

PSY 101: Introduction to Psychology



Overview

This introductory course is organized around modules that will cover the five pillars of psychology, which include the: biological pillar, cognitive pillar, developmental pillar, social and personality pillar, and mental and physical health pillar. As students progress through each learning Module, they will review up-to-date and relevant content, engage in meaningful active learning exercises, and complete a knowledge check or assessment. In addition, the course culminates with students completing a psychology-based milestone project that students will find applicable to their own life, such in the workforce or their academic journey.

Course Prerequisites and Requirements

To be successful in this course, we recommend English language fluency and computer literacy. We also encourage you to make sure your laptop or desktop computer meets the technical requirements.

What You'll Learn

- The historical roots of psychology
- The research methods used by psychologists
- The relationship between body and behavior and the mechanisms of sensation and perception and states of consciousness
- The terms, concepts, and processes of learning and conditioning, thinking and memory, and motivation and emotion
- The basic theories of human development and personality
- The issues in the area of intelligence and intelligence testing
- Stress and its effects on behavior
- Health psychology and factors to control stress
- The major categories of abnormal behavior
- The major therapeutic approaches used for the treatment of abnormal behavior
- The factors that influence group behavior and interpersonal relationships
- How psychology is applied in real-world situations

Transcript

This course appears on your transcript identically to how it appears on the transcript of an enrolled ASU student who has taken the course on one of ASU's campuses.

This course satisfies 3 credit hours toward the Social-Behavioral Sciences (SB) General Studies requirement at Arizona State University. It is strongly encouraged that you consult with your institution of choice to determine how these credits will be applied to their degree requirements prior to transferring your credit.

Exams and Grading

4%

Syllabus Quiz

41%

Quizzes

54%

Discussions and
Applied Assignments

Creators

Liza Hita

Clinical Associate Professor, Psychology
Director of Online Programming and Digital Immersion
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Liza Hita is a Clinical Associate Professor of psychology and Director of Online Programming and Digital Immersion for the School of Social and Behavioral Sciences. Her administrative work focuses on the intersections of justice, transformation, and belonging. In her roles, she creates digitally-immersed learning tools and trainings, focuses on technology as means of empowerment and community-building, envisions new online programs, and explores deployment infrastructure. She is a community-based participatory researcher focused on the dissemination and implementation of preventive interventions for families experiencing major life transitions, including high conflict families, never married and divorcing parents, bereaved families, and families impacted by incarceration. She also studies multicultural and social justice praxis, decolonial methodologies, and counselor training. Her current research and practice are focused on the online administration of parenting interventions and creating sustainable community-embedded supervision models. Her community work focuses on bridging health disparities through culturally restorative, holistic practices. She is a full spectrum doula working with urban Indigenous families sharing traditional prenatal, birthing, and postpartum practices and providing loss support.

Natalie Gildar

Associate Director, Psychology Digital Immersion Programs
Licensed Psychologist
School of Social and Behavioral Sciences/New College of
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Dr. Natalie Gildar is a licensed psychologist who specializes in the assessment and evaluation of children and adults with neurodevelopmental disabilities, psychiatric conditions, and medical/neurological diagnoses. She currently teaches courses in the Psychology Department housed in the School of Social and Behavioral Sciences at Arizona State University. She received her doctorate in Counseling Psychology from ASU and previously had an instructional role in the School of Social and Family Dynamics at ASU. Additionally, Dr. Gildar completed her doctoral internship at Children's Hospital Los Angeles/Keck School of Medicine of USC with a specialty in Assessment, Evaluation, and Consultation. While at Keck School of Medicine of USC, she received her certificate in Leadership Education in Neurodevelopmental Disabilities (CA-LEND). She completed the Professional Program in Neuropsychological Assessment from UC, Berkeley, and received training at Phoenix Children's Hospital. She has additional clinical experience working in a university counseling center, a community mental health setting, and a school setting working with at-risk children. Dr. Gildar's research interests are focused on exploring topics of human resilience following trauma and have included: examining substance abuse particularly related to understanding the role of self-efficacy in relapse prevention; as well as examining post-traumatic growth among survivors of traumatic brain injuries. Dr. Gildar's work has been published in numerous academic journals and she co-authored a textbook chapter on the topic of substance abuse.

