

# Psychology

## 40S

Ms. Basson

Instructor: Ms. S. Basson

E-Mail: sbasson@lssd.ca

Phone: 204-482-6926 ext.3226

Room: 152

Psychology is the scientific study of behaviour and mental processes. It uses the scientific method to discover ways of understanding the complexities of human thought and behaviour, as well as differences among people.

This course is designed to help students understand themselves and acquire skills so they can deal with issues proactively, solve problems and nurture healthy relationships. This course exposes students to the major topics found in the field of psychology.

Psychology 40S is intended to lay the foundation for further study of psychology at post-secondary educational institutions.

The following is intended as a general outline of the course. The purpose here is to provide you with a framework in which we will work. The course is organized around these topics and themes:

1. Introduction to Psychology and Research Methods
  - a. Perspectives, career opportunities, research strategies, ethical issues
2. Biopsychology
  - a. Nervous system, sensation, perception, motivation, emotion, stress, coping
3. Developmental Psychology
  - a. Life span development, personality
4. Cognitive Psychology
  - a. Learning, memory, thinking and language, states of consciousness, individuality
5. Variations in Individual and Group Behaviour
  - a. Psychological disorders, treatments

**Please note:** that some of the course material will discuss mature themes and potential controversial topics thus developing critical thinking and an appreciation of psychological perspectives.

This course also requires students to reflect on their own behaviours and experiences- past, present and future.

## Course Survival Guide

The object of this course is for you to gain some insight into the course concepts. Ultimately, you should be able to go beyond just 'knowing the facts', and also be able to apply this knowledge by thinking critically and creatively. A general rule: always strive to *understand* the material and its *connections* to everyday life (don't just memorize a bunch of factual "tid-bits").

The following are a few other major items that will help clarify how this class is going to be organized.

#1 **IF YOU'RE HAVING TROUBLE IN THE COURSE, GET HELP!** Talk to me about what areas you are finding difficult. Ask questions when you don't understand. Come see me or email me after class if you can't speak up during class.

#2 **NOTEBOOKS:** If you miss a class, it is *your* responsibility to catch up on any notes, worksheets, and films. Even if you are away, you are still responsible for homework.

#3 **TESTING/PRESENTATIONS:** if you know ahead of time that you will be away, it is your responsibility to let me know as soon as possible, so an alternative date can be set. Otherwise, **PLAN TO BE THERE!**

Unexplained absences result in a zero, and I do not give retests or alternative presentation times. If you are sick on the day, a parent/guardian needs to notify me by phone so that I know about your absence in advance.

The **test or presentation must be done on the day you arrive back at school.** You will always be given plenty of notice of upcoming unit tests (at least a week).

#4 **HOMEWORK – DO IT!** This is the best advice I can give you. Not everything we do in class will be taken in to be marked, but this is not an invitation to miss the work. Homework is important because it will strengthen your understanding of the course material. I expect homework to be completed.

#5 **ASSIGNMENTS: All assignments are due on the date that is given.** Pay attention to the white board where all due dates for assignments will be posted.

Late assignments: Students must talk to their teacher **ahead** of the due date if they need an extension, if not, the original due date stands. To hand in an assignment late, a redo/retake form must be filled out. Assignments will only be accepted during that unit/topic. Plagiarism will result in a zero, so please, complete your own work.

There will be a cut-off date before each report card for assignments, which will be posted on the white board.

According to the Provincial Assessment Policy (2015), "Evidence of student achievement is collected over time from three different sources— observations, conversations, and student products (p.6)." Using multiple sources of evidence increases the reliability and validity of the assessment of student achievement.

Students are expected to communicate their academic progress (assignments, tests, quizzes, etc.) with their parents/guardians using the school's portal on an ongoing and regular basis. It is not appropriate to contact the teacher at the end of the semester after final due dates about missing or incomplete assessments.

**Students are responsible for keeping up with assignments using the classroom white board and Power School.**

#6 **PARTICIPATION / ATTITUDE:** It's really simple...be nice and use common sense. **ABSOLUTELY NO CELLPHONES IN CLASS** – this means no charging cellphones as well. Please keep headphones out of sight as well.

#7 **ATTENDANCE / LATES:** The school policy will be followed. If lates or absences become chronic, or if they interfere with the classroom environment, consequences will follow.

**Most importantly, treat everyone (adults and students) with respect. Let's have a great semester!**