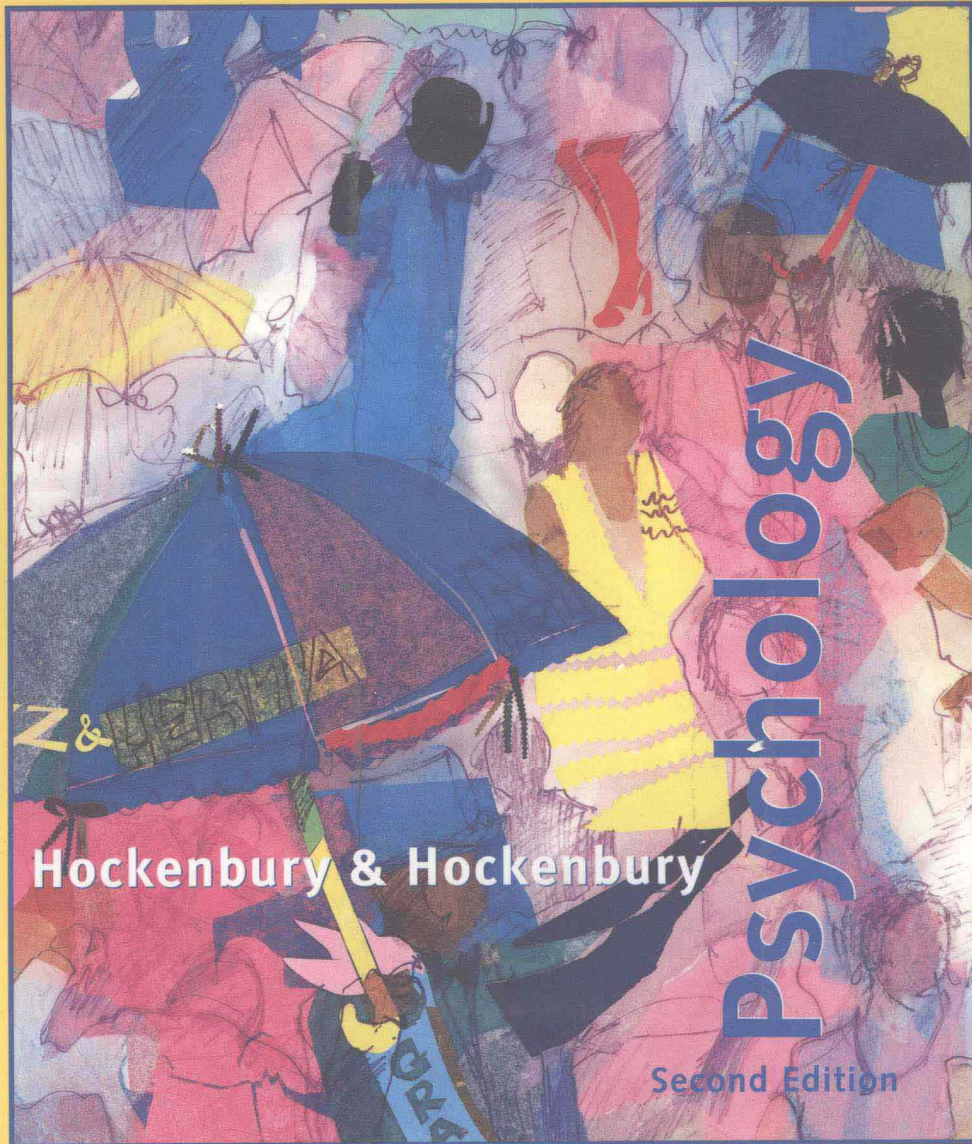


Telecourse Student Guide

to accompany



Psychology: The Human Experience

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to accompany

Psychology ***The Human Experience***

Ken Hutchins



(formerly Coast Telecourses)

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The Telecourse ***Psychology: The Human Experience*** is produced by the Coast Community College District in cooperation with Worth Publishers; NILRC: A Consortium of Midwest Community Colleges, Colleges, and Universities; HETA: Higher Education Telecommunications Association of Oklahoma; DALLAS TeleLearning; and KOCE-TV, Channel 50.

