



Board/Authority Authorized Course Framework Template

School District/Independent School Authority Name: School District 8 Kootenay Lake	School District/Independent School Authority Number (e.g. SD43, Authority #432):
Developed by: Gary Schmidt	Date Developed: September 2013 and March 2019
School Name: L.V. Rogers Secondary	Principal's Name: Tamara Malloff
Superintendent Approval Date (for School Districts only): 	Superintendent Signature (for School Districts only):
Board/Authority Approval Date: 	Board/Authority Chair Signature:
Course Name: Psychology	Grade Level of Course: 11
Number of Course Credits: 4	Number of Hours of Instruction: 120

Board/Authority Prerequisite(s):

None

Special Training, Facilities or Equipment Required:

None

Course Synopsis:

Psychology 11
Course Outline

Overview

Psychology 11 is an introductory course designed to offer students insight to the various aspects of psychology such as mental processes, behavior, disorders, experiments, careers, self-improvement, physical health, mental health etc.

Specific areas of study will include:

- Experiments and research
- The brain (parts and function)
- Sensation and perception (vision, hearing, smell, taste etc.)
- States of consciousness (circadian rhythms, sleep, alterations etc.)
- Conditioning and how we learn
- Memory
- Intelligence
- Development (heredity, prenatal, physical, social etc.)
- Motivation and emotions
- Social Psychology (attraction, conformity, obedience, aggression etc.)
- Personality theory and assessment
- Health, stress and disease
- Psychological disorders (anxiety, moods, personality etc.)
- Therapy

*Note – the above overview is subject to change based on student interest and time.

Teacher:

Mr. Schmidt
352-5538 – School
352-2810 - Home

Expectations

Be the following and more: (comment on or give an example of 7 or more of the following expectations)

- respectful
- punctual
- generous
- prepared
- focused
- committed
- willing
- disciplined
- insightful
- investigative
- intrigued
- on task
- organized
- rested
- supportive
- caring
- and more...? (Add to the list please)

Mark Breakdown

Term:

60% - Tests and quizzes

40% - Assignments, participation, self-assessment, reflections, **attendance** – Students will be given 2 marks per day for participation/attendance.

If you're not in class you aren't participating. If you are legitimately sick or away for a school related extra curricular activity it is your responsibility to provide a note or phone call from a parent/coach in order to make up the participation mark with provided work.

Course:

Term 1 – 40%

Final Exam – 20%

Term 2 – 40%

Goals and Rationale:

Psychology 11 is an introductory course designed to offer students insight to the various aspects of psychology such as mental processes, behavior, disorders, experiments, careers, self-improvement, physical health, the human brain, states of consciousness, exercise, sleep, stress, attention, long term memory, short term memory, sensory integration, vision, and mental health.

Aboriginal Worldviews and Perspectives:

- How does self-perception influence my world view?
- Can people really change?
- What makes a person unique?
- What is “normal?”
- What can we do to interact, respect, appreciate and love more effectively in an increasingly diverse and interconnected world?

BIG IDEAS

Self-understanding and a purposeful and meaningful life

Impact of our thoughts, feelings and actions on others and self.

Impact of other's thoughts, feelings and actions on ourselves

The human condition and who we are

The human brain, how it works and how it can change

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to do the following:</i></p> <p>Communicate effectively and respectfully</p> <p>Think creatively</p> <p>Think critically</p> <p>Develop a positive personal and cultural identity</p> <p>Demonstrate personal awareness and responsibility</p> <p>Comprehend and exhibit social responsibility</p>	<p><i>Students are expected to know the following:</i></p> <p>The Brain</p> <ul style="list-style-type: none"> - Neurotransmitters - Central Nervous System - Cerebral Hemispheres - Brain Across the Lifespan <p>Sensation and Perception</p> <ul style="list-style-type: none"> - Vision - Hearing - Smell and Taste - Skin Senses - Spatial Orientation - Perception <p>States of Consciousness</p> <ul style="list-style-type: none"> - Circadian Rhythms - Sleep - Sleep Disorders - Altering Consciousness - Altered States and Psychoactive Drugs

Memory

- Remembering
- Nature of Remembering
- Factors Influencing Retrieval
- Biology and Memory
- Forgetting
- Improving Memory

Health and Stress

- Theories of Stress
- Sources of Stress
- Coping With Stress
- Evaluating Stress
- Health and Disease
- Your Lifestyle and Your Health

Psychological Disorders

- What is Abnormal?
- Anxiety Disorders
- Somatoform and Dissociative Disorders
- Schizophrenia
- Mood Disorder
- Other Psychological Disorders

Social Psychology

- Social Perception
- Conformity, Obedience, and Compliance
- Group Influence

Big Ideas – Elaborations

- Understanding oneself and others is key to a meaningful, productive and purposeful life.
- Our thoughts, feelings and actions impact how we view ourselves and others
- Others thoughts, feelings, and actions toward us impact how we view ourselves and others
- At the heart of the human condition lies the desire to be loved, respected and accepted for who we are
- Our actions and behaviours impact others and other's actions and behaviours impact us
- The human brain is complex, fragile and tremendously malleable
- We can change our thoughts, feelings and behaviours

