

# North Hennepin Community College

## PSYC 1160: Introduction to Psychology

### A. COURSE DESCRIPTION

Credits: 4

Lecture Hours/Week: 4

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: Goal 05 - Hist/Soc/Behav Sci

This course provides an in-depth introduction to psychology. Topics may include history of psychology; research methods; physiological psychology; sensation and perception; consciousness; learning; memory; cognition; motivation; emotion; personality; stress, health and coping; abnormal behavior, therapy; social psychology; human development; sexuality; and gender. Students are strongly encouraged to check with an advisor to determine if this is the appropriate course for their degree/program.

**B. COURSE EFFECTIVE DATES:** 01/13/2014 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Topics may include history of psychology, research methods, physiological psychology, sensation and perception, consciousness, learning, memory, motivation and emotion, personality, stress and coping, health and coping, abnormal behavior, therapy, and social psychology.

## **D. LEARNING OUTCOMES (General)**

1. Knowledge Base of Psychology  
Students will demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology (NHCC ELO 1, 2; MnTC 5a, 5b).
2. Research Methods in Psychology  
Students will understand and apply basic research methods in psychology, including research design, data analysis, and interpretation (NHCC ELO 2; MnTC 5a).
3. Critical Thinking Skills in Psychology  
Students will respect and use critical and creative thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to behavior and mental processes (NHCC ELO 2, 4; MnTC 5c, 5d).
4. Application of Psychology  
Students will understand and apply psychological principles to personal, social, and organizational issues (NHCC ELO 3, MnTC 5c, 5d).
5. Values in Psychology  
Students will be able to weigh evidence, tolerate ambiguity, act ethically, and reflect other values that are the underpinnings of psychology as a discipline (NHCC ELO 3).
6. Information and Technological Literacy  
Students will demonstrate information competence and the ability to use computers and other technology for many purposes ((NHCC ELO 2; MnTc5A).
7. Communication Skills  
Students will be able to communicate effectively in a variety of formats (NHCC ELO 2, 3, MnTC 5d).
8. Sociocultural and International Awareness  
Students will recognize, understand, and respect the complexity of sociocultural and international diversity (NHCC ELO 1, 3; MnTC 5b).
9. Personal Development  
Students will develop insight into their own and others; behavior and mental processes and apply effective strategies for self-management and self-improvement (NHCC ELO 3, 4).
10. Career Planning and Development  
Students will emerge from the major with realistic ideas about how to implement their psychological knowledge, skills, and values in occupational pursuits in a variety of settings (NHCC ELO 3).

## **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

### Goal 05 - Hist/Soc/Behav Sci

1. Employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
2. Examine social institutions and processes across a range of historical periods and cultures.
3. Use and critique alternative explanatory systems or theories.
4. Develop and communicate alternative explanations or solutions for contemporary social issues.

## **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World --through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills Including: Inquiry and analysis; Critical and creative thinking ; Written and oral communication; Quantitative literacy ; Information literacy ; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement - Including: Civic knowledge and involvement - campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning .
4. Integrative and Applied Learning Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.