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Distributed by:

Coast Learning Systems

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Published by Worth Publishers

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Printed in the United States of America

ISBN: 1-57259-938-3

Printing: 5 4 3 2 1

Year: 04 03 02 01

Worth Publishers

41 Madison Avenue

New York, NY 10010

www.worthpublishers.com

The stunning artwork that appears on the cover of this guide and on the cover and chapter-opening pages of ***Psychology***, second edition, was created by award-winning artist and lithographer, Phoebe Beasley.

Introduction

To the Student

Welcome to *Psychology: The Human Experience*. This course has been designed to cover the concepts, vocabulary, and subjects that are typical of an on-campus, college-level introductory psychology course.

Psychology is a broad and exciting field, but it is also very challenging. This course will introduce many new words, concepts, and theories. You will learn that psychology is, above all else, a science. Psychology is the science of behavior and mental processes. There is a major difference between psychology and most other academic courses. While psychology is both an academic discipline and a field of scientific inquiry, it is also personal. Psychology is about *you*.

Consider the subject matter of psychology. You probably already know that psychology deals with things like learning, motivation, thinking, memory, and emotions. Yet psychology is so much more than this. How you see the world, how your brain communicates, why you and I behave as we do, all this—and much more—is the subject of the adventure you are about to begin.

“Who are you?” Can you describe your personality, your interests, your innate abilities? Why are some people happy and others depressed? Why is it that some people become addicted to cigarettes, others are unable to attract friends, and others are subject to periods of anxiety or fits of anger? Psychology is the science that strives to answer these very personal questions, questions about who we are and why we behave as we do.

While it is the goal of this course to introduce you to the fundamentals of introductory psychology, this course has been designed so that it is of personal value to you. Throughout this course we will emphasize how psychology and the psychological principles you will be learning can be used to improve the quality of your everyday life.

As with any college-level course, this course has a textbook, a student guide, assignments, and tests. In lieu of classroom lectures, however, you will be watching half-hour video programs. The designers, academic advisors, and producers of this telecourse have produced an engaging and comprehensive course that will entertain you as you learn about the fascinating field of psychology.

Telecourse Components

Student Guide

The telecourse student guide is an integral part of this course. Think of this guide as your “road map.” This guide gives you a starting point for each lesson, as well as directions and exercises that will help you successfully navigate your way through each lesson. Reading this guide will provide you with all the information that you normally would receive in the classroom if you were taking this course on campus. Each lesson in this telecourse student guide includes the following components:

- **Course Compass:** A tool designed to help you stay focused on the various aspects and branches of psychology covered in this telecourse. The compass is provided in each of the 26 lessons. In each lesson, the applicable branch and subject are highlighted. This compass will help you understand the big picture of the course: where you are, where you have been, and where you are headed.
- **Questions to Consider:** These questions give you topics to think about as you read, watch, and study each subject.
- **Lesson Assignments:** Detailed instructions on activities to be completed before, during, and after viewing the video program.
- **Lesson Preview:** An overview of the lesson that informs you of the importance of the subject you are about to study and gives you a brief snapshot of the upcoming video lesson.
- **Learning Objectives:** A list of what you’ll know and be able to do after you complete each lesson. Upon completing each lesson, you should be able to satisfy each of the learning objectives. (Hint: Instructors often develop test questions directly from learning objectives.)
- **Key Terms and Concepts:** Much of education is learning the meaning of new words, terms, and concepts. It is important to be able to define each of the key terms and concepts for each lesson.
- **Study Activities:** These Study Activities or self-tests (multiple-choice questions, short-answer questions, matching exercises, and completion exercises) help you master the most important information in each lesson.
- **Answer Key:** Answers to the test items are conveniently located at the end of each lesson so that you can get immediate feedback. After completing a study activity or self-test, be sure to check the Answer Key to make sure you correctly understand the material.
- **Study Matrix:** This matrix has been designed to act as a study tool to help strengthen your knowledge of each learning objective or concept. Pages in the textbook and sections in the telecourse student guide where you can find more information on the objectives are listed next to each learning objective. Use this tool to master learning objectives you feel are your weak points.

