

**Course:** PSY 121

**Course Title:** Introductory Psychology

**Credit Hours:** 3

**Department:** Psychology

**Prerequisite:** None

*May also receive credit for this course through Advanced Placement; International Baccalaureate*

**CORE-42 Category:** SOCIAL & BEHAVIORAL SCIENCES - Psychology: General Psychology

**MOTR PSYC 100**

**MOTR Hours:** 3

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*Information submitted by a department representative on 10/27/2022 4:59:10 PM – Compiled by Darren Wienberg, Academic Advising & Transfer Center*

**Typically Offered During:**

Fall Full Semester:	YES	Fall 1 <sup>st</sup> Block:	NO	Fall 2 <sup>nd</sup> Block:	NO
Spring Full Semester:	YES	Spring 1 <sup>st</sup> Block:	NO	Spring 2 <sup>nd</sup> Block:	NO
Summer:	YES				

**Typical Instructional Modality:**

Traditional (seated):	YES	Blended:	YES	Internet:	YES
Online Video:	NO	Web Conference:	NO		

**May Also Count Toward Department Offering:**

Major:	YES	Minor:	YES	Certificate:	NO
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*Please see online published semester class schedule and undergraduate catalog for detailed course offering information.*

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***How do you describe the course to students when they ask “What is this class about?” (Without using the catalog description)?***

Introductory Psychology students learn key psychological concepts, themes, and skills and how to apply them to personal growth and other aspects of everyday life. They also learn how psychologists use the scientific method to solve problems and answer novel questions about behavior and mental processes. Understanding the scientific method also helps students become better consumers of research (e.g., they better identify unsubstantiated statements, opinions, or beliefs).

***Beyond meeting a General Education requirement, what benefits can students realize from choosing this course?***

Introductory Psychology students learn to apply psychological principles related to memory to improve their own study skills, so they actually become better learners over the course of the semester. Additionally, gaining knowledge of psychological principles helps students become more empathetic and understanding of others, which can improve the quality of their interpersonal relationships. Finally, students learn about mental illness, the different kinds of mental health practitioners, and how to locate local mental health resources.

***Other than your major/minor/certificate students, what groups of students could find this course relevant to their degree program or career path?***

Learning about what makes people think and behave as they do is relevant to any degree program or career path. For example, a student who plans to work in advertising would benefit from studying psychological principles of attitude change and persuasion. As another example, students hoping to have a career in healthcare can greatly benefit from better understanding other people and what guides their decisions. Finally, in our increasingly global world, all students, regardless of career path, can benefit from understanding the way psychology values diversity, promotes equity, and fosters inclusion in pursuit of a more just society.

***Catalog Description (Fall 2022 Undergraduate Catalog)***

An examination of how psychology enhances our understanding of human behavior; a survey of basic biological, experiential, cognitive, emotional, and sociocultural influences on behavior and self-understanding. Students must choose either to be research participants or fulfill an alternative library assignment as part of the course requirements. Honors sections are taught in a lecture/lab format.