



## Social Psychology – PSYC 090

### Access Education/Upgrading for Academic and Career Entry

### Course Outline

COURSE IMPLEMENTATION DATE: September 2012  
OUTLINE EFFECTIVE DATE: September 2020  
COURSE OUTLINE REVIEW DATE: March 2025

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#### GENERAL COURSE DESCRIPTION:

This course is a combination of sociological and psychological theory, research and practice. It is designed for students entering the fields of health, human service work, and education or for those who wish to go on to more advanced sociology and/or psychology courses. Topics include psychological and sociological theory, individual and group behaviour, interpersonal communications, adult development, and psychological disorders and their treatments.

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**Program Information:** This course is one of several UACE courses for adults who wish to upgrade their skills and confidence to pursue additional education, obtain an Adult Graduation Diploma, or complete prerequisite courses for programs.

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**Delivery:** This course is delivered online and/or directed studies

**COTR Credits:** 3

**Hours for this course:** 90 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	90
<b>Total</b>	90

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	N/A

**Course Outline Author or Contact:**

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Signature**APPROVAL SIGNATURES:**

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Department Head Signature\_\_\_\_\_  
Dean Signature

EDCO

Valid from: September 2020 – March 2025

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Education Council Approval Date**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** Either ENGL 080, ENGL 092, Composition 11, Literary Studies 11, English First Peoples: Literary Studies + Writing 11, or equivalent or permission of the instructor.

**Corequisites:** None

**Flexible Assessment (FA):**Credit can be awarded for this course through FA  Yes  No

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** N/A

**Textbooks and Required Resources:**

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Jeffrey S. Nevid/Spencer A. Rathus, *Psychology and the Challenges of Life – Adjustment in the New Millennium*, 10<sup>th</sup> edition, 2007, Wiley & Sons Inc.

See directed studies instructor.

## **LEARNING OUTCOMES:**

Upon the successful completion of this course, students will be able to

### **Introduction to Psychology**

- explore the history of psychology;
- define psychology, and list and explain its goals;
- describe and compare quantitative and qualitative research strategies;
- explain how statistics are used in psychological research;
- describe ethical issues in psychological research;
- discuss the development of psychology as an empirical science;

### **II. Biological Basis of Behaviour and Mental Processes**

- describe the structure, function and organization of the nervous system;
- describe the structure and function of the major regions of the brain;
- evaluate scientific advances that have been developed to analyze brain behaviour and disease;
- describe the relationship between the endocrine glands and the nervous system;
- compare the effects of genetics, evolution and environment on behaviour;

### **III. Thinking, Language and Intelligence**

- explain how thinking involves the manipulation and understanding of information;
- recognize that information is classified into categories, containing similar properties known as concepts;
- compare the different strategies and obstacles involved in problem solving and decision-making;
- discuss theories of intelligence;
- explain how intelligence and personality may be influenced by heredity and environment;
- provide examples of how intelligence is measured;

### **IV. Learning and Memory**

- define learning from a psychological perspective;
- describe classical and operant conditioning;
- explain observational and cognitive learning approaches;
- discuss the roles of biology and culture in learning;
- describe encoding;
- describe sensory, short-term, and long-term memory systems;
- describe retrieval;
- investigate strategies for improving memory;

### **V. Social and Cultural Psychology**

- discuss the influence of cultural beliefs, values and attitudes on adjustment and personal growth;
- discuss predominant sociological theories;
- identify the various types of schemas and explain how they influence our perceptions of others;
- monitor changes in thinking, understanding, and attitudes about yourself and others around you;

- identify factors that help human beings adjust effectively to life's challenges;
- explain how ethnicity, gender, and socioeconomic status affect people and their behaviour;
- distinguish between perception, attraction, social judgment, and attitude formation;
- identify basic social and cultural categories and discuss how these affect behaviour;
- explain the effects of the presence of others on individual behaviour;
- describe how social structure can affect intergroup relations;
- discuss the nature and effects of bias and discrimination toward groups such as indigenous peoples, immigrants, and refugees;
- discuss the circumstances under which conformity, compliance, and obedience are likely to occur;

### **Theories of Personality**

- define personality;
- explain the characteristics of the psychodynamic, cognitive-behavioural, humanistic, and trait approaches;
- compare and contrast various forms of personality assessment;

### **VII. Motivation and Emotion**

- describe the theories of motivation;
- apply motivational concepts to the behaviour of humans and other animals;
- investigate the role of biology and learning in motivation and emotion;
- describe theories of emotion;
- discuss cultural factors in emotions and motivations;

### **VIII. Stress, Health and Healing**

- identify the sources of stress and explain the psychological and physiological reactions to stress;
- evaluate physiological, psychological and social aspects of stress;
- identify and explain cognitive and behavioural strategies to deal with stress and promote health;
- investigate different holistic approaches to deal with stress and promote health;
- explain factors, prevention strategies and treatments related to the development of substance abuse or addictive behaviour;

### **IX. Psychological Disorders and Treatment**

- define psychological disorders such as anxiety disorders, dissociative disorders, somatoform disorders;
- explain schizophrenia and describe the three subtypes;
- discuss psychodynamic, humanistic-existential, behaviour, cognitive, and biomedical therapies;
- describe the effectiveness of psychotherapy;

**COURSE TOPICS:**

- Psychology and the Challenges of Life
- Theories of Personality
- Stress: What It Is and How to Manage It.
- Psychological Factors and Health
- Developing Healthier Behaviours
- The Self in a Social World
- Social Influence
- Psychological Disorders
- Therapies: Ways of Helping
- Relationships and Communication
- Adolescent and Adult Development

**OPTIONAL TOPICS**

- The Challenges of the Workplace
- Gender Roles and Differences

Students must complete the eleven course topics and need to choose one from the optional list to cover twelve topics in the course.

**EVALUATION AND ASSESSMENT (Online Delivery):**

Assignments	% Of Total Grade
Journals	40%
Research Projects (face-to-face) or Paper (online)	20%
Discussions/Reviews/Quizzes	<u>40%</u>
Total	100%

*Please see the instructor’s syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.*

**EXAM POLICY:**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of “0” for the exam.

## COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥ 95	94-90	89-85	84-80	79-75	74-70	69-65	64-60	59-55	54-50	< 50

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

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## ACADEMIC POLICIES:

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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## COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment, and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.