Textbook

The recommended textbook for this course is *Psychology*, second edition, by Don Hockenbury and Sandra E. Hockenbury (Worth Publishers, 2000). As you read the textbook, you will come to know the authors, Don and Sandra E. Hockenbury, not only as teachers but also as caring people. In much the same way as the telecourse lessons, the textbook is complete with real-life stories—some funny, some dramatic, others quite personal. This textbook allows you to learn about psychology by observing and hearing about the lives of real, ordinary people. You will repeatedly discover how psychology can enrich the lives of everyone who takes the time to look deeply into the science of human behavior.

Video Programs

Each of the video lessons features a real-life situation—a story line that will help you recognize and appreciate how psychology affects the lives of ordinary people. The award-winning producers and directors at Coast Learning Systems have brought together top professionals from every field of psychology to help explain different aspects of psychology.

How to Take a Telecourse

If this is your first experience with a college telecourse, welcome. Telecourses are designed for busy people whose schedules do not permit them to take a traditional on-campus college course.

This guide is designed to help you study effectively and learn the material presented in both the textbook and the video lessons. To complete a telecourse successfully, you will need to schedule sufficient time to watch each lesson, read the textbook, and study the materials outlined in this guide. In conjunction with your instructor, this guide will provide you with:

- directions on how to take this course.
- study recommendations.
- preview questions for each lesson.
- a brief synopsis of each lesson.
- a set of learning objectives for each lesson.
- a list of key terms and concepts for each lesson.
- several different types of study activities and self-tests for each lesson.

The telecourse student guide is a complement to the textbook and the video lessons. It is not a substitute. You will not be able to complete this course successfully unless you purchase and read the textbook, watch the video program—and study. By following

the instructions in this guide, you should be able to easily master the learning objectives for each lesson.

To complete this course successfully, you will need to:

- contact your instructor to find about any course requirements, time lines, meetings, and scheduled exams.
- purchase a copy of the course textbook.
- read and study the textbook.
- view each program in its entirety.
- understand the key terms and concepts presented in this guide.
- be able to satisfy the learning objectives for each lesson.
- complete the Study Activities.
- complete any additional assignments your instructor may require.

Even though you do not have a scheduled class to attend each week, please keep in mind that this is a college-level course. You will not be able to “look at some of the videos” or “just scan the text” and pass this course. It is important that you schedule sufficient time to watch, read, study, and reflect. While taking a telecourse provides you the convenience of not having to meet at a prearranged time, do not make the mistake of not scheduling enough time to complete the work and study. All learning demands a good measure of self-discipline. Unless you put in the effort, take the time to study, and think about what you are learning, you will not learn.

Try your best to keep up with your work. It is very difficult to catch up if you allow yourself to get a few weeks behind schedule. We strongly recommend that you set aside specific times each week for viewing, reading, and studying. You will do better and will be more likely to succeed if you make a study schedule and stick to your schedule.

When you watch the programs, try to do so without any interruptions. Each program is approximately thirty minutes long. If you are interrupted during your viewing time, you may miss an important point. If possible, take some time immediately after watching the video program to reflect on what you have just viewed. This is an excellent time to discuss the video lesson with a friend or family member. Remember that your active involvement promotes your success.

It is our goal to give you a good, basic understanding of the field of psychology. This course will provide you with all the basic information required for a college-level introductory class in psychology.

Minds are like parachutes; they only function when open.

—Thomas R. Dewar

And, don't forget to always check with your instructor. He or she will explain the specific course requirements for your assigned class. We sincerely hope you enjoy your introduction to the field of psychology, the science of behavior and mental processes.

Study Recommendations

Everyone has his or her own unique learning style. Some people learn best by reading alone the first thing each morning, others by discussing ideas with a group of friends, still others by listening to experts and taking notes. While there is no "best" way to learn, psychologists and educators have identified several things you can do that will help you study and learn more effectively.

