








# Psychology (PSYC) 290

## General Psychology (Revision 8)

<b>Status:</b>	Replaced with new revision, see the <a href="#">course listing</a>  for the current revision 
<b>Delivery mode:</b>	Individualized study online  with <a href="#">eText</a> 
<b>Credits:</b>	3
<b>Areas of study:</b>	Arts or Social Science
<b>Prerequisites:</b>	<b>PSYC 289</b> is recommended.
<b>Precluded:</b>	PSYC 206 (PSYC 290 may not be taken for credit if credit has already been obtained for PSYC 206.)
<b>Challenge:</b>	PSYC 290 has a challenge for credit option.
<b>Faculty:</b>	<a href="#">Faculty of Humanities and Social Sciences</a> 

## Overview

Psychology 290: General Psychology provides an introduction to behavioural areas of study. Use the tabs to the left of the page to see the outline of the course.

## Outline

- Unit 1: The Evolution of Psychology
- Unit 2: The Research Enterprise in Psychology
- Unit 3: Motivation and Emotion
- Unit 4: Human Development Across the Life Span
- Unit 5: Personality—Theory, Research, and Assessment
- Unit 6: Social Behaviour
- Unit 7: Stress, Coping, and Health
- Unit 8: Psychological Disorders
- Unit 9: Treatment of Psychological Disorders



## Learning outcomes

When you have completed Psychology 290: General Psychology, you should be able to:

- describe the evolution of psychology,
- compare and contrast the types of research design to human behaviour problems,
- discuss relevant research issues,
- discuss the theories of emotions, and identify the factors that account for human behaviour,
- establish the relationship between heredity and the environment in light of shaping one's cognitive and social development,
- compare and contrast the various theoretical perspectives on personality,

- define stress, establish possible causes, and discuss emotional, physiological, and behavioural responses to stress,
- identify a variety of psychological disorders, and discuss the contribution of biological, cognitive, personality, conditioning, and stress factors to the etiology of each type of disorder,
- identify various types of therapies associated with psychological disorders, discuss their strengths and weaknesses, and outline factors to consider when selecting an appropriate therapy, and
- define social psychology, discuss human behaviour that defies logic and common sense, and explain how such behaviours lead to stereotyping and generalization.

## Evaluation

To **receive credit**  for PSYC 290, you must complete five quizzes, two journal article critiques, research participation, and a final examination. You must achieve a composite course grade of at least **D (50 percent)**  and a grade of at least 60 percent on the final examination. The weighting of the composite grade is as follows:

Activity	Weight
Five Graded Quizzes (4 x 8%, 1 x 4%)	36%
Assignment 1: Journal Article Critique	10%
Assignment 2: Journal Article Critique	10%
Research Participation	4%
Final Exam	40%
<b>Total</b>	<b>100%</b>

The **final examination** for this course must be requested in advance and written under the supervision of an AU-approved exam invigilator. Invigilators include either ProctorU or an approved in-person invigilation centre that can

accommodate online exams. Students are responsible for payment of any invigilation fees. Information on exam request deadlines, invigilators, and other exam-related questions, can be found at the [Exams and grades](#) section of the Calendar.

To learn more about assignments and examinations, please refer to Athabasca University's [online Calendar](#).

## Materials

Weiten, W., & McCann, D. (2019). *Psychology: Themes and variations* (5th Canadian ed.). Cengage.  (eText)

### eText

Registration in this course includes an electronic textbook. For more information on [electronic textbooks](#), please refer to our [eText Initiative site](#).

### Other Resources

All other materials are available online.

## Challenge for credit

### Overview

The challenge for credit process allows you to demonstrate that you have acquired a command of the general subject matter, knowledge, intellectual and/or other skills that would normally be found in a university-level course.

Full information about [challenge for credit](#) can be found in the Undergraduate Calendar.

### Evaluation

To [receive credit](#) for the PSYC 290 challenge registration, you must complete a research paper and an exam and achieve a grade of at least C- (60 percent) on the final exam and a composite grade of **D (50 percent)**.

Activity	Weight
Research Paper	30%
Exam	70%
<b>Total</b>	<b>100%</b>



[Challenge for credit course registration form](#)

## Important links

- › [Academic advising](#)
- › [Program planning](#)
- › [Request assistance](#)
- › [Support services](#)

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

*Opened in Revision 8, April 12, 2021*

*Updated February 26, 2024*

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