

Effective: Fall 2022

## COURSE INFORMATION

**Course Title:** Areas and Applications of Psychology

**Course Number:** PSYC 102

**Credits:** 3

**Total Weeks:** 14 (Fall, Spring)  
12 (Summer)

**Total Hours:** 39

**Course Level:** ☒ First Year ☐ Second Year  
☐ New ☐ Revised Course  
☐ Replacement Course

**Department:** Social Sciences

**Department Head:** A. McDougall

**Former Course Code(s) and Number(s) (if applicable):** N/A

**Pre-requisites (If there are no prerequisites, type NONE):** NONE

**Co-requisite Statement (List if applicable or type NONE):** NONE

**Precluded Courses:** N/A

## COURSE DESCRIPTION

In this course students will focus on the major areas of study and applications of psychology: Motivation and emotion, personality, social, developmental, stress and health, psychological disorders, and their treatments, in relation to the basic psychological processes. Theory is related to the applied areas, group processes, personal adjustment, child rearing practices, and the modification of disordered behaviour.

## LEARNING OUTCOMES

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

- Explain and evaluate topics and research in psychology
- Examine psychological issues related to applications in psychology (developmental, social psychology, personality theory, psychopathology, therapy, and stress and health)
- Critically evaluate theoretical perspectives related to psychology
- Apply theoretical perspectives related to psychology
- Apply writing skills in papers or examinations

## INSTRUCTION AND GRADING

Instructional (Contact) Hours:

| Type                      | Duration |
|---------------------------|----------|
| Lecture                   | 39       |
| Seminars/Tutorials        |          |
| Laboratory                |          |
| Field Experience          |          |
| Other ( <i>specify</i> ): |          |
| Total                     | 39       |

**Grading System:** Letter Grades ☒ Percentage ☐ Pass/Fail ☐ Satisfactory/Unsatisfactory ☐ Other ☐

**Specify passing grade:** 50%

**Evaluation Activities and Weighting** (total must equal 100%)

|  |                                       |  |   |
|--|---------------------------------------|--|---|
| Assignments: 30%<br><i>Specify number of, variety, and nature of assignments:</i><br>Worksheets and mastery exercises. 15%<br>3 Personal reflections 15% | Lab Work: %                           | Participation: 10%<br><i>Specify nature of participation: Attendance, discussions, polls</i> | Project: %<br><i>Specify nature of project:</i> |
| Quizzes/Test: 10%<br>Online chapter tests  | Midterm Exams: 25 %<br>Not cumulative | Final Exam: 25%<br>Not cumulative  | Other: %<br><i>Specify:</i>                     |

### TEXT(S) AND RESOURCE MATERIALS

Provide a full reference for each text and/or resource material and include whether required/not required.

1. Nolan, S. & Hockenbury S. (2021). Discovering Psychology (9th ed.). Worth Publishers.
2. McCann, D., Weiten, W., & Matheson, D.H. (2022). Psychology: Themes and variations (6th Canadian ed.). TO: Cengage. WITH MINDTAP online code.

### COURSE TOPICS

List topics and sequence covered.

| Week   | Topic   | Chapter |
|--------|---|---------|
| Week 1 | Introduction to the course<br>Motivation – introduction, theories – eating  | 8       |
| Week 2 | Motivation Continued, Emotion   | 8       |
| Week 3 | Emotion   | 8       |
| Week 4 | Human development across the lifespan                                       | 9       |
| Week 5 | Human development across the lifespan - Continued                           | 9       |
| Week 6 | Personality: Theory, Research, and Assessment                               | 11      |
| Week 7 | Personality: Theory, Research, and Assessment<br>Midterm chapter 8-10 – 25% | 11      |
| Week 8 | Social Psychology   | 12      |
| Week 9 | Social Psychology   | 12      |

## COURSE OUTLINE

|         |   |        |
|---------|---|--------|
| Week 10 | Stress, health and coping                                       | 13     |
| Week 11 | Psychological Disorders   | 14     |
| Week 12 | Psychological Disorders continued<br>Therapies                  | 14, 15 |
| Week 13 | Therapies continued   | 15     |
| Week 14 | Chapters 11-15: All materials, Lectures, Text 25%<br>FINAL EXAM |        |

### NOTES

1. Students are required to follow all College policies. Policies are available on the website at: [Coquitlam College Policies](#)
2. To find out how this course transfers, visit the BC Transfer Guide at: [bctransferguide.ca](#)

**Last Revised:** September 2022

**Last Reviewed:** September 2024