Introduction to Psychology

Hello, and welcome!

Have you ever stopped to consider how complex you are as a human being? Or how the world around you shapes your behavior? Have you ever wondered how you are able to process and store information in your memory? What causes psychological disorders—and how can we treat them? The connection between body and mind is fascinating yet puzzling. The science of psychology seeks to answer these questions and many more. In this course, you will gain a fundamental understanding of psychology. You will look at different theories and general applications. And along the way, you may even gain a better understanding of yourself.

We invite you to take a minute to learn about the course by reviewing the information that follows. This way, you will be better able to understand the expectations of the course as a whole. Then you can determine how to manage your time and efforts as you navigate through it.

You are in the right place. You belong here. You can do this!
Course Description and Competencies

What to Expect

In this course, you will work through five units of material based on *Introducing Psychology: Brain, Person, Group* by Stephen M. Kosslyn and Robin S. Rosenberg (Flatworld). Each unit includes the following interactive activities:

- Did I Get This? – Practice questions with hints and targeted feedback
- Connection to Assessment – Ungraded module quizzes for a quick self-check
- Unit Quizzes – Preparation for the final assessment

As you work through each unit, be sure to take advantage of these opportunities to practice and reinforce what you are learning.

This course covers the following competencies:

1. The graduate explains the foundations of psychology.
2. The graduate explains the biological perspectives of psychology.
3. The graduate explains the theories of learning and memory.
4. The graduate explains the concepts of personality development and social psychology.
5. The graduate identifies psychological disorders and treatment methods.

The assessment provides an opportunity to demonstrate your mastery of the competencies in this course. You may attempt the assessment two times before additional support is necessary. If you require further attempts, please contact our support team at (888) 320-0540 or support@academy.wgu.edu.

- 1 final exam  
- 3 competency units
Course Outline

<table>
<thead>
<tr>
<th>Unit</th>
<th>Upon completion of this unit, you will be able to:</th>
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<tbody>
<tr>
<td>Foundations</td>
<td>Explain the foundations of psychology.</td>
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<tr>
<td>Biology</td>
<td>Explain the biological perspectives of psychology.</td>
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<tr>
<td>Learning and Memory</td>
<td>Explain the theories of learning and memory.</td>
</tr>
<tr>
<td>Personalities</td>
<td>Explain the concepts of personality development and social psychology.</td>
</tr>
<tr>
<td>Disorders and Treatments</td>
<td>Identify psychological disorders and treatment methods.</td>
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Technology Requirements

We want you to have the tools to succeed! Since this course includes at least one proctored test, please be sure to have a working microphone, speakers, and an *external* webcam. Unfortunately, an internal webcam (built into many laptops) is not acceptable. (Note: The external webcam is required only for exams that have proctors. You do not need one for practice tests and other non-proctored assessments.) For other details about the technology you'll need, review the [Computer System and Technology Requirements](mailto:Computer System and Technology Requirements). If you have questions about your setup, contact support@academy.wgu.edu.

You will need Adobe Acrobat Reader DC. If you haven't already, download this free software. You may encounter an interactive form that contains fields that you can select or fill in. Review [how to fill in a PDF form](mailto:how to fill in a PDF form).
**Key Contacts**

**Your Fellow Learners**
Check out the Introduction to Psychology Lobby in the course site! In this online community, you can ask questions and explore ideas. You can connect with your fellow learners. When you use this site, you will realize that other learners may have the same questions you have. You can all benefit from learning together!

**Tutor.com**
If you need academic support, don’t hesitate to contact Tutor.com. There, you have access to thousands of tutors. And they are available 24/7 from any internet-ready device. You can also benefit from instructional videos, study tools, and other assistance.

**Technical Support**
If you encounter technical issues, be sure to contact the Help Desk. Just submit a Support Request for assistance.

**Program Support**
Do you have questions about your account? Student Support has answers. They can help with billing, switching courses, and other requests. You can contact them at (888) 320-0540 or support@academy.wgu.edu.

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**Accommodations**
WGU provides compliant and accessible learning experiences. If you require accommodation, please contact us at the start of the course. You can email Support@academy.wgu.edu or call (888) 320-0540. We are committed to ensuring that all students with disabilities have equal access to WGU’s services and materials. We strive to use best practices for accessibility. Our goal is to conform to existing U.S. laws. These include the Americans with Disabilities Act and Section 504 and Section 508 of the Rehabilitation Act. Our learning management system (LMS) platform is Open edX. Open edX’s commitment to accessible content is published on their Website Accessibility Policy.