awareness and understanding of the human experience both inwardly through the mind-body experience and externally in the social world will be understood and can be applied to the students' own life.

Course Pedagogy (Learning Methods)

This course will be presented through a combination of lectures, interactive small group workshops/tutorial sessions, and independent study. Reflecting the importance of self-directed learning in medical practice, independent study time will be set aside in certain classes to accomplish course derived learning objectives/goals. Your instructors will be available for consultation during these times.

Evaluation

The passing grade is 60%, and evaluations/assessments will consist of 6 quizzes (5%), a term assignment (5%), one midterm test (35%), and a final exam (50%). The midterm and final exams are invigilated at CCNM's testing centre as part of the course, or under the guidance of a suitable invigilator (college/university or secondary school academic professional, librarian, or testing centre) in your local area, costs of which will be the responsibility of the student.

Course Texts

Required text(s):	An Introduction to Psychological Science, Third Canadian Edition -- Instant Access, 3rd edition by Mark Krause, Daniel Corts, Stephen Smith, Dan Dolderman. Published by Pearson.
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Weekly schedule

Week	Date	Topics covered	Weekly Objectives/How to Prepare for Class
1	May 4 2021	Biological Psychology	Read textbook chapters 3, watch videos linked, and complete quiz in Moodle.
2	May 11 2021	Sensation and Perception, Consciousness	Read textbook chapters 4 and 5, watch videos linked and complete quiz in Moodle.
3	May 18 2021	Learning and Memory	Read textbook chapters 6 and 7, watch videos linked and complete quiz in Moodle.
4	May 25 2021	Midterm	No lecture. Recommended to work on term assignment based on Chapter 14 - Health, Stress and Coping
5	June 1 2021	Thought and Language and Lifespan Development	Read textbook chapters 8 and 10, watch videos linked and complete quiz in Moodle.
6	June 8 2021	Motivation and Emotion and Social Psychology	Read textbook chapters 11 and 13 and complete quiz in Moodle.
7	June 15 2021	Psychological Disorders and Therapies	Final assignment is due. Read textbook chapters 15 and 16 and complete quiz in Moodle.
8	June 22 2021	Final examination week	Examination scheduled within this week.

Weekly Schedule and Outcomes

Tutorial 1, Date: May 4 2021.

Biological Psychology, Chapter 3 in Krause

By the end of this tutorial, students should:

- Understand how twin and adoption studies reveal relationships between genes and behaviour.
- Apply knowledge of genes and behaviour to hypothesize why a trait might be adaptive.
- Analyze claims that scientists have located a specific gene that controls a single trait or behaviour
- Analyze explanations for cognitive gender differences that are rooted in genetics.
- Understand how nerve cells communicate.
- Know the key terminology associated with nerve cells, hormones, and their functioning
- Understand the ways that drugs and other substances affect the brain.
- Understand the roles that hormones play in our behaviour
- Apply your knowledge of neurotransmitters to form hypotheses about drug actions
- Know the key terminology associated with the structure and organization of the nervous system
- Understand how studies of split-brain patients reveal the workings of the brain
- Apply your knowledge of brain regions to predict which abilities might be affected when a specific area is injured or diseased
- Analyze whether neuroplasticity will help people with brain damage
- Understand how studies of animals with brain lesions can inform us about the workings of the brain.
- Apply your knowledge of neuroimaging and whether it can be used to diagnose brain injuries

Tutorial 2, Date: May 11 2021.

Sensation and Perception and Consciousness, Chapters 4 and 5 in Krause

By the end of this tutorial, students should:

- Understand the difference between sensation and perception, and what the terms stimulus threshold and signal detection theory mean.
- Understand how visual information travels from the eye through the brain to give us the experience of sight, and how the structure of the eye allows this functional transformation to be communicated to the brain
- Understand the theories of colour vision.
- Apply your knowledge to explain how we perceive depth in our visual field.
- Analyze how we perceive objects and faces.

- Understand different characteristics of sound and how they correspond to perception.
- Apply your knowledge of sound localization
- Know how music is both an emotional experience and a perception
- Know the key terminology of touch and chemical senses.
- Understand how pain messages travel to the brain through the gate control theory
- Understand the relationship between smell, taste, and food flavour experience.
- Apply your knowledge about touch to describe the acuity of different areas of skin.
- Analyze how different senses are combined together
- Understand how the sleep cycle works.
- Understand theories of why we sleep.
- Apply your knowledge to identify and practice good sleep habits.
- Analyze different theories about why we dream.
- Understand hypnosis.
- Analyze the effectiveness of meditation for use in therapy.
- Know the key terminology related to different categories of drugs and their effects on the nervous system and behaviour.
- Understand drug tolerance and dependence
- Analyze the short and long-term effects of drug use

Tutorial 3, Date: May 18 2021.

Learning and Memory, Chapters 6 and 7 in Krause

This module links two key concepts: How we learn, and how those learnings are then stored as memory.

