



## *Introduction to Psychology (3 credits)*

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Psychology is a course about you and me – a course about all of us. We will examine why and how we think, feel, and act as we do. Together we will survey the broad field of psychology, exploring such topics as the brain, memory, thought, language, emotion, personality, and even the new positive psychology. We will discuss leading researchers and their groundbreaking work. And as a Torah U'Madda oriented course, topics will be presented also from this unique perspective. Finally, we will emphasize how psychology is learned from, and applied to, real life situations.

### **Course Outcomes:**

Upon successful completion of this course, students will understand:

1. the nervous and endocrine systems contribute to human behavior
2. heredity and environment influence human development across the lifespan
3. we learn; including via classical and operant conditioning, as well as by observational learning paradigms
4. we think and remember
5. psychologists understand and measure intelligence
6. study of emotion and motivation contribute to an understanding of human behavior
7. psychologists conceptualize and measure personality
8. we think about other people and interact with them
9. psychologists categorize mental illnesses and treat those who suffer from them
10. the new "positive psychology" can enrich our lives

### **Topics (subject to change):**

- Brain functionality
- Learning and memory
- Emotion and personality
- Positive psychology

### **Assessment:**

This course utilizes a mix of engaging discussions, collaborative review of readings, analyzing and reflecting upon important historical resources, knowledge checks, and journaling to assess students understanding and ability to apply newly acquired knowledge to the world in which they live.