

DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES

COURSE OUTLINE – WINTER 2023

PY1050 (A3): Social and Individual Behaviour – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Dr. B. Galenza (he/him) **PHONE:** 780-539-2994
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OFFICE HOURS: Tues, Thurs, 10:00 to 11:30, Mon, Wed, 11:30 – 12:00. Almost always available by email.

CALENDAR DESCRIPTION: This course is designed as the second introductory course in psychology for freshmen following PY 1040 and will give students an understanding of themselves and other people through the study of the basic concepts, principles, theories, and methods used in the scientific study of human behaviour. This course will cover biological and cognitive development, emotion and motivation, social psychology, personality theory, behavioural disorders and treatment, health and stress, and critical thinking skills.

PREREQUISITE(S)/COREQUISITE: PY 1040

REQUIRED TEXT/RESOURCE MATERIALS: Open Source available on BrightSpace. However, I shall not be testing you on this one specific textbook so any good intro text will do.

DELIVERY MODE(S): Lecture/Discussion

COURSE OBJECTIVES: This course may be different from any other course you have ever taken. There will be no memorizing lists of facts or definitions; students must learn the material, organize it for themselves so that they understand it, and apply it to their own lives such that they can reflect upon how these principles have been at work creating the people that they are now. Further, students are required to develop the skills of discussing, both through written and verbal communication, their knowledge of course material.

Please be aware that your normal strategies for passing classes may not work here and new strategies may have to be developed; do so quickly. We will not follow the text chapter by chapter. Thirteen major theories and perspectives of human behaviour and cognitive processes will be introduced in the lectures moving from the simplest to the most complex; students are expected to find and read the topics in the text using the Index as a guide. Extra readings will be recognized; going beyond lecture material will be rewarded.

TRANSFERABILITY:

This course is considered a University Transferable Course; however, the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability and transferable grades.**

EVALUATIONS:

Assessment will be based on four exams: the first weighted at 20%, the second and third weighted at 25%, and the final exam worth 30%. Below, you will see four sets of fifteen questions; each of the four exams will consist of a randomly chosen five questions from those lists. The final exam will also include two questions from the list of “Summary” questions. Following the final grade assignments, students will be subjectively assessed for bonus points on the basis of their involvement in and contributions to the class, and attendance.

LEARNING OUTCOMES: As a result of taking this course in Introductory Psychology, students will gain the abilities to define, explain, and give examples through paragraph-answer summary papers the following basic concepts in psychology:

1. Emotion (Ch 10): nature and nurture contributions, Darwin's reflexive theory, James-Lange, Schachter and Singer's two factor theory (Dates covered in lecture: Jan 12 - 17).
2. Motivation (Ch 10): Hull, Maslow, extrinsic versus intrinsic, McClellan (Jan 19)
3. Social Psychology (Ch 12): Social perception, attribution theory, conformity, obedience, attitude formation and change, schema theory, natural thinking (Jan 24 - 31)
4. Biological and social development (Ch 9): nature with nurture, pre-natal development, the neonate, child, adolescent, and adult, Erikson (Feb 2 - 7).
5. Cognitive Development (Ch 9): Piaget's cognitive developmental theory, intelligence, maturation, schemes, assimilation and adaptation, stages of intellectual development, sensorimotor, preoperational, concrete operations, formal operations, Perry's Fifth stage of Relative Operations (Feb 9 - 16).
6. Testing and Measurement (Ch 2 and 7 from PY1040): Intelligence, Personality, Knowledge. Critical thinking, the scientific perspective, theories versus opinions, evaluation of theories, operational definitions, measurement, validity and reliability, standardization, norming, description, correlation, controlled experimentation (Feb 28 - Mar 7).
7. Personality (Ch 11): Freud's Psychodynamic theory, psychic determinism, nurture against nature, id, ego, and superego, the four stages of personality development, the defence mechanisms, Humanism, Behaviourism, and Cognitivism (Mar 9 - 16).
8. Disorders (Ch 15): normal and abnormal, anxiety, somatoform, dissociative, mood, depression, schizophrenia, DSM V (Mar 21 - 30).
9. Treatment of Disorders (Ch 16): Psychoanalysis, Behavioural, Humanistic, Cognitive, drugs (Apr 4 - 6).
10. Health and Stress (Ch 14): Selye, prediction and control, pain, meditation, consciousness redux (Apr 11).

