

**COURSE OUTLINE**  
**2023 Winter Psychology SPS 100**

|                                   |  |
|-----------------------------------|--|
| <b>Course:</b>                    | <b>Introduction to Psychology</b>                    |
| <b>Course Code:</b>               | <b>SPS100</b>  |
| <b>Time(s) &amp; Location(s):</b> | Online Tutorial: Tuesdays 8-9 p.m. ET                |
| <b>Course Instructor(s):</b>      | <b>Dr. Aoife Earls BSc, MSc, ND</b>                  |
| <b>E-mail address:</b>            | <a href="mailto:aearls@ccnm.edu">aearls@ccnm.edu</a> |
| <b>Office Hours:</b>              | By appointment                                       |
| <b>Office Location:</b>           | Online   |

| <b>ASSESSMENT</b> | <b>PERCENT</b> | <b>DATE</b>                 |
|-------------------|----------------|-----------------------------|
| Module Quizzes    | 10%            | 12 Self-scheduled Quizzes   |
| Assignments       | 10%            | Ongoing in Revel, one major |
| Participation     | 10%            | Tutorial, course forum      |
| Midterm           | 30%            | Online week                 |
| Final Exam        | 40%            | Online week                 |

## 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 the Academic Calendar. Students may seek guidance from several style manuals located in the CCNM (Canadian College of Naturopathic Medicine) 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 2022-2023 ([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 effect 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 environments 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 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 12 quizzes (10%), assignments (10%), participation (10%), one midterm test (30%), and a final exam (40%). The midterm and final exams are facilitated online and proctored via remote invigilation.

## Course Texts

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|--------------------------|--|
| <b>Required text(s):</b> | An Introduction to Psychological Science, Third Canadian Edition -<br>- Instant Access, 3rd edition by Mark Krause, Daniel Corts,<br>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        | Jan 10, 2023        | Biological Psychology     | Read <b>Krause</b> Chapter 3, watch videos in <i>My Psych Lab</i> , complete Quiz 1                                 |
| 2        | Jan 17, 2023        | Sensation and Perception, | Read textbook Chapter 4 and watch videos linked in <i>My Psych Lab</i> . Complete Quiz 2.                           |
| 3        | Jan 24, 2023        | Consciousness             | Read Chapter 5, complete self-reflective question in Revel, Quiz 3 in Moodle  |
| 4        | Jan 31, 2023        | Learning                  | Read Chapter 6 in Revel, complete the sample crossword questions in Moodle and Quiz 4. Complete reading assignment. |
| 5        | Feb 7, 2023         | Memory                    | Complete reading Chapter 7 in Revel, sample question in Moodle, Quiz 5.   |
| 6        | Feb 14, 2023        | Thought and Language      | Chapter 8 reading, complete assignment in Revel, and complete Quiz 6  |
| <b>7</b> | <b>Feb 21, 2023</b> | <b>Midterm Week</b>       | <b>30% of grade, multiple choice 75 questions from Module 1-6</b>   |
| 8        | Feb 28, 2023        | Lifespan Development      | Chapter 10, watch My Psych Lab video, and complete Quiz 7 in Moodle   |
| 9        | Mar 7, 2023         | Motivation and Emotion    | Complete Chapter 11, Quiz 8 in Moodle, complete self-reflection assignment  |

|    |                |                           |   |
|----|----------------|---------------------------|---|
| 10 | Mar 14, 2023   | Social Psychology         | Complete Chapter 13, social assignment in Revel and Quiz 9  |
| 11 | Mar 21, 2023   | Health, Stress and Coping | Complete Chapter 14 reading, major writing assignment for this unit, Quiz 10  |
| 12 | Mar 28, 2023   | Psychological Disorders   | Complete Chapter 15, assignment, and Quiz 11  |
| 13 | Apr 4, 2023    | Psychological Therapies   | Read chapter 16, complete assignment, and Quiz 12 in Moodle   |
| 14 | April 11, 2023 | Final examination week    | <b>Examination scheduled within this week through Examity, 40% of mark. Exam focuses 80% on Modules 7-13, and remaining 20% from Modules 1-6.</b> |

## Weekly Schedule and Outcomes

### Tutorial 1, Date: January 10, 2023 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: January 17, 2023**  
**Sensation and Perception, Chapter 4 (Krause et al.)**

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 distinct 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

**Tutorial 3, Date: January 24, 2023**  
**Consciousness, Chapter 5 (Krause et al.)**

This module expands how we know we are awake, asleep, and the blurring of how we know we are present and dreaming. States of altered consciousness are explored.