By the end of this module students will:

- Know what learning is and its associated types of learning
- Classical conditioning: Learning by Association and how responses change with learning
- Understand how we are programmed biologically for certain types of learning
- Be able to apply how conditioning affects your life
- Operant conditioning: Learning through Consequences; how behaviour and interaction shapes different outcomes
- Know the different ways to influence behaviour; reinforcement, punishment, and how to change these
- Know and apply schedules of reinforcement
- Understand that learning can be shaped, imitated, observed, delayed and extinguished in the right contexts
- Know how memory is organized into sensory, long and short term memory
- Understand that short term memory is processed into long term memory with a combination of control processes, active memory skills that are influenced by our sensory systems, our cognitive schema, and the firing of our neurons (LTP) to store what we need
- Know where and how memories are stored after encoding, and how they are retrieved
- Apply your understanding of how memory is formed to a useful way to operate in the world

Date: May 25 2021

Midterm week and Self-study Unit. No lecture.

Recommendation: To work on or complete the term assignment based on Chapter 14, Health Stress and Coping

The term assignment is to be completed by the final examination and is 5% the total course mark.

Students are asked to explore how the brain supports or harms our current experience based on stress and our ability to cope. Real world examples are encouraged, and anything covered in the text is able to be included. Chapter 14 may be used as a framework for inspiration.

The term assignment must be handed June 15 2021.

Tutorial 4, Date: June 1 2021

Thought and Language and Lifespan Development, Chapters 8 and 10 in Krause

By the end of Tutorial 4 you will be able to:

- Define and understand concepts and categories involved in thought
- How knowledge is organized, and how culture and experience shape this knowledge
- Understanding how knowledge is involved in thoughts but can be distinct from clear thought
- Language claims the way we think can inform thought, as can culture
- Understand how developmental studies have been useful and continue to inform how we understand how we learn, grow and have plasticity in our knowledge acquisition
- Know and understand different stages of infant development
- Apply your understanding to identify the best ways expectant parents can ensure the health of their developing fetus
- Analyze the effects of preterm birth and various influences upon preterm birth
- Understand the cognitive development of the self during aging
- Learn the stages of adolescence and aging and the most significant things that influence each stage

Tutorial 5, Date: June 8 2021

Motivation and Emotion with respect to our Social Psychology. Chapters 11 and 13 in Krause

By the end of Tutorial 5, you will be able to:

- Understand motivation and hunger
- Know and understand the biological, cognitive and social processes that shape eating patterns
- Apply your knowledge of hunger to evaluate your own eating patterns
- Understand sexuality, sex drive and the social aspects of sexuality
- Understand and apply love, belonging, and motivation theories with respect to those

- Know emotional responses, emotional theories and how emotion is both interpreted and used as a communication style socially and within cultural norms
- Know the key terminology associated with social influence
- Understand why individuals conform to others' behaviours and thoughts
- Understand how individuals and groups can influence attitudes and behaviours.
- Apply your knowledge of the bystander effect to ensure that you will be helped if you are in an emergency
- Analyze whether guards who participate in abuse are inherently bad people, or if their behaviour is the product of social influences
- Understand how we form first impressions and how these impressions influence us.
- Apply your understanding of the different ways we explain our own behaviour versus the behaviour of others
- Analyze whether people who commit discriminatory acts are necessarily prejudiced
- Know the research on attitudes, behaviour and effective communication
- Understand how behaviours influence attitudes in terms of cognitive dissonance theory
- Apply your understanding of the central route to describe how a message should be designed

Tutorial 6, Date: June 15 2021

Psychological Disorders and Their Therapies, Chapters 15 and 16 in Krause

By the end of this section, you will be able to:

- Classify and label psychological disorders according to different abnormal system theories
- Identify the differences between anxiety, depression, schizophrenia, bipolar disorders, and personality disorders
- Compare and contrast different treatments for psychological disorders
- Analyze the benefits and drawbacks of using biochemical, behavioural, cognitive and group therapies for psychological treatment
- Understand the short and long-term treatment goals of therapeutic outcomes
- Apply the treatment strategies to understanding self-care and when to get help and support and how to achieve that support

Assessment Methods and Details

Self-assessment will include quizzes consisting primarily of multiple choice and true/false questions each week, with a selection of questions given to students emphasizing the most important concepts and understanding points from each chapter included within each week.

The term assignment is to be completed by the final examination and is 5% the total course mark.

Students are asked to explore how the brain supports or harms our current experience based on stress and our ability to cope. Real world examples are encouraged, and anything covered in the text is able to be included. Chapter 14 may be used as a framework for inspiration. No

more than 3 double-spaced pages. Please use APA format for referencing, and examples are provided in Moodle.

The term assignment must be handed June 15 2021.

The final exam will be a collection of multiple choice questions, matching, and true/false questions reviewing the relevant material from the year. All materials reviewed throughout the course are eligible for testing.