One of the advantages of telecourse learning is that you have many choices in how you learn and study. You can tailor this course to fit your "best" way to learn. Below are several study tips. These are proven methods that will help you learn and retain what you are studying. Please take the time to read through this list. You will discover that by using one or more of these techniques you can significantly improve your ability to learn and remember new information.

Open your mind: One of the major obstacles to learning new information is that new information often differs from what we already "know." For example, if you believe that obesity is caused by depression, it will be difficult for you to learn about new information that reveals that there is no cause-and-effect relationship between obesity and depression. To learn, you need to have an open mind. We are not suggesting you simply believe everything you are told. We want you to think critically about what you are told. However, be cautious and guard against letting old beliefs or opinions stop you from learning anything new.

Reduce interference: One of the major reasons for forgetting information is that new information interferes with other information. When you are studying more than one subject at a time, you are increasing the likelihood of interference occurring. If possible, try to study one thing at a time. If you must take multiple subjects, try to take courses with very different subjects, such as art and psychology or math and history. For example, it would not be a good idea to take Child Development and Introduction to Psychology during the same semester. Of course, visiting with friends, watching television, listening to the radio, or any distraction while you are studying will also interfere with your ability to learn new information. When you engage in these types of activities during or just after studying, you risk letting the information you have just learned interfere with other information. Give yourself time to absorb new information.

Don't cram: You probably already know that staying up all night cramming for an exam the following morning is not a good way to study. The opposite of cramming is, in fact, one of the best ways to study. Spacing out your studying into smaller and more frequent study periods will improve retention. Instead of studying for six hours in one evening, you will learn more and retain more if you study one hour per night for six nights.

Reduce stress: In addition to being bad for your health, stress is bad for learning. Stress and anxiety interfere with learning. You will learn more and enjoy it more if you are relaxed when you study. One of the most effective ways of relaxing that does not interfere with learning is exercise. A good brisk walk or run before you settle in to study is a good prescription for success. Ideally, you would study some, take a break, then get some exercise while you think about what you have just learned. And later, when you are relaxed, return and study some more.

Be a Smart Student: Most top students have one thing in common. They all have excellent study habits. Students who excel have learned, or were fortunate enough to have someone teach them, how to study effectively. There is no magic formula for successful studying. However, there are a few universal guidelines.

Do make a commitment to yourself to learn.

Don't let other people interrupt you when you are studying.

Do make a study schedule and stick to it.

Don't study when you are doing something else, like watching television.

Do create a specific place to study.

Don't study if you are tired, upset, or overly stressed.

Do exercise and relax before you study.

Don't study for extended periods of time without taking a break.

Do give yourself ample time to study.

Don't complain that you have to go study.

Do take a positive approach to learning.

Make the most of your assignments: You will master this material more effectively if you make a commitment to completing all your assignments. The lessons will make more sense to you, and you will learn more, if you follow these instructions:

- Set aside a specific time to view, read, and study each lesson.
- Before you view each video lesson, read the Questions to Consider, Lesson Preview, and Learning Objectives outlined in this guide.
- Read the assigned textbook pages for the lesson you are studying.
- View the video lesson.
- Review the Key Terms and Concepts. Check your understanding of all unfamiliar terms in the glossary notes in the textbook.
- Complete the Study Activities for each lesson.

Think about what you have learned: You are much more likely to remember new information if you use it. Remember that learning is not a passive activity. Learning is

active. As soon as you learn something, try to repeat it to someone or discuss it with a friend. If you will think about what you just learned, you will be much more likely to retain that information. The reason we remember certain information has to do mostly with (1) how important that information is to us, and (2) whether or not we actively use the information. For example, if you suffer from headaches and the textbook or video is discussing various headache remedies, this information will be valuable to you. Because of your personal interest in this subject, you will have little difficulty remembering this information. What do you do, however, when you need to learn some information that is not personally valuable or interesting to you? The best way to remember this type of information is to reinforce it—and the best reinforcer is actively using the information.

