**SYLLABUS**

**CODE:** PSYC 106  
**TITLE:** Introduction to Psychology II: Personality & Social Aspects

**Institute:** Business & Social Science  
**DEPARTMENT:** Psychology

**COURSE DESCRIPTION:** Students will demonstrate an understanding of Psychology as an applied science. They will complete exercises covering the relevant areas: social and interpersonal behavior, motivation, emotion, stress, health and coping, psychological disorders, personality theories and the psychotherapies. Students will gain the ability to analyze a variety of theoretical perspectives from critical and diverse points of view while applying them to problems of daily living. Service-learning is an option.

*PSYC 105 and PSYC 106 may be taken in either order.*

*Note: PSYC 106 is required for NURS, RADT, and RESP programs.*

**PREREQUISITES:** None

**PREREQUISITES OR COREQUISITES:**

**COREQUISITES:**

**CREDITS:** 3  
**LECTURE HOURS:** 3  
**LAB/STUDIO HOURS:** 0

**REQUIRED MATERIALS: Textbook:**

Visit the bookstore at:  
[https://www.brookdalecc.edu/college-store/textbooks/](https://www.brookdalecc.edu/college-store/textbooks/)

**COURSE LEARNING OUTCOMES:**

Students successfully completing this course will be able to:

- Identify and explain theories as well as scientific evidence regarding the human experience of motivation, emotion, personality, mental disorders, and social relations
- Examine current events and/or research to investigate psychological concepts such as motivation, emotions, psychological disorders, and social relations as they occur in everyday life
- Analyze issues inherent in professional strategies which have been developed to treat various psychopathologies
- Associate modern scientific data to personal everyday social perceptions and cognitions such as interpersonal attraction and attitude formation/change
- Describe the major fields, theoretical perspectives and key concepts within psychology.

**GRADING STANDARD:**

100-93% = A  
92-90% = A-  
89-87% = B+  
86-83% = B  
82-80% = B-

79-77% = C+  
76-70% = C  
69-65% = D  
Less than 65% = F

There will be exams and written assignments and lab work is possible (during class). Details vary from instructor to instructor. Re-testing is at the discretion of the instructor.
SYLLABUS

COURSE CONTENT:
(Individual Instructors may add to the course content below.)

Topics - Unit 1
- Course Introduction
- Motivation
  - Theories of motivation
  - Hunger motivation
  - Sexual motivation
  - Achievement motivation
- Emotion
  - Theories of emotion
  - Subjective well-being
  - Happiness
  - Role of the amygdala and autonomic nervous system
  - Lie detectors
  - Catharsis
- Gender and Sexuality

Topics – Unit 2
- Stress, Health, and Coping
  - The role of the autonomic nervous system
  - General Adaptation Syndrome
  - Type A behavior pattern
  - Psychophysiological illnesses
  - Health-compromising behaviors
  - Weight loss programs
  - Biofeedback
  - Alternative medicine
  - Positive psychology
- Personality
  - Freudian Psychoanalytic theory
  -Neo-Freudian Psychodynamic theories
  - Humanistic theories
  - Social-Cognitive theories
  - Trait theories

Topics – Unit 3
- Diagnosis of psychological disorder
  - Historical conceptions of mental disorder
  - Criteria for abnormality
  - DSM IV-TR
  - Effects of diagnostic labels
- Psychological disorders
  - Anxiety disorders
  - Mood disorders and suicide
  - Dissociative disorders
  - Personality disorders
  - Schizophrenia
- Biochemical basis of psychological disorder
  - Neurotransmitters
  - Brain abnormalities

Fall 2016
SYLLABUS

- Perspectives for understanding and treating psychological disorders
  - Psychoanalysis
  - Client-centered therapy
  - Behavior therapies
  - Cognitive therapy
  - Social-cognitive perspective
  - Biopsychosocial perspective
  - Eclectic therapy
  - Group therapy
  - Medical model perspectives
  - Psychopharmacology

- Effectiveness of psychotherapy
  - Role of the client’s expectations for therapy
  - Placebo effect

Topics – Unit 4

- Social Psychology
  - Social cognition
  - Social schema
  - Attitudes
  - Attribution theory
  - Attribution errors
  - Attitude change
  - Cognitive dissonance
  - Foot-in-the-door technique
  - Social influence
  - Social loafing
  - Social facilitation
  - Conformity
  - Obedience
  - Deindividuation
  - Groupthink
  - Bystander effect
  - Social relationships
  - Factors in social attraction
  - Mere exposure effect
  - In-group and out-group bias
  - Social trap
  - Aggression

DEPARTMENT POLICIES:

- Attendance is expected and contributes significantly to performance in this course.
- You are responsible for any work done in class that you miss.
- Class will begin and end on time. Lateness or early departure is not acceptable behavior, nor is walking in and out of the classroom during class time. Instructors may penalize such activities.
- Instructors may set a limit on the number of absences allowed. Individual instructor addendums may detail specific attendance policies.
SYLLABUS

• During lecture, periods of class explanation, and when fellow students are speaking to the class, students are expected to use proper courtesy and refrain from using technologies.
• **ALL Cell Phones** and **Beepers** must be turned **OFF** during class time.
• Students are not permitted to use CD players or computers, etc... to play music during class time.
• The use of **IRC, AIM** and other instant messaging (chat) programs are not permitted during a class.
• **E-mail** must be professional and well written. As this is a college-level course it is expected that text messages are concise and prepared in full sentence form.
• Any e-mail that does not fully disclose the name of the student will be automatically interpreted as **SPAM** (unwanted junk mail) and be **deleted unopened**.
• Copying and pasting from the internet without a reference as well as purchasing materials online and misrepresenting them as your own work is considered **plagiarism** and is contrary to the BCC student conduct code.

**COLLEGE POLICIES:**
For information regarding:

- Brookdale’s Academic Integrity Code
- Student Conduct Code
- Student Grade Appeal Process

Please refer to the [BCC Student Handbook and BCC Catalog](https://www.brookdalecc.edu/).

**NOTIFICATION FOR STUDENTS WITH DISABILITIES:**
Brookdale Community College offers reasonable accommodations and/or services to persons with disabilities. Students with disabilities who wish to self-identify, must contact the Disabilities Services Office at 732-224-2730 or 732-842-4211 (TTY), provide appropriate documentation of the disability, and request specific accommodations or services. If a student qualifies, reasonable accommodations and/or services, which are appropriate for the college level and are recommended in the documentation, can be approved.

**ADDITIONAL SUPPORT/LABS:**
The Instructor addendum will be distributed on the first day of class. This addendum will contain specific information about instructor information (hours, office, phone, email), the class schedule, required assignments, and individual instructor class policies.

For information on tutoring see [https://www.brookdalecc.edu/academic-tutoring/tutoring-center/](https://www.brookdalecc.edu/academic-tutoring/tutoring-center/)