Curricular Competencies – Elaborations

Communication

- Connect and engage with others
- Acquire, interpret and present information
- Collaborate to plan, carry out, and review activities to improve personal health and awareness
- Explain, reflect on and share personal experiences and accomplishments

Creative Thinking

- Generating personal thoughts and ideas
- Developing personal thoughts and ideas
- Sharing personal thoughts and ideas relative to the topic of study

Critical Thinking

- Investigate and understand
- Analyze and critique

- Investigate and question alternative views
- Articulate, share and support personal views

Positive Personal and Cultural Identity

- Relationships and cultural contexts
- Personal values and choice
- Personal strengths and abilities
- Factors that influence personal identity and view of self
- Factors that influence our views of other people, groups, organizations and cultures

Personal Awareness and Responsibility

- Goals, desires, motivations, aspirations (what makes you do the things you do?)
- Self-monitoring and reflection
- Self-regulation
- Personal well-being and improvement

Social Responsibility

- Contributing to self, family, friends, peers, school, and community
- Effective conflict management and problem solving
- Valuing and loving self and others
- Acting in love rather than judgement, condemnation, and anger
- Understanding and valuing diversity
- Building health relationships through knowledge, respect, and understanding

Content – Elaborations

Students are expected to know the following:

Content – Elaborations

The Brain

- Neurotransmitters – Billions of brain cells, chemical messengers to the brain, variety of neurotransmitters
- Central Nervous System – Spinal cord, brainstem, cerebellum, thalamus, hypothalamus, limbic system
- Cerebral Hemispheres – lobes of the brain, right versus left brain, pseudo tests
- Brain Across the Lifespan – brain damage; causes and consequences

Sensation and Perception

- Vision – light and what we see, signal detection theory, transduction and adaptation
- Hearing – sound and what we hear, theories of hearing, hearing loss
- Smell and Taste – sensing scents, what the tongue can tell
- Skin Senses – how touch works, physical hurts/pain
- Spatial Orientation – kinesthetic sense, keeping track of our body parts, sensing up and down and changes in speed
- Perception – depth perception

States of Consciousness

- Circadian Rhythms – the body's timekeeper, jet lag, effects of shift work
- Sleep – NREM and REM sleep, sleep cycles, how sleep patterns differ, dreaming
- Sleep Disorders – variations in sleep, parasomnias, major sleep disorders
- Altering Consciousness – meditation, relaxation, hypnosis
- Altered States and Psychoactive Drugs – drug dependence, stimulants, hallucinogens, depressants, how drugs affect the brain

Memory

- Remembering – encoding, storage, retrieval
- Nature of Remembering – memory as permanent record, memory as reconstruction, eyewitness testimony, recovering repressed memories
- Factors Influencing Retrieval – serial position effect, environmental context, state dependent and mood dependent memory
- Biology and Memory – brain damage, neuronal changes in memory, hormones and memory
- Forgetting – Hermann Ebbinghaus and the first studies and experiments on learning and memory, causes of forgetting
- Improving Memory – study habits that aid memory

Health and Stress

- Theories of Stress – general adaptation syndrome, cognitive theory of stress
- Sources of Stress – everyday sources of stress, chronic intense stress, post traumatic stress disorder
- Coping With Stress – problem focussed coping, emotion focussed coping
- Evaluating Stress – stress score survey, hassles of life; how little things stress a lot
- Health and Disease – cancer, aids, stress and the immune system, stress and illness, personal factors that can reduce stress
- Your Lifestyle and Your Health – smoking, alcohol, legal and illicit drugs, exercise

Psychological Disorders

- What is Abnormal? – causes and treatment of psychological disorders, defining and classifying psychological disorders
- Anxiety Disorders – generalized anxiety disorder, panic disorder, phobias, obsessive compulsive disorder

Content – Elaborations

- Somatoform and Dissociative Disorders – physical symptoms with psychological causes, mental escapes
- Schizophrenia – symptoms, types, causes, gender and schizophrenia
- Mood Disorder – depressive disorders, bipolar disorder and it's highs and lows, causes of major depressive and bipolar disorder
- Other Psychological Disorders – personality disorders and troublesome behaviour patterns

Social Psychology

- Social Perception – impression formation, attribution and how we explain behaviour
- Conformity, Obedience, and Compliance – going along with the group, following orders, giving in to requests
- Group Influence – effects of the group on individual performance and decision making
- Attitudes and Attitude Change – cognitive, emotional, and behavioural positions, persuasion and trying to change attitudes

Recommended Instructional Components:

Recommended Assessment Components: Ensure alignment with the [Principles of Quality Assessment](#)

Learning Resources: World of Psychology, 7th Canadian Edition, Samuel E. Wood, Brain Rules, John Medina

Additional Information: