



# Diploma in Psychology

## Course Contents

- 1. Psychology: A Science... and a Perspective**
  - Modern Psychology: What it is and How it Originated
  - Psychology: Its Grand Issues and Key Perspectives
  - Psychology 2000: Trends for the New Millennium
  - Psychology and the Scientific Method
  - Research methods in Psychology: How Psychologists answer Questions about Behaviour
- 2. Biological Bases of Behaviour**
  - Neurons: Blocks of the Nervous System
  - The Nervous System: Its Basic Structure and Functions
  - The Brain: Where Consciousness...is
  - The Brain and Human Behaviour: Where Biology and Consciousness meet
  - Heredity and Behaviour: Genetics and Evolutionary Psychology
- 3. Sensation and Perception: Making Contact with the World around us**
  - Sensation: the Raw Materials of Understanding
  - Vision
  - Hearing
  - Touch and Other Skin Senses
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  - Kinesthesia and Vestibular Sense
  - Perception: Putting it All Together
  - The Plasticity of Perception: To What Extent is it Innate or Learned?
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  - Biological Rhythms: Tides of Life – and Conscious Experience
  - Waking States of Consciousness
  - Sleep: The Pause That Refreshes?
  - Hypnosis: Altered State of Consciousness... or Social Role Playing?
  - Consciousness-Altering Drugs: What They Are and What They Do
- 5. Learning: How We are Changed by Experience**
  - Classical Conditioning: Learning That Some Stimuli Signal Others
  - Operant Conditioning: Learning Based on Consequences
  - Observational Learning: Learning from the Behaviour and Outcomes of Others
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  - Human Memory: Two Influential Views
  - Kinds of Information Stored in Memory
  - Forgetting: Some Contrasting Views
  - Memory Distortion and Memory Construction
  - Memory in Everyday life

- Memory and Brain: Evidence from Memory Impairments and Other Sources

**7. Cognition:** Thinking, Deciding, Communicating

- Thinking: Forming Concepts and Reasoning to Conclusions
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- Problem Solving: Finding Paths to Desired Goals
- Language: The Communication of Information

**8. Human Development I:** The Childhood Years

- Physical Growth and Development
- Perceptual Development
- Cognitive Development: Changes Ability to Understand the World around Us
- Moral Development: Reasoning About “Right” and “Wrong”
- Social and Environmental Development: Forming Relationships with Others
- From Gender Identity to Sex-Category Constancy: How Children Come to Understand That They Are Female or Male

**9. Human Development II:** Adolescence, Adulthood, and Aging

- Adolescence: Between Child and Adult
- Development during Our Adult Years
- Aging, Death, and Bereavement

**10. Motivation and Emotion**

- Motivation: The Activation and Persistence of Behaviour
- Emotions: Their Nature, Expressions, and Impact

**11. Intelligence:** Cognitive, Practical, Emotional

- Intelligence: Contrasting Views of Its Nature
- Measuring Intelligence
- Human Intelligence: The Role of Heredity and the Role of Environment
- Group Differences in Intelligence Test Scores: Why They Occur
- Emotional Intelligence: The Feeling Side of Intelligence
- Creativity: Generating the Extraordinary

**12. Personality:** Uniqueness and consistency in the Behaviour of Individuals

- Personality: Is it Real?
- The Psychoanalytic Approach: Messages from The Unconscious
- Humanistic Theories: Emphasis on Growth
- Trait Theories: Seeking the Key Dimensions of Personality
- Learning Approaches to Personality
- Measuring Personality
- Modern Research on Personality: Applications to Personal Health and Behaviour in Work Settings

**13. Health, Stress, and Coping**

- Health Psychology: An Overview
- Stress: Its Causes, Effects, and Control
- Understanding and Communicating Our Health Needs
- Behavioural and Psychological Correlates of Illness: The Effects of Thoughts and Actions on Health
- Promoting Wellness: Developing a Healthier Lifestyle

**14. Mental Disorders:** The Nature and Causes

- Models of abnormality: Changing Conceptions of Mental Disorders

- Assessment and Diagnosis: The DSM-IV and Other Tools
- Disorders of Infancy: Childhood, and Other Tools
- Mood Disorders: Downs and Ups of Life
- Anxiety Disorders: When Dread Debilitates
- Dissociative and Somatoform Disorders
- Sexual and Gender Identity Disorders
- Personality Disorders: Traits That Harm
- Schizophrenia: Losing Touch with Reality
- Substance-Related Disorders

**15. Therapies:** Techniques for Alleviating Mental Disorders

- Psychotherapies: Psychological Approaches to Mental Disorders
- Alternatives to Individual Psychotherapy: Group Therapy, Marital Therapy, Family Therapy, and Psychosocial Rehabilitation
- Biological Therapies
- Psychotherapy: Is it Effective?
- The Prevention of Mental Disorders: Community Psychology and its Legacy
- Legal and Ethical Issues Relating to Mental Disorders

**16. Social Thought and Social Behaviour**

- Social Thought: Thinking about Other People
- Social Behaviour: Interacting with Others