



TYLER JUNIOR COLLEGE

School of Continuing Studies

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Tyler, TX 75701

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www.tjc.edu/continuingstudies/mycaa

Education & Training Plan Psychology Program

Student Full Name: _____

Start Date: _____ End Date: _____

Program Duration: 6 months

(due to open enrollment, start and end dates are determined by the student)

MyCAA Information

Course Code:	TJC-MET 64
Program Duration:	6 Months
Course Contact Hours:	375
Student Tuition:	\$3,799

The Psychology Profession

The study of psychology offers students a comprehensive look inside human thought and behavior. Psychology is a broad field that examines hundreds of different areas including the central nervous system, perception, learning and memory, personality, motivation, developmental and clinical psychology. Professionals who work in this field have a deep curiosity for human behavior and an acute desire to help people in need of psychological treatment. Students considering a course of study in psychology, or perhaps entering this profession, have the opportunity to contribute to a wide variety of fields including healthcare, social work, corrections and even criminology.

The Psychology Program

The Psychology Program course takes students through the basic concepts, theories, research methods, and contributions to the understanding of human behavior taking students through the various complexities of human development, the motivations for our thoughts, feelings and behavior as well as the role of sexuality, gender, heredity and genetics as applied to human behavior overall. Students will have the opportunity to analyze various psychological disorders, "normal" behaviors and the basis of the psychology behind learning, memory and experience.

Students who complete this course will have firm understanding of the theories and concepts of psychology including the scope of psychology, biological foundations and the brain, sensation, perception, motivation, personality, learning/memory, emotion, states of consciousness, personality theories, cognition, life-span development, and applied psychology.

Program Objectives

At the conclusion of this program, students will be able to:

- Examine the field of psychology in terms of history, key perspectives and issues, current trends, scientific and research methods
- Explain the anatomical structures and physiological functions related to psychology
- Examine sensation, perception, heredity, and genetics
- Analyze consciousness, sleep, sleep disorders, and hypnosis as related to psychology
- Analyze the underlying principles and basis of the psychology behind learning, memory, and experience
- Explain cognitive abilities and intelligence from a psychological perspective
- Examine the different phases and stages in human development
- Examine the different motivation theories and the psychological basis of emotions
- Explain sexuality and gender in relation to psychology
- Examine psychoanalytic approaches and humanistic theories to explain behaviors and traits in personalities
- Evaluate health psychology and approaches to health management
- Investigate different mental disorders as related to psychology
- Analyze psychotherapy, the different methods, and their effectiveness
- Investigate the importance **of thoughts, trends in social behavior, and impact of social influences**
- **Use Microsoft Office**

The Psychology Program Detailed Student Objectives:

THE FIELD OF PSYCHOLOGY

- Define psychology
- Discuss the origins of psychology
- Discuss key issues and perspectives regarding the field of psychology

BIOLOGICAL BASIS OF BEHAVIOR, SENSATION, AND PERCEPTION

- Define and list the functions of the different parts of the nervous system and their role in behavior
- List the functions of the eyes, ears, and skin and their role in behavior
- Discuss sensation and perception and their role in everyday life

CONSCIOUSNESS

- Describe the nature of sleep, sleep disorders, and their treatment
- Examine the methods and practice of hypnosis and the different views about the practice
- Discuss the role of drugs in hypnosis and altering consciousness

LEARNING WITH CHANGE, EXPERIENCE, AND MEMORY

- Describe the nature, principles, process, and neural basis of behavioral learning
- Define classical conditioning
- Define operant conditioning
- Describe the nature, principles, process, and neural basis of classical conditioning
- Describe the nature, principles, process, and neural basis of operant conditioning
- Define memory and the different types of memory
- Discuss the role of the different memory systems
- Discuss forgetting and some of the views related to it
- Identify the methods of construction of schemas and their use

COGNITION AND INTELLIGENCE

- Define the processes of thinking and reasoning
- Identify strategies and rules for decision making
- Identify the different methods of problem solving
- Examine language as a communication tool
- Describe human intelligence and the different methods of defining and measuring intelligence