By the end of this module, students will:

- 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 distinct 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 4, Date: January 31 2023**  
**Learning, Chapter 6 (Krause et al.)**

This module explores how information is interpreted and understood as learning.

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 diverse 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

**Tutorial 5, Date: February 7, 2023**  
**Memory, Chapter 7 (Krause et al.)**

This module explores how information is interpreted from the sensory environment via sense organs, and through neural impulses is prioritized and stored as memory.

By the end of this module students will:

- 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 understanding of how memory is formed to a useful way to operate in the world

**Tutorial 6, Date: February 14, 2023**  
**Thought and Language, Chapter 8 (Krause et al.)**

In this tutorial, students will be asked to apply the knowledge of Broca's and Wernicke's areas learned in Module 1 and 5, and apply to the sharing of knowledge acquired in sense organs (learned in Module 2) to language creation. Students will be able to:

- Define and understand concepts and categories involved in thought
- How knowledge is organized in the cortex, 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 when language is lost with cortical damage and how language can be achieved without words

## **Midterm Break - Midterm - February 21, 2023. No class this week**

### **Tutorial 7, Date: February 28, 2023 Lifespan Development, Chapter 10 (Krause et al.)**

- Know and understand various 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 ageing
- Learn the stages of adolescence and ageing and the most significant things that influence each stage
- Know when biological injury or genetic challenges cause issues with the brain in the ageing process as in Alzheimer's, Parkinson's, or dementia
- Identify what behavioral choices can support healthy ageing or hinder its process

### **Tutorial 8, Date: March 7, 2023 Motivation and Emotion, Chapters 11 (Krause et al.)**

In this section, students will learn about biological drives, and how these can be influenced positively and negatively via social norms and availability of supports:

- 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

### **Tutorial 9, Date: March 14, 2023 Social Psychology, Chapter 13 (Krause et al.)**

By the end of this unit, students will explore their own biases with a discerning eye, good evidence, and will be able to:

- 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 diverse 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 understanding of the central route to describe how a message should be designed

**Tutorial 10, Date: March 21, 2023**

**Health, Stress and Coping, Chapter 14 (Krause et al.)**

By the end of this unit, students will explore the basics for good health choices and behaviours, and be able to apply healthy coping mechanisms to their own lives and identify when their choices and behaviours fall out of line with those supports. A major assignment matches this unit in Revel. Students will be able to:

- Know the key terminology related to health psychology
- Understand how genetic and environmental factors influence obesity
- Apply your beliefs about obesity to better understand sources of prejudice and stereotyping
- Analyze whether media depictions of smoking affect smoking in adolescents
- Know the key terminology associated with stress and illness
- Understand the physiological reactions that occur under stress
- Understand how the immune system is connected to stress responses
- Apply a measure of stressful events to self-experiences
- Analyze correlations between physical conditions and stress
- Know the key terminology associated with coping and well-being
- Understand how control over the environment influences coping and outlook
- Understand positive and negative styles of coping
- Apply your knowledge of the beneficial effects of optimism for vagal tone, reframing challenge
- Analyze how mind-body techniques support stress and stress perception

**Tutorial 11, Date March 28, 2023**

**Psychological Disorders, Chapter 15 (Krause et al.)**

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

- Identify disorders as per DSM-IV diagnosis for mental health according to biological, behavioral, psychological, and psychosocial standards
- 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 disorders with social understandings of common mental health challenges and mental health classifications

**Tutorial 12, Date: April 4, 2023. Final tutorial  
Psychological Therapies, Chapters 16 (Krause et al.)**

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

- Compare and contrast different treatments for psychological disorders discussed in Tutorial 11
- Analyze the benefits and drawbacks of using biochemical, behavioral, 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
- Apply therapeutic outcomes to community and team-based support with multiple health disciplines

**Final Exam – April 11, 2023 - End of class**

**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. This is 10% of the course mark.

The midterm examination will be a collection of multiple-choice questions and true/false questions reviewing the relevant from the first 3 tutorials and their corresponding chapters in the course text, Krause. All materials reviewed to midpoint are eligible for testing. This is 30% of the course mark. Participation will be graded with engagement in tutorial, through online assignments, and in Moodle in the course forum for a total of 10%.

Assignments will be dispersed through the online Revel platform, and consist of reading completion, self-reflection exercises, completing the course textbook quizzes, and a self-reflection paper through Revel using APA guidelines. The total comprises 10% of the course mark.

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. This is 40% of the course mark.