

Introduction to Psychology

The American Psychological Association's *Guidelines for the Undergraduate Psychology Major* was a primary resource in the development of these competencies. For all of the following, students should:

I. Knowledge Base of Psychology

- 1) Explain why psychology is a science
- 2) Identify the components of current perspectives in psychology and trace their historical roots.
- 3) Gain awareness of ongoing themes in the field of psychology, for example:
 - a) nature and nurture
 - b) the interaction of mind and body
 - c) free will and determinism

II. Research Methods in Psychology

- 1) Distinguish between major methods of psychological research.
- 2) Recite steps in conducting psychological research.
- 3) Identify and critique research reported in popular literature.
- 4) Recognize potential sources of bias.
- 5) Recognize common descriptive statistics used in psychology.
- 6) Identify ethical concerns in conducting psychological research.

III. Critical Thinking Skills in Psychology

- 1) Identify limitations of generalizing research.
- 2) Challenge claims that arise from myth, stereotype, or untested assumptions by using scientific principles and evidence.

IV. Application of Psychology

- 1) Describe major applied areas of psychology.
- 2) Identify practical applications of psychology.
- 3) Identify applications of psychology as applied to areas such as:
 - a) health and medicine
 - b) environment
 - c) education
 - d) public policy

V. Sociocultural and International Awareness

- 1) Recognize that psychology is an international discipline.
- 2) Provide examples of how interaction among diverse people can challenge conventional understanding of psychological processes and behavior.