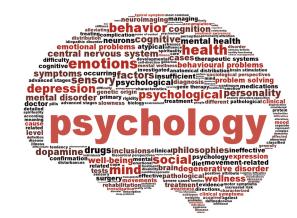


PSY 101: Introduction to Psychology (ASU Prison Education Program)

What is Psychology?

Psychology is the scientific study of behavior and mental processes. Psychology is about you, the person sitting next to you, and the social world around us. The major emphasis of this course will be to apply psychology and critically evaluate human behavior and cognition. This course will introduce you to what and how Psychology informs us about how we think, feel, and behave. There are many aspects to our behavior, and Psychology studies biological, cognitive, development, social aspects of normal (and abnormal) behavior.



Humans routinely do amazing things without appreciating how interesting they are. We are also influenced by people and events without always being aware of those influences. By the end of this course, you will gain a better understanding and appreciation of who you are and how you work. We guarantee that you'll learn things that you'll be telling your friends and family about, things that will fundamentally change the way you think of yourself and others. How can you resist that?!

What will you learn?

By the end of this course, you will be able to answer the above questions and gain a better understanding of the processes shaping how individuals think, feel, and behave. The information you learn and the critical thinking skills you develop apply to many careers. Specific goals for this class:

- 1. Gain a general understanding of psychology as a scientific discipline (research methods, major theoretical perspectives, main topics and concepts).
- 2. Develop critical thinking skills and communication skills regarding the body of knowledge, research findings, and underlying principles that currently exist in the field.
- 3. Stimulate thinking about the implications of the research for daily situations and use the knowledge gained from psychological research to benefit yourself and others.
- 4. Enjoy the class.



What will we talk about?

This course surveys the major sub-disciplines of the field, including such topics as the brain and neuroscience, behavioral genetics, cognitive and social development, perception, learning, memory, decision-making, language, consciousness, emotions, motivation, psychological disorders, social identity, interpersonal interactions, and cultural processes.

What does class look like?

Class meetings will include lectures, demonstrations, exercises, and discussions. The class is small, so we will be able to talk about topics more in-depth than would otherwise be possible. Although this course is not for credit, we will have various individual or group class activities (i.e., exercises, discussions) each week to give you feedback and help cement the material.