LEARNING OUTCOMES: As a result of taking this course, students will gain the ability to:

EXAM ONE (Feb 7th worth 20% of your final grade):

1. Define the types (quality) and the potencies (quantity) of emotion according to Plutchik.
2. Define and explain the survival value of emotion according to Darwin.

3. Define and explain what emotion is and how it is caused according to Schachter and Singer's Two Factor Theory,
4. Define and explain what Maslow was trying to model in his Hierarchy of Needs and how he did it.
5. Define and explain Hull's Drive Theory and point out where it is lacking.
6. Define and explain McClellan's ideas of motivation.
7. Explain how the perceptual theory of Constructivism is applied to Person Perception.
8. Explain why unusual behaviours are given so much weight in our judgments of the characteristics of others.
9. Explain the Fundamental Attribution Error and its function in understanding others.
10. Define and explain the Nominal Fallacy in our judgments of others.
11. Define and explain what is meant by consistency, consensus, and distinctiveness of others' behaviour as presented by Kelley's Covariance Model.
12. What is the evolutionary basis for conformity and obedience to authority?
13. What are attitudes and how are they formed?
14. Define and explain Festinger's concept of Cognitive Dissonance.
15. Define and explain Daryl Bem's concept of Self-Attribution.

EXAM TWO (Mar 2nd , worth 25%):

1. Differentiate and explain the two perspectives of nature with nurture as opposed to nurture with nature as defined by the field of Developmental Psychology.
2. Define and differentiate critical periods, sensitive periods, and plasticity/resiliency in human development.
3. Explain how studies of concordance rates in twins tease apart the nature and nurture contributions to intelligence.
4. What are the three kinds of cloning and what does this say about when life begins?
5. Define and explain what is meant by a "maturational timetable" in human development.

6. Discuss William James' description of the neonate's experience with the environment as a "blooming, buzzing confusion." Is he correct? What are neonates' sensory experiences with the environment? Are they "blank slates"?
7. Explain the processes of imprinting and attachment in neonates.
8. Explain the differences between sex and gender. Examine them from the perspective of the nature-nurture issue.
9. Explain the dimensions of parenting styles according to Baumrind and the personalities of the children that result.
10. From the Piagetian perspective, define intelligence and how it develops.
11. Define and explain "schemes" and how they are modified.
12. Present and explain the debate positions of Piaget and Skinner as to the nature of cognitive development.
13. Briefly define Piaget's Four Stages of cognitive development, identifying the basis of the schemes in each.
14. Present and explain Perry's Fifth Stage of cognitive development and explain how it is a qualitative improvement rather than a quantitative.
15. Discuss the nature-nurture debate concerning language and Noam Chomsky's versus Skinner's positions in the debate as to whether language is innate or learned.

EXAM THREE (Mar 23rd , worth 25%):

1. Define and explain the nomothetic and ideographic perspectives with regards to testing and measurement.
2. Explain what Galton means when he states that differences in intelligence must be quantifiable and normally distributed.
3. Explain what it means if a test is valid and reliable.
4. Explain what it means to require tests to be standardized and normed.
5. Define and explain the ideas of constructs and operational definitions.
6. Compare and contrast IQ scores with percentile ranks when reporting intelligence levels.

7. Define the three components of personality and explain how they interact to form personality, according to Freud.
8. Define, explain, and give examples of Freudian defense mechanisms.
9. Define personality and explain how it develops according to the Behaviourist perspective.
10. Define personality and explain how it develops according to Bandura's perspective of reciprocal determinism.
11. Define and explain what the trait theories of Allport, Cattell, and Eysenck are and how they differ from the type theories of the major schools of Personality.
12. Define self schemas and scripts from the perspective of cognitive psychology.
13. Define and explain projective tests, how they're used, and how they work.
14. Explain what Erik Erikson's stage theory is all about, Big Picture first and as much detail as you can remember second.

