

COURSE OUTLINE

**Developmental Skills Lab 048  
Psychology**

**I. Catalog Statement**

Developmental Skills Lab 048 introduces students to the basics of life cycle development issues, the roots of behavior, emotions and consciousness. This course may be taken for high school credit.

Units — 0.0

Total Laboratory Hours — 100.0

Recommended preparation: ESL 040 or equivalent

Note: This is a self-paced course in an open-entry, open-exit lab environment. Successful completion of this course results in 5 high school credits (1/2 unit).

**II. Course Entry Expectations**

Skills Level Ranges: Reading: 5; Writing: 5; Speaking/Listening: 4; Math: 1.

**III. Course Exit Standards**

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

1. identify what psychology is and how psychologists study behavior;
2. list the stages of development;
3. describe how people make sense of information, learn and reason;
4. explain how biology, emotion, motivation, states of consciousness, and interpersonal relationships influence behavior;
5. recognize normal and abnormal behaviors and ways of achieving mental health.

**IV. Course Content**

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|----|--|----------|
| A. | The Cycle of Life                      | 15 hours |
| 1. | Infancy and childhood development      |          |
| 2. | Middle childhood and adolescence       |          |
| 3. | Adulthood and aging                    |          |
| B. | Discovering and Interpreting the World | 25 hours |
| 1. | How sensation works                    |          |
| 2. | Perception – interpreting sensations   |          |

3.	Learning and conditioning	
4.	Memory and language	
5.	Intelligence and creativity	
C.	Roots of Behavior	25 hours
1.	Influence of biology on behavior	
2.	Emotion and motivation	
3.	States of consciousness	
D.	Personal Identity	20 hours
1.	Theories of self and personality	
2.	Abnormal behavior	
3.	Achieving mental health	
E.	Society	15 hours
1.	Person to person communication	
2.	Group behavior	
3.	Effects of environmental conditions	

**VII. Methods of Presentation**

The following instructional methodologies may be used in the course:

1. independent study using worksheets and texts;
2. computer-aided instruction;
3. student contracts;
4. video instruction.

**VI. Assignments and Methods of Evaluation**

1. Students complete written answers to chapter questions.
2. Unit exams which include essay questions.

**VII. Textbook**

Ragland, R. and Saxon, B. Invitation to Psychology, Second Edition.  
Glenview, Ill: Scott, Foreman and Company, 1989.  
10<sup>th</sup> Grade Textbook Reading Level. ISBN: 0-673-35033-9

**VIII. Student Learning Outcome**

- define psychology and explain how psychologists study behavior;
- list, explain and examine the stages of human development;
- recognize and explain how people perceive and interpret information, and analyze how this affects learning and reasoning;
- identify the roots of behavior and discuss how these influence actions;
- recognize normal and abnormal behaviors, examine the qualities of mental health, and propose a plan for achieving mental health.