Get feedback on what you are studying: Study alone, learn with others. You need feedback to help reinforce learning. Also, feedback helps make sure you correctly understand the information. The study activities and self-tests in this guide are specifically designed to give you feedback and reinforce what you are learning. The more time and practice you devote to learning, the better you will be at remembering that information. When you take a self-test, make sure you immediately check your answers with the answer key. Don't wait and check your answers later. If you miss a question, review that section of the textbook to reinforce the correct understanding of the material.

A good gauge of how well you understand some information is your ability to explain that information to another person. If you are unable to explain some term or concept to a friend, you probably will need to review and study that term or concept further.

Contact your instructor: If you are having an especially difficult time with learning some information, contact your instructor. Your instructor is there to help you. Often a personal explanation will do wonders in helping you clear up a misunderstanding. Your instructor wants to hear from you and wants you to succeed. Don't hesitate to call, write, e-mail, or visit your instructor.

Some students do better with study groups; others do better studying alone. If study groups are helpful to you, let your instructor know of your preference. However, be aware that study groups are not a substitute for studying alone. Study groups often turn into friendly chats and not much actually gets learned. So, remember that study groups are not a substitute for individual effort.

Learn it well: Retention is the key to long-term knowledge. One of the best methods to increase your retention is to overlearn material. It is a common mistake to think that just because you can answer a question or give a brief definition of a term or concept, you really know and will remember that term or concept. Think back about how many things you have already "learned." How much do you really remember? Much of what we learn is quickly forgotten. If you want to really learn some information, learn it in a way that you will not forget it—overlearn it.

Overlearning is simple. After you have learned a fact or new word, spend an additional ten or fifteen minutes actively reviewing that fact or word. You will be amazed how much this will increase your long-term retention.

Enjoy learning: You do not need to suffer to learn. In fact, the opposite is true. You will learn more if you enjoy learning. If you have the attitude that “I hate to study” or “schoolwork is boring,” you are doing yourself a real disservice.

You will progress better and learn more if you adopt a positive attitude about learning and studying. Since you are choosing to learn, you will be well served by also choosing to enjoy the adventure.

We are sure you will enjoy *Psychology: The Human Experience*.

Acknowledgments

Several of the individuals responsible for the creation of this telecourse are listed on the copyright page of this book. In addition to those people, appreciation is expressed for the contributions of the following people:

Members of the Telecourse Advisory Committee:

The following gifted scholars and teachers on the National Academic Advisory Team helped focus the approach and content of the video programs, faculty manual, and telecourse student guide to ensure accuracy, academic validity, accessibility, significance, and instructional integrity.

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Christine Padesky, Ph.D., Center for Cognitive Therapy
Steve Saunders, Ph.D., Marquette University