EXAM FOUR (Final TBA, worth 30%):

1. List and explain the basis for the DSM IV's definition of disordered or abnormal behavior.
2. Explain what is meant by the argument that abnormal behaviour is quantitatively rather than qualitatively different from normal behaviour.
3. Define, explain, and give examples of one or more of the following categories of Abnormal Behaviour from the DSM-V: Anxiety, Somatoform, Dissociative, Mood, Schizophrenic, and/or Personality Disorders.
4. What problems arise from "labelling" abnormal behaviour as the DSM does?
5. Define and explain what abnormal behavior is and its causes from the Psychodynamic perspectives.
6. Define and explain the prescribed treatments of abnormal behavior from the Psychodynamic perspectives.
7. Define and explain what abnormal behavior is and its causes from the Humanist perspectives.
8. Define and explain the prescribed treatments of abnormal behavior from the Humanist perspectives.

9. Define and explain what abnormal behavior is and its causes from the Behaviourist perspectives.
10. Define and explain the prescribed treatments of abnormal behavior from the Behaviourist perspectives.
11. Define and explain what abnormal behavior is and its causes from the Cognitive perspectives.
12. Define and explain the prescribed treatments of abnormal behavior from the Cognitive perspectives.
13. Define and explain what abnormal behavior is and its causes from the Neurophysiological perspectives.
14. Define and explain the prescribed treatments of abnormal behavior from the Neurophysiological perspectives.
15. Define and explain what conditions determine if an experience is stressful or not.

SUMMARY ESSAYS: Define and explain the following theories:

1. Schachter and Singer's Two Factor Theory of Emotion.
2. Maslow's Hierarchy of Needs.
3. Person Perception.
4. Attribution Theory, including Self Attribution.
5. The Evolutionary basis for conformity and obedience to authority.
6. The maturational timetable in human development.
7. Neonates' sensory experiences of the environment.
8. Piaget's definition of intelligence and how it develops.
9. The ideas of constructs and operational definitions, and what it means to require them to be valid, reliable, standardized, and normed.

Dates of Exams:

Feb 7th, 20%

Mar 2nd, 25%

Mar 23rd, 25%

Final TBA: 30%

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

LECTURES:

Emotion: Jan 12 - 17

Motivation : Jan 19

Social Psychology: Jan 24 – 31

Biological and social development: Feb 2 - 7

Cognitive Development: Feb 9 – 16

Testing and Measurement : Feb 28 – Mar 7

Personality: Mar 9 - 16

Disorders: Mar 28 - 30

Treatment of Disorders: Apr 4 - 6

Health and Stress: Apr 11

STUDENT RESPONSIBILITIES: This is adult education. You will be treated as such and are expected to behave accordingly. It is expected that all students will display a professional attitude and behaviour in the classroom. This includes reliability, respect for and cooperation with your fellow students and the instructor, attention to fellow students’ questions and instructors’ responses, determination to achieve first-class work while meeting deadlines, and constructive response to criticism.

STATEMENT ON PLAGIARISM AND CHEATING: Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

****Note:** all Academic and Administrative policies are available on the same page.

Additional Information: GENERAL COMMENTS:

We will not follow the text chapter by chapter nor follow the text's organization. Ten major theories and perspectives of human behaviour and cognitive processes will be introduced in the lectures. Students are expected to find and read the topics in the text using the Index as a guide. Extra readings will be recognized; going beyond lecture material will be rewarded.

There is so much more to learn than we can cover in our limited class time. Make the most of your college experience by reading the text and other sources beyond what is called for in the paragraph answers. It will also make your answers all the more insightful.

If you are unsure whether you have understood a theory, prewrite your answers and submit it to me at least 48 hours before the due time and date and I will give you feedback. Please append your prewrites and final submissions, in Word, to my e-mail address. Do NOT use Brightspace, Google, Clouds, pdf files, or anything other than Word. If I can't open it or edit it, it will not be graded.

My preferred teaching style is interactive lecture, derived from the teaching philosophy that little is learned until responses are made (either verbally or written). Join in.