

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
PSY 100 - PRINCIPLES OF APPLIED PSYCHOLOGY (3 CR.)**

Course Description

Introduces the general principles of psychology as they are applied to work, relationships, and self. Includes perception, learning, development, motivation, emotion, therapy, communication, and attitudes. Lecture 3 hours per week.

General Course Purpose

This course is a one semester course in the practical application of psychological principles. The course is organized to acquaint the student with the content of psychology. The course is designed primarily for the student who intends to use it as a required course in the occupational and technical programs, and for anyone else who can benefit from a one semester course in practical psychology.

Course Prerequisite/Corequisites

None

Course Objectives

Upon completion of the course, the student will be able to:

- Critically analyze the topics and issues in contemporary psychology
- Apply the principles of psychology in problem solving
- Explain the relationship between self and others in terms of the principles of psychology
- State the definitive objectives from the specific chapter topics

Major Topics to be included

- Recognizing psychology as a science
- Perception
- Learning
- Personality and adjustment
- Normal and abnormal psychology and therapy
- Developmental psychology
- Attitude theory
- Motivation and emotion
- Communication
- Social and cultural perspectives

Optional Topics

- Decision making
- Careers
- Lifestyles
- Dreams
- Parapsychology
- Group dynamics
- Other topics as appropriate for specific occupational and technical programs may be tailored for specific needs