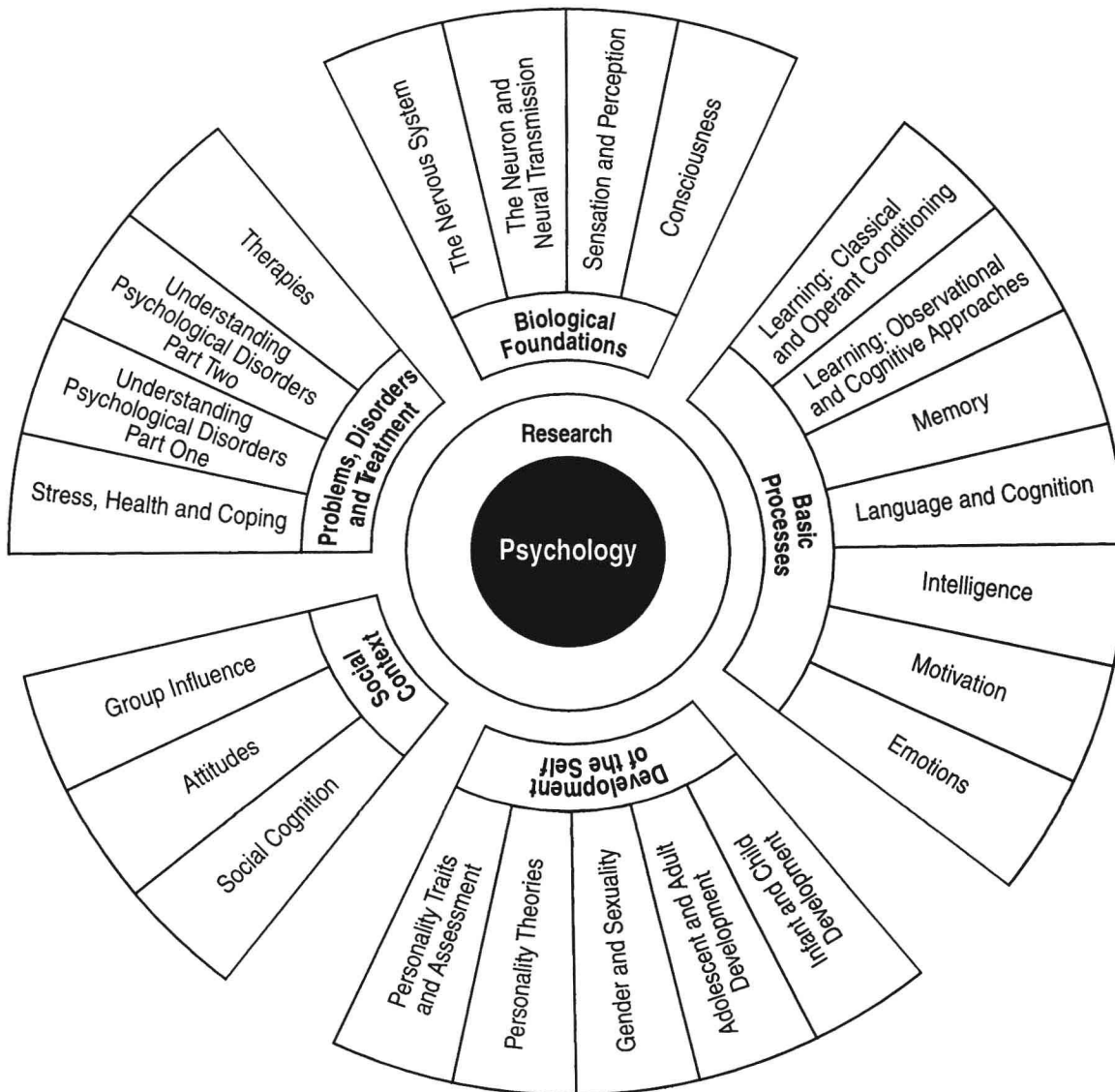
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Ohr Olivkovich, Ed.D., Milestone Learning, Inc.

Television Production Team:

Vanessa Chambers, Jason Daley, Aaron Estrada, Steve Hawk, Alex Lopez, Steve Marino, Keith Martin, Salma Martinez, Dorothy McCollom, Harry Ratner, Greg Rogers, Mike Rust, Wendy Moulton-Tate, Susan Wilcox, and the many other talented people who helped make the programs.

Use the Course Compass to orient yourself in the road that you are taking to explore branches and aspects of psychology. The branch and aspects that are covered in this lesson are highlighted in the compass.



Please note: This compass does not represent the full range of topics comprising the field of psychology; it represents a map for this course only. Each of the five branches represented above has many aspects and subjects that are covered in the 26 lessons of this telecourse. You should remember that these branches and subjects all interrelate.

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Lesson 1

Why Study Psychology?

Questions to Consider

What exactly is psychology?

Why do people study psychology?

When did psychology begin? Who founded it?

What do psychologists do?

What are the major perspectives in psychology?

In what ways can the study of psychology personally benefit me?

Lesson Assignments

Before viewing the video program

Read the Questions to Consider, Lesson Preview, and Learning Objectives for this lesson. Use this information to guide your reading, viewing, and thinking.

