

Psychology and You

Credit Hours – ½ for Psychology

Mrs. Isabel Stellema

Room # 206

Office Hours: Monday – Thursday 3:15 to 4:00 Parent conference must be scheduled

Phone: (956) 724-8131

Email: isabel_stellema@st-augustine.org

TEXT

Title: Psychology and You

Author: Judith W. McMahon, Frank B. McMahon and Tony Romano

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Cost: \$75.00 (includes shipping and handling)

ADDITIONAL READINGS

Reading will depend on material being covered.

MATERIALS NEEDED

- Binder or folder for keeping handouts and taking notes.
- Loose leaf paper
- Pens and pencils.
- Markers or colored pencils for in-class activities

COURSE DESCRIPTION

Psychology Course Outline:

Psychology is a semester course that will enable the student to answer the questions, “What is Psychology?” and “Who and what does it involve?” in an intellectual and informed manner. By the end of the semester student will have a deeper and better understanding of what psychology entails. The student will describe, explain and discover what psychology was then and what it is now

- I. Overview of Psychology as a field of study/work
 - *Introduction to the different approaches
 - *History makers
 - *Careers in psychology
- II. Begin learning about the different approaches in Psychology
 - *Neuro-biological Approach
 - *Brain: its different parts & how they work
 - *Sensations and Perceptions
- III. Psycho Analysis/Freud Personality Theory
- IV. Cognitive vs. Behavioral
- V. Socio-Cultural
- VI. Humanist

Psychology: the attempt to explain and understand human behavior

(adapted from Mr. Ernesto Sandoval)

COURSE CALENDAR

First/Second Semester - Psychology and You

Unit 1 – Chapter 1-2 “Approaches to Psychology”

Chapter 1 “The Field of Psychology”

Chapter 2 “Methods of Psychology”

In **chapter 1** the following will be discussed: the world of the psychologist, and the history of psychology then and now. In **chapter 2** the following will be discussed and explained: the scientific methods, experimental procedures, stereotypes, field experiments as well as the ethics of experimentation.

Unit 2 – Chapters 3-6”Brain, Body, and Awareness”

Chapter 3 “Brain, Body, and Behavior”

Chapter 4 “Sensation and Perception”

Chapter 5 “Motivation and Emotion”

Chapter 6 “Consciousness”

In the second unit on **chapter 3** the following will be discussed and explained: observe and examine the brain and how it communicates. On **chapter 4**, the student will discuss, explain and give examples of the sensory processes, our senses, and perception (ESP). On **chapter 5** the following will be defined and explained: the physical factors of motivation and emotion, motivational forces and nonsurvival needs, psychological motivation and the theories of emotion. On **chapter 6** students will define, explain and give reasons and examples of: consciousness, the nature of dreams and sleep, the psychology of dreams and the state of consciousness (hypnosis and meditation).

Unit 3 – Chapters 7-9 ”Cognitive Process”

Chapter 7 “Principles of Learning”

Chapter 8 “Acquiring, Processing, and Retaining Information”

Chapter 9 “Intelligence and Creativity”

In the third unit on **chapter 7**, students will define, explain, discuss: the basic, classical and operant conditioning; and focus on the four types of learning. On **chapter 8** the following will explained, discussed, and observed: short and long term memory, mechanisms of memory, acquiring information, and processing information. **Chapter 9** focuses on understanding intelligence, intelligence test

Unit 4 – Chapters 10-13 “Human Development”

Chapter 10 “Infancy and Childhood”

Chapter 11 “Adolescence”

Chapter 12 “Adulthood and Aging”

Chapter 13 “Gender Differences”

In Unit 4, **chapters 10, 11, 12 and 13**, the students will discuss, explain and define what happens from the time of birth to aging, psychological issues, intellectual and moral changes, juvenile delinquency, menopause, concerns in old age, thanatology, hormonal changes, and social skill

Unit 5 – Chapters 14-17 “Personality, Adjustment, and Conflict”

Chapter 14 “Theories of Personality

Chapter 15 “Measuring Personality and Personal Abilities”

Chapter 16 “Frustration, Conflict, Stress, and Drugs”

Chapter 17 “Toward a Healthy Personality”

In Unit 5, **chapters 14, 15, 16 and 17**, the students will discuss, explain and define the difficulty in understanding personality, psychoanalysis, and the different behavioral theories.

Unit 6 – Chapter 18-19 “Psychological Disorders”

Chapter 18 “Mental Disorders”

Chapter 19 “Treatment and Therapy”

In Unit 6, **chapters 18 and 19**, the students will discuss, explain and define attitudes toward mental illness, the different forms of therapy, schizophrenia and personality disorders.

