

Distance Education Course Outline

GENERAL INFORMATION:

- i. *Course:* Psychology 20, 2017-2018
- ii. *Type:* online delivery, asynchronous, self-paced
- iii. *Instructor:* Janice Cruise (Distance Education Learning Centre)
- iv. *Teacher Access:* * Moodle Message preferred, email janice.cruise@horizonsd.ca, confidential voice messages can be left at 306.667.3756

COURSE DESCRIPTION:

- i. *Executive Summary:* This course is an introduction to Social Psychology, including the consideration of who we are, and how we act and interact, in a social world.
- ii. *Prerequisites:* none

STUDENT LEARNING OUTCOMES:

Unit 1: What is Social Psychology?

- define the broad discipline of psychology
- define social psychology
- identify the steps of the scientific approach
- differentiate between key social theories of psychology
- utilize your worldview to discuss social psychology situations

Unit 2: Who am I?

- identify physical, emotional, mental, spiritual and personality traits that define you
- define components of the nervous system
- compare functions of areas of the brain
- organize life activities using Maslow's Hierarchy of Needs
- distinguish between thinking, learning, memory and intelligence

Unit 3: How Do We Make Sense of the World?

- distinguish between social cognition and social perception
- define schemata, self-fulfilling prophecy, heuristics, perception, memory, autobiographical memory and consciousness
- apply personal schemata and heuristics to new situations
- differentiate between collectivist and individualistic societies
- define social perception and attribution
- differentiate between prejudice and racism
- outline the principles of communication
- identify different models of communication
- differentiate between self-understanding and self-efficacy
- determine sociocultural influences on self-concept
- define gender identity
- compare self-monitoring and self-presentation



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Unit 4: How do We Interact in Social Situations?

- compare and contrast definitions of family
- compare and contrast functions of families
- compare and contrast systems that affect, and are affected by, families
- explore styles of parenting
- compare and contrast theories and models of the establishment/maintenance of relationships
- differentiate between attraction and love
- compare and contrast theories of group behaviour and teams
- determine negative and positive influences of groups on individual behaviour
- explore elements of cooperation and competition
- outline elements of equity as it pertains to leadership and conflict resolution
- compare and contrast pro-social behaviour and anti-social behaviour
- review holistic models of health
- determine elements of mental health
- explore the concept of balance as it pertains to stress
- define dysfunctional behaviour, psychological disorder, abnormality
- identify models of dysfunctional behaviour

TEACHING STRATEGIES:

- i. The course is divided into four equal units of study (see topics listed in the section above), and one unit that houses on-going discussions to support the four topic areas. Students are directed to access web resources to complete assignments and participate in discussions.
- ii. Mini quizzes are provided to ensure material is reviewed.
- iii. Assignments are completed throughout the course to demonstrate understanding of the content areas.
- iv. While there are no *set* assignment due dates, continuous participation and progress are expected.
- v. A proctored exam (open-book) needs to be arranged mutually between the student, the home school (as supervision is required), and the course instructor. The exam will take place following the third unit of study in either December or April.

COURSE MATERIALS:

- i. All required course resources are provided within Moodle, or are available on the Internet.
- ii. Students require access to a computer, a web-browser, Microsoft Office (or equivalent) and the Internet

EVALUATION:

- i. The course consists of four units of study and a proctored exam. No recommends are available.
- ii. Each unit is weighted at 20% (total 80%) and the proctored exam (open-book) is 20%.