Read Chapter 1, “Introduction and Research Methods,” pages 1–15, in the textbook.

View the video program, “Why Study Psychology?”

After viewing the video program

Review the vocabulary listed in the Key Terms and Concepts section. (Page references are keyed to the Hockenbury textbook, *Psychology*. Remember: there is a complete Glossary at the end of the textbook.)

Review the reading assignments for this lesson.

Complete the exercises found in the Study Activities section and check your answers with the Answer Key at the end of this lesson.

Use the Study Matrix found at the end of this lesson to review and assess your knowledge of each Learning Objective.

Lesson Preview

This lesson will introduce you to the exciting field of psychology. You will learn why people study psychology. This video follows an expedition team as they struggle during a mountain climb. Against the backdrop of breathtaking scenery, you will hear ordinary people tell you about the importance of studying human behavior. You will discover that, even in this unique and life-threatening situation, human behavior remains at the core of everything we do.

You will hear from psychologists, educators, and researchers as they explain the breadth of the field of psychology. You will also hear ordinary people explain why they think it is important to study psychology. This video concludes with a discussion by psychologist Peter Salovey of Yale University.

As you will learn in this video series, the work of psychologists is very diverse. Psychologists can be found wherever people are found—from helping police solve crimes to developing educational material; from studying brain activity to helping teachers understand childhood behavior; and from helping families cope with aging parents to advising employers on how to increase employee productivity. If human behavior is involved, look closely and you will find a psychologist studying, researching, and working hard to better understand why people behave as they do. While the work of psychologists varies greatly, all psychologists share the common goal of trying to improve our understanding of the complex world of human behavior.

As you will also discover in this video series, each of the lessons is a story of real people and real events. We are using true-to-life stories to help you see the very practical role psychology plays in everyday life.

Psychology is, at its core, about you and other people. Studying psychology can make a difference in your life by helping you understand yourself—what motivates you, why you behave as you do, what kind of person you are. Psychology will help you understand what you need to do to live a full, productive, and happy life.

Psychology can also help you better understand other people. You will learn how other people learn and grow. Psychology can help you understand all manners of human behavior, from why we sleep and the causes of obesity to why some people get addicted to drugs or why some people have poor memories. Psychology is about the people you meet every day, in every walk of life.

Psychology is not a cold science—a collection of hard facts and firm conclusions. Rather, psychology is the science of real people. Psychology is the way each of us can use the power of science to help us live better, solve problems, understand the world,

and enrich our own lives and the lives of those people we meet in the adventure we call life.

Welcome to *Psychology: The Human Experience*.

Learning Objectives

When you have completed this lesson, you should be able to:

1. Define psychology.
2. Discuss how philosophy and physiology influenced the development of the field of psychology.
3. Identify the contributions to psychology made by Wilhelm Wundt, Sigmund Freud, Ivan Pavlov, B. F. Skinner, and Carl Rogers.
4. Describe some of the various types of work done by psychologists.
5. Distinguish between psychodynamic, behavioral, and humanistic perspectives in psychology.
6. Explain the biological and cognitive perspectives in psychology.
7. Distinguish between organizational/industrial psychology and clinical psychology.
8. Describe what is meant by cross-cultural psychology, including the concepts of individualistic cultures and collectivistic cultures.
9. Explain the evolutionary perspective in psychology.

Key Terms and Concepts

Page references are keyed to the Hockenbury textbook, *Psychology*.

Psychology: The scientific study of behavior and mental processes. (page 3)

Psychoanalysis: Personality theory and form of psychotherapy that emphasizes the role of unconscious factors in personality and behavior. (page 7)

Behaviorism: School of psychology and theoretical viewpoint that emphasizes the study of observable behaviors, especially as they pertain to the process of learning. (page 8)

Humanistic psychology: School of psychology and theoretical viewpoint that emphasizes each person's unique potential for psychological growth and self-direction. (page 8)

Wilhelm Wundt: A German physiologist who is generally credited as being the founder of psychology. Founded the first psychology research laboratory in 1879. (page 4)