HUMAN DEVELOPMENT

- Describe the changes, characteristics, and challenges related to each developmental phase
- Discuss the various theories related to each developmental phase

MOTIVATION AND EMOTION

- Describe emotions: The biological basis and their expression
- Describe the theories and perspectives on motivation
- Discuss the causes and effects of personal happiness and individual differences in perspectives on emotions
- Identify the different types of motivation and their nature

SEXUALITY AND GENDER

- Analyze human sexual behavior
- Describe the psychological side of human sexuality
- Discuss sexual dysfunctions and sexually transmitted diseases

PERSONALITY AND BEHAVIORAL PATTERNS

- Discuss the various humanistic approaches to personality
- Discuss psychoanalytic approaches to personality and behavior
- Identify the different personality traits and research methods

HEALTH, STRESS, AND ITS MANAGEMENT

- Identify the causes and effects of stress, and methods of stress control Analyze methods to promote wellness

MENTAL DISORDERS: CAUSES, NATURE, AND TREATMENT

- Describe group therapies and the processes involved
- Identify the different assessment and diagnostic methods related to mental disorders
- Define psychotherapy as a psychological approach to treating mental disorders
- Discuss the different psychotherapeutic methods for mental disorders
- Discuss anxiety and the different types of disorders—dissociate, sexual, gender sexuality, personality, and substance disorders, their causes, and effects

SOCIAL THOUGHT AND BEHAVIOR

- Discuss social behavior and factors that influence interactions with others
- Discuss social influences, conformity, compliance, and obedience
- Describe aggression and prosocial behavior

Note: In order to qualify for an externship, students must successfully complete the program, including all quizzes and final exams, and be available for a background check and/ or a potential drug screen. This program can be completed in 6 months. However, students will have online access to this program for a 12- month period.

Education and Certifications

- Psychology Program candidates should have or be pursuing a high school diploma or GED.
- **National Certification Available:**
Students who complete this comprehensive course would be prepared to sit for the **Microsoft Office Specialist (MOS) Certification Exam.**

MICROSOFT OFFICE Module

- Use an integrated software package, specifically the applications included in the Microsoft Office suite
- Demonstrate marketable skills for enhanced employment opportunities
- Describe proper computer techniques for designing and producing various types of documents
- Demonstrate the common commands & techniques used in Windows desktop
- List the meaning of basic PC acronyms like MHz, MB, KB, HD and RAM
- Use WordPad and MSWord to create various types of documents
- Create headings and titles with Word Art
- Create and format spreadsheets, including the use of mathematical formulas
- Demonstrate a working knowledge of computer database functions, including putting, processing, querying and outputting data
- Define computer terminology in definition matching quizzes
- Use the Windows Paint program to alter graphics
- Use a presentation application to create a presentation with both text and graphics
- Copy data from one MS Office application to another application in the suite
- Use e-mail and the Internet to send Word and Excel file attachments
- Demonstrate how to use the Windows Taskbar and Windows Tooltips
- Explain how copyright laws pertain to data and graphics posted on the Internet
- Take the college computer competency test after course completion
- Follow oral and written directions and complete assignments when working under time limitations

Note: Although the Microsoft Office Module is not required to successfully complete this program, students interested in pursuing free Microsoft MOS certification may want to consider completing this Microsoft Office Module at no additional cost.

System Requirements:

Windows Users:

- Windows 7, XP or Vista
- 56K modem or higher
- Soundcard & Speakers
- Firefox, Chrome or Microsoft Internet Explorer

Mac OS User:

- Mac OS X or higher (in classic mode)
- 56K modem or higher
- Soundcard & Speakers
- Apple Safari

iPad Users:

- iPad – iOS 5.1 (or latest)

Screen Resolution:

- We recommend setting your screen resolution to 1024 x 768 pixels.

Browser Requirements:

- System will support the two latest releases of each browser. When using older versions of a browser, users risk running into problems with the course software.
- Windows Users: Mozilla Firefox, Google Chrome, Microsoft Internet Explorer
- Mac OS Users: Safari, Google Chrome, Mozilla Firefox

Suggested Plug-ins:

- Flash Player
- Real Player
- Adobe Reader
- Java