



COURSE OUTLINE
2024 Fall Psychology SPS 100

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| Course: | Introduction to Psychology |
| Course Code: | SPS100 |
| Time(s) & Location(s): | Online Tutorial: Tuesdays 8-9 p.m. ET |
| Course Instructor(s): | Professor Jacob Frickey, BSW, RSW, OCGC, MSW |
| E-mail address: | jfrickey@ccnm.edu |

Office Hours: By appointment

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| ASSESSMENT | PERCENT | DATE |
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| Module Quizzes | 10% | 12 Self-scheduled Quizzes |
| Assignments | 10% | Ongoing in Revel, one major |
| Participation | 10% | Tutorial, course forum |
| Midterm | 30% | Online week |
| Final Exam | 40% | Online week |

Methods of Assessment

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 the Academic Calendar. Students may seek guidance from several style manuals located in the CCNM (Canadian College of Naturopathic Medicine) 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 2022-2023 ([Academic Calendar](#)).

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Contexts

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| Read text(s): | An Introduction to Psychological Science, Third Canadian Edition - Instant Access, 3rd edition by Mark Krause, Daniel Corts, Stephen Smith, Dan Dolderman. Published by Pearson. |
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Weekly Schedule

| Date | Topics covered | Weekly Objectives/How to Prepare for Class |
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| Sept 3, 2024 | Biological Psychology | Read Krause Chapter 3, watch videos in <i>My Psych Lab</i> , complete Quiz 1 |
| Sept 10, 2024 | Sensation and Perception, | Read textbook Chapter 4 and watch videos linked in <i>My Psych Lab</i> . Complete Quiz 2. |

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| 10 | Nov 5, 2024 | Social Psychology | Complete Chapter 13, social assignment in Revel and Quiz 9 |
| 11 | Nov 12, 2024 | Health, Stress and Coping | Complete Chapter 14 reading, major writing assignment for this unit, Quiz 10 |
| 12 | Nov 19, 2024 | Psychological Disorders | Complete Chapter 15, assignment, and Quiz 11 |
| 13 | Nov 26 2024 | Psychological Therapies | Read chapter 16, complete assignment, and Quiz 12 in Moodle |
| 14 | December 3, 2024 | Final examination week week 12 | Week 12 |

Apply your knowledge of neuroimaging and whether it can be used to diagnose brain injuries

Tutorial 2, Date: September 10, 2024
Sensation and Perception, Chapter 4

- Know what learning is and its 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 diverse ways to influence behaviour; reinforcement, punishment, and how to change these
- Know and apply scheduled reinforcement schedules

Midterm Break - Midterm – October 15, 2024. No class this week

Tutorial 7, Date: October 22, 2024 Lifespan Development, Chapter 10 (Krause et al.)

- Know and understand various 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 ageing
- Learn the stages of adolescence and ageing and the most significant things that influence each stage
- Know when biological injury or genetic challenges cause issues with the brain in the ageing process as in Alzheimer's, Parkinson's, or dementia
- Identify what behavioral choices can support healthy ageing or hinder its process

Tutorial 8, Date: October 29, 2024 Motivation and Emotion, Chapters 11 (Krause et al.)

In this section, students will learn about biological drives, and how these can be influenced positively and negatively via social norms and availability of supports:

- 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

Tutorial 9, Date: November 5, 2024 Social Psychology, Chapter 13 (Krause et al.)

By the end of this unit, students will explore their own biases with a discerning eye, good evidence, and will be able to:

- 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 diverse ways we explain our own behaviour versus the behaviour of others
- Analyze whether people who commit discriminatory acts are necessarily prejudiced
- Know the

