

**Course Outline for:** PSYC 1100 Psychology in Modern Life**A. Course Description**

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: Goal 5 – History and the Social and Behavioral Sciences

Psychology in Modern Life is designed to translate psychology into applications to everyday life. Examples of life situations addressed include topics such as stress management, health behaviors, behavior in groups, interpersonal relationships and psychological health. The course has an empirical focus, which means that we will apply data collected via the scientific method to matters of living, and develop our critical thinking skills in order to evaluate claims about healthy living made by sources from within and outside the psychological community.

**B. Date last reviewed/updated:** January 2022**C. Outline of Major Content Areas**

1. Research Methods
2. Personality
3. Stress, Coping, and Health
4. Understanding the Self
5. Social Psychology
6. Career Development
7. Psychological Diagnoses and Treatment

Optional topic to be covered:

1. Positive Psychology

**D. Course Learning Outcomes**

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

1. Critically evaluate evidence behind psychological claims relating to the scientific method. (Goal 2a-d; Goal 5a, 5c, 5d)
2. Differentiate healthy and unhealthy coping strategies. (Goal 2a-d; Goal 5a, 5c, 5d)
3. Summarize theoretical and practical approaches to psychological health and difficulties. (Goal 2a-d; Goal 5a-c)
4. Demonstrate the application of course concepts to one's personal life circumstances. (Goal 2a- d; Goal 5a, 5c)

**E. Methods for Assessing Student Learning**

Measurement of the above objectives may take the form of classroom exercises & assignments, quizzes, projects, exams, research, and/or community service as the instructor deems appropriate.

**F. Special Information**

None