Unit 7 – Socio-cultural Influences and Self

Chapter 20 – Socio-cultural Influences and Relationships”

Chapter 21 – Socio-cultural Influences: Attitude and Beliefs

Unit 7, **chapters 20 and 21**, the students will discuss, explain and define the socio-cultural hidden influences in behavior, interpersonal attraction, aggression and violence, cultural diversity, group influences, verbal persuasion and social persuasion

***Schedule is tentative and subject to change depending upon the progress of the class.**

Student's Name: _____

Parent's Signature: _____

Date: _____/_____/_____

PSYCHOLOGY COURSE POLICIES

CLASSROOM RULES

There are 4 basic rules. These rules are in place to ensure a safe and productive learning environment. By following these rules, you will avoid conflicts during class time.

1. **Be respectful** to the teacher, fellow students, the things in the classroom, and to yourself. Treat others how you expect to be treated. This includes raising your hand during discussion. I encourage open discussion in this class. In this class respect is of the up most importance. Derogatory remark or ridiculing is unacceptable. Building a positive atmosphere is expected.
2. **Be prepared for class.** You are expected to bring your notebook, textbook, pen, pencil etc. everyday. Be prepared for the daily reading and/or assignment. If you are continuously unprepared for class you are breaking a classroom rule and are subject to detention with me.
3. **Be in your assigned seat when the bell rings.** Students arriving after the second bell will be considered tardy for class. If student is fifteen minutes late, they will be considered absent. PLEASE BE ON TIME FOR CLASS.
4. **Follow directions.**

IF YOU CHOOSE TO BREAK A RULE

First and Second time:	Verbal warning issued
Third time:	Lunch detention in my classroom.
Repeating offenses:	Parents will be contacted and a formal referral written
Severe disruptions/infractions:	Students will be sent immediately to the office.

As a student of St. Augustine, you are expected to uphold all rules and regulation stated in the student handbook; these rules will be applied and enforced at all times and the consequences are as stated in the handbook.

Criteria for Written Work: Students must write in correct and formal English at all times. All written must be done in complete sentences.

HOMEWORK: Homework assignments will be written on the board. You are responsible for checking the board on a daily basis. I AM NOT RESPONSIBLE FOR TELLING YOU WHAT IS ON THE BOARD. Homework must be turned in at the beginning of class.

LATE WORK/ MAKE-UP WORK: Late homework will be accepted for the allotted time of three days after it is due. You will be deducted 10 points for each day it is late. On the fourth day the assignment becomes a zero. There will be no exceptions unless you make prior arrangements with me. Homework grading policy: 100% turned in on due date; 80% turned in late one day; 70% turned in two days late and 0% after three days late.

BINDERS: Binders must be kept neat. Unacceptable includes: messy, crumpled, or torn papers.

TESTS: Tests will be given at the end of every chapter which will be every week (one chapter per week). Tests are given on the Psychology/History Department on Tuesdays. The tests will consist of multiple choice, identifications, true and false, short answer, and essay questions. They will cover material in assigned reading and class notes. **You are responsible to do the reading and to get any notes missed during your absence.**

ABSENCE ON TEST DAYS: If you miss a test due to an excused absence you will be able to take the makeup for full credit within three days of your absence. **It is your responsibility to make up the test. Thus you must schedule a make-up time with me when you return to class. If you fail to show up for your scheduled make-up time it is a zero.**

QUIZZES: Reading quizzes **can and will** be given at any time. They will cover the assigned reading from the night before. If you are absent on the day of a reading quiz you will receive an excused grade which means it will neither count for nor against you. The lowest reading quiz grade will be dropped at the end of each quarter.

WRITING:. All formal writing assignments need to be typed, double-spaced, in 12 point font, and free of spelling and grammatical errors. Proper writing format will be reviewed more thoroughly in class.

CHEATING: If you are caught cheating on a test or quiz it will merit an immediate zero. Plagiarism is unacceptable; any paper copied from another will be given a zero. **DO NOT COPY.**

Grading for this class is as follows:

Tests, projects and essays.....	60%
Assignments.....	25%
Quizzes.....	15%

Support Services:

- Internet
- School Library -- open everyday from 8 am to 4 pm
- Handouts from the Psychology workbook

I look forward to seeing you in my class. With your help and cooperation this semester course will be a success.

I remain respectfully yours,

Mrs. Isabel Stellema, Psychology teacher

Student's Signature

_____/_____/_____
Date: