CCNM
Canadian College of Naturopathic Medicine

COURSE OUTLINE
SPS100 Course Outline

Course:	**Introduction to Psychology**
Course Code:	**PSC_SPS100**
Time(s) & Location(s):	Online Tutorial: Tuesday 7:30-9:00 pm EST
Course Instructor(s):	**Dr. Aoife Earls BSc, MSc, ND**
E-mail address:	
Office Hours:	By appointment
Office Location:	Online

ASSESSMENT	PERCENT	DATE
Tutorial Participa-tion/Attendance	5%	Weekly tutorial
Module Quizzes	10%	7 Self-scheduled Quizzes
Midterm	30%	TBA
Term assignment	5%	To be handed in the last week of the course before the final examination
Final Exam	50%	During the final exam week (see schedule posted to Moo-dle)

Academic Regulations

Plagiarism and cheating are academic offences and will be treated seriously by the College. Students should refer to the CCNM's policies on academic misconduct posted on in the Academic Calendar. Students may seek guidance from a number of style manuals located in the CCNM library.

Students are expected to read and comply with all academic regulations published by the Canadian College of Naturopathic Medicine for the academic year of 2019-2020 (Academic Calendar available on **www.ccnm.edu).**

Course Description

This course will investigate the field of psychology, the study of behaviour, thought and experience be affected by physical, mental, social and environmental factors. Beginning with an investigation of the workings of the human brain; linking understanding of structures and function in the brain and how they work together to produce different behaviours will be reviewed. The concept of nature vs. nurture and its interaction and effect on personality and behaviour will be reviewed and how past experiences and certain conditions can influence our thoughts and behaviour. Understanding the nature of how group environment and interactions can affect individuals, as well as developing an appreciation for emotions and how they can influence happiness and health will be applied. Finally, with these broad understandings mental health concepts of well-being will be explored and how these contribute to the management and treatment of mental health disorders.

Course Outcomes

The completion of this course will have students given a broad understanding of how biology, genetics, and behaviour are linked. Students will have the ability to apply understanding anatomical, chemical and electrical workings of the human mind to application of models that have been developed to conceptualize and develop functional skills of critical thinking, learning, memory, behaviour, emotional development. An appreciated awareness and understanding of the human experience both inwardly through the mind-body experience and externally in the social world will be understood and can be applied to the students' own life.

Course Pedagogy (Learning Methods)

This course will be presented through a combination of lectures, interactive small group workshops/tutorial sessions, and independent study. Reflecting the importance of self-directed learning in medical practice, independent study time will be set aside in certain classes to accomplish course derived learning objectives/goals. Your instructors will be available for consultation during these times.

Evaluation

The passing grade is 60%, and evaluations/assessments will consist of tutorial attendance/participation (5%), one quiz per module (10%), two assignments (5%), one midterm test (30%), and a final exam (50%) which can be completed online and will be proctored via remote invigilation.

Course Texts

Required text(s):	An Introduction to Psychological Science, 2nd Edition. Krause M. Corts D, Smith S, Dolderman D. Pearson 2015, 2018.

Weekly schedule

Week	***Date***	***Topics covered***	***Weekly Objectives/How to Prepare for Class***
1	TBA	Biological Psychology	Read textbook chapters 3, watch videos linked, and complete quiz in Moodle.
2	TBA	Sensation and Perception, Consciousness	Read textbook chapters 4 and 5, watch videos linked and complete quiz in Moodle.
3	TBA	Learning and Memory	Read textbook chapters 6 and 7, watch videos linked and complete quiz in Moodle.
4	TBA	Thought and Language, Intelligence Testing, Lifespan Development	Read textbook chapters 8, 9 and 10, watch videos linked and complete quiz in Moodle
5	TBA	Midterm	No lecture. Self-study for Personality (Chapter 12) after midterm is completed. Quiz will be in Moodle for testing.
6	TBA	Motivation and Emotion, Social Psychology, Health Stress and Coping	Read textbook chapters 11, 13 and 14, watch videos linked and complete quiz in Moodle.
7	TBA	Psychological Disorders and Therapies	Read textbook chapters 15 and 16, watch videos linked and complete quiz in Moodle.
8	TBA	Final examination and Final Assignment Due	Final assignment to be handed in no later than 11:59 pm TBA

Weekly Outcomes
Tutorial 1
Date: TBA

This week will require the answering of a case for participation marks in Moodle, as well as completing the Module instructions in Moodle prior to Tutorial 2.

Biological Psychology, Chapter 3 in Krause

By the end of this tutorial, students should:

- Understand how twin and adoption studies reveal relationships between genes and behaviour.
- Apply knowledge of genes and behaviour to hypothesize why a trait might be adaptive.
- Analyze claims that scientists have located a specific gene that controls a single trait or behaviour
- Analyze explanations for cognitive gender differences that are rooted in genetics.
- Understand how nerve cells communicate.
- Know the key terminology associated with nerve cells, hormones, and their functioning
- Understand the ways that drugs and other substances affect the brain.
- Understand the roles that hormones play in our behaviour
- Apply your knowledge of neurotransmitters to form hypotheses about drug actions
- Know the key terminology associated with the structure and organization of the nervous system
- Understand how studies of split-brain patients reveal the workings of the brain
- Apply your knowledge of brain regions to predict which abilities might be affected when a specific area is injured or diseased
- Analyze whether neuroplasticity will help people with brain damage
- Understand how studies of animals with brain lesions can inform us about the workings of the brain.
- Apply your knowledge of neuroimaging and whether it can be used to diagnose brain injuries

Tutorial 2
Sensation and Perception and Consciousness, Chapters 4 and 5 in Krause
Date: TBA

By the end of this tutorial, students should:

- Understand the difference between sensation and perception, and what the terms stimulus threshold and signal detection theory mean.
- Understand how visual information travels from the eye through the brain to give us the experience of sight, and how the structure of the eye allows this functional transformation to be communicated to the brain
- Understand the theories of colour vision.
- Apply your knowledge to explain how we perceive depth in our visual field.
- Analyze how we perceive objects and faces.
- Understand different characteristics of sound and how they correspond to perception.
- Apply your knowledge of sound localization

- Know how music is both an emotional experience and a perception
- Know the key terminology of touch and chemical senses.
- Understand how pain messages travel to the brain through the gate control theory
- Understand the relationship between smell, taste, and food flavour experience.
- Apply your knowledge about touch to describe the acuity of different areas of skin.
- Apply your knowledge to determine whether you or someone you know is a “super-taster.”
- Analyze how different senses are combined together
- Understand how the sleep cycle works.
- Understand theories of why we sleep.
- Apply your knowledge to identify and practice good sleep habits.
- Analyze different theories about why we dream.
- Understand hypnosis.
- Analyze the effectiveness of meditation for use in therapy.
- Know the key terminology related to different categories of drugs and their effects on the nervous system and behaviour.
- Understand drug tolerance and dependence
- Analyze the short and long-term effects of drug use

This week will require the answering of a case for participation marks in Moodle, as well as completing the Module instructions in Moodle prior to Tutorial 3.

Tutorial 3
Date: TBA

Learning and Memory, Chapters 6 and 7 in Krause

This module links two key concepts: How we learn, and how those learnings are then stored as memory.
By the end of this module students will:

- Know what learning is, it's associated types of learning
- Classical conditioning: Learning by Association and how responses change with learning
- Understand how we are programmed biologically for certain types of learning
- Be able to apply how conditioning affects your life
- Operant conditioning: Learning through Consequences; how behaviour and interaction shapes different outcomes
- Know the different ways to influence behaviour; reinforcement, punishment, and how to change these
- Know and apply schedules of reinforcement
- Understand that learning can be shaped, imitated, observed, delayed and extinguished in the right contexts
- Know how memory is organized into sensory, long and short term memory
- Understand that short term memory is processed into long term memory with a combination of control processes, active memory skills that are influenced by our sensory systems, our cognitive schema, and the firing of our neurons (LTP) to store what we need
- Know where and how memories are stored after encoding, and how they are retrieved

- Apply your understanding of how memory is formed to a useful way to operate in the world

This week will require the answering of a case for participation marks in Moodle, as well as completing the Module instructions in Moodle prior to Tutorial 4.

Tutorial 4
Date: TBA

Thought and Language, Intelligence and Lifespan Development
Chapters 8, 9 and 10 in Krause

By the end of Module 4 you will be able to:

- Define and understand concepts and categories involved in thought
- How knowledge is organized, and how culture and experience shape this knowledge
- Understanding how knowledge is involved in thoughts but can be distinct from clear thought
- Language claims the way we think can inform thought, as can culture
- Know and understand intelligence and intelligence testing
- Understanding the reasoning behind eugenics and intelligence
- Apply concepts of entity theory and incremental theory for school success
- Analyze cultural bias and intelligence
- Understand how developmental studies have been useful and continue to inform how we understand how we learn, grow and have plasticity in our knowledge acquisition
- Know and understand different stages of infant development
- Apply your understanding to identify the best ways expectant parents can ensure the health of their developing fetus
- Analyze the effects of preterm birth and various influences upon preterm birth
- Understand the cognitive development of the self during aging
- Learn the stages of adolescence and aging and the most significant things that influence each stage

This week will require the answering of a case for participation marks in Moodle, as well as completing the Module instructions in Moodle prior to Tutorial 5.

Tutorial 5
Date: TBA

Personality
Chapter 12 in Krause

This is a self-study lecture, to be done the week of the midterm by the students. There will be no formal lecture for this unit.

By the end of Module 5 (Chapter 12, Personality) you will be able to:

- Analyze the role of personality traits and physiological and psychological states on behaviour
- Describe personality theories
- Analyze personality traits when accompanied with prejudice and violence
- Apply this knowledge to your personality and those that you know and love

This week will require the answering of a case for participation marks in Moodle, as well as completing the Module instructions in Moodle prior to Tutorial 6.

Tutorial 6
Date: TBA

Motivation and Emotion with respect to our Social Psychology and General Health, Stress and Coping.
Chapters 11, 13, and 14 in Krause

By the end of Module 6 you will be able to:

- Understand motivation and hunger
- Know and understand the biological, cognitive and social processes that shape eating patterns
- Apply your knowledge of hunger to evaluate your own eating patterns
- Understand sexuality, sex drive and the social aspects of sexuality
- Understand and apply love, belonging, and motivation theories with respect to those
- Know emotional responses, emotional theories and how emotion is both interpreted and used as a communication style socially and within cultural norms
- Know the key terminology associated with social influence
- Understand why individuals conform to others' behaviours and thoughts
- Understand how individuals and groups can influence attitudes and behaviours.
- Apply your knowledge of the bystander effect to ensure that you will be helped if you are in an emergency
- Analyze whether guards who participate in abuse are inherently bad people, or if their behaviour is the product of social influences
- Understand how we form first impressions and how these impressions influence us.
- Apply your understanding of the different ways we explain our own behaviour versus the behaviour of others
- Analyze whether people who commit discriminatory acts are necessarily prejudiced
- Know the research on attitudes, behaviour and effective communication
- Understand how behaviours influence attitudes in terms of cognitive dissonance theory
- Apply your understanding of the central route to describe how a message should be designed
- Understand stress from a physiological and mental experience and the implications on general health and disease
- Discuss coping strategies, and evaluate positive and negative strategies
- Know and apply proper coping strategies and identify personally which ones are beneficial to your experience

This week will require the answering of a case for participation marks in Moodle, as well as completing the Module instructions in Moodle prior to Tutorial 7.

Tutorial 7
Date: TBA

Psychological Disorders and Their Therapies
Chapters 15 and 16 in Krause

By the end of Module 7 you will be able to:

- Classify and label psychological disorders according to different abnormal system theories
- Identify the differences between anxiety, depression, schizophrenia, bipolar disorders, and personality disorders
- Compare and contrast different treatments for psychological disorders
- Analyze the benefits and drawbacks of using biochemical, behavioural, cognitive and group therapies for psychological treatment
- Understand the short and long-term treatment goals of therapeutic outcomes
- Apply the treatment strategies to understanding self-care and when to get help and support and how to achieve that support

This week will require the answering of a case for participation marks in Moodle, as well as completing the Module instructions in Moodle prior to Tutorial 7.

Assessment Methods and Details

Self-assessment will include quizzes consisting primarily of multiple choice and true/false questions each week, with a selection of questions given to students emphasizing the most important concepts and understanding points from each chapter included within each week.

A term assignment will be required to be completed by the final examination.
This assignment will constitute 10% of one's mark.
Students are asked to pick one region of the brain and describe how functioning of this area occurs both structurally and functionally, and link to an application both in thought, behaviour and emotional output and describe how human life is affected by the presence of this structure, or its absence. This can be both combined essay and diagrams or just in essay format (maximum length 2500 words).

The term assignment must be handed in before the final examination date, no later than 12:00 midnight. Date TBA.

Examples will be provided in the first week of online tutorials.

The final exam will be a collection of multiple choice questions, matching, and true/false questions reviewing the relevant material from the year. All materials reviewed throughout the course are eligible for testing.