Administrative Unit: History and Social Sciences Department

Course Prefix and Number: PSYC 260

Course Title: Introduction to Applied Psychology

Number of Credit Hours: 3 Lecture Hours: 3 Laboratory Hours: 0

Catalog Description: An introduction to Applied Psychology, including uses of psychology in personal adjustment across the lifespan, in education, interpersonal relationships, marriage, family and parenting, work, physical and psychological health, and in identifying and treating psychopathology. A service learning component may be used as a means of providing students with practical experience with applied psychology. Students will be exposed to major theoretical perspectives in applied psychology and methods and findings based in scientific psychology. Offered every spring semester.

Prerequisite(s)/Corequisite(s): None.

Text(s): Most current edition of the following:


Course Objectives:

- To understand the application of basic psychological theory and research to individual experience.
- To become acquainted with applied content areas and their major theories.

Measurable Learning Outcomes

- Describe past personal experience in terms of relevant psychological theory.
- Identify milestones of normative development (e.g.; development of gender identify, adolescent development, sexual development, movement into the workforce, aging) and be able to describe the changes occurring during each.
- Demonstrate knowledge of the etiology of stress and the applicability of different means of coping.
- Understand how self-concept, social cognition, interpersonal communication, and social influence attempts affect the quality of interpersonal relationships.
- Identify the factors contributing to friendship, love, and long-term intimate relationships, as well as factors that inhibit the development of such relationships.
- Identify common physical and psychological disorders and the treatments used to address them.
Topical Outline (major areas of coverage):

It is recommended that a semester course cover most of the following topics:

- Definition of psychology and adjustment
- Scientific methods in the study of behavior
- Personality theory
- Major perspectives in applied psychology
- Stress and coping
- Interpersonal relationships
- Social cognition and influence
- Communication
- Friendship and love
- Parenting and family
- Gender roles
- Development in adolescence and adulthood
- Careers and work
- Human sexuality
- Mental and physical health
- Assessment and treatment of psychological disorders

Recommended maximum class size for this course: 30

Library Resources:

Online databases are available at http://www.ccis.edu/offices/library/resources.asp. You may access them from off-campus using your eServices login and password when prompted.

Prepared by: Christopher Mazurek

Date: May 10, 2005

NOTE: The intention of the master syllabus is to provide an outline of the contents of this course, as specified by the faculty of Columbia College, regardless of who teaches the course, when it is taught or where it is taught. Faculty members teaching this course for Columbia College are expected to facilitate learning pursuant to the course objectives and cover the subjects listed in the topical outline. However, instructors are also encouraged to cover additional topics of interest so long as those topics are relevant to the course’s subject. The master syllabus is, therefore, prescriptive in nature but also allows for a diversity of individual approaches to course material.