Theories of Psychology

Professor: Dr. Nisha Gupta
Contact: ngupta@westga.edu and via Courseden (I encourage you to email me via Courseden. I will generally reply within 24 hours on the weekday, and 48 hours on the weekends.)
Office Hours: By appointment only, can be organized via telephone, Facetime, google chat, or Skype

Course Description:
This course will introduce students to well-known theoretical frameworks of psychology. It will present students with a general understanding of what it means to develop a "theory" of human nature, psychological suffering, well-being and healing. At the beginning of class, students will reflect on their personal theory of human nature, psychological suffering and well-being. Then, the course will explore six major theories of psychology through six modules: psychoanalytic theory, behaviorism theory, cognitive theory, existential theory, humanistic theory, and feminist/liberation theories. Each module will introduce students to the main thinkers who developed these theories, the basic concepts of each theory, and the application of this theory in psychotherapy. Students will take two online quizzes and write discussion board posts in response to each module. At the end of the course, students will submit a final academic paper in which they will weave together their own theoretical perspective of psychology, based upon at least 3 theories that most interested them in this course.

Course Objectives:
Upon completion of the course, students should be able to:
- Demonstrate an understanding of six fundamental theories of psychology
- Demonstrate the ability to apply theory to real-world life and psychotherapy practice, in the service of healing psychological suffering and promoting psychological well-being among real people in the world.
- Develop their creative and critical thinking skills in reflecting upon and writing about their own evolving theory of psychology, human nature, psychological suffering, and well-being
- Demonstrate aptitude in writing a theoretical, academic paper.

Required Texts:
All readings will be available as PDFs on Courseden.

Class Format
Class will be 100% online. The video lectures/powerpoints for Modules 1-3 will be uploaded on May 8th, and the video lectures/powerpoints for Modules 4-6 will be uploaded on May 15th. Each week, students will be expected to view all videos and powerpoints that correspond with each module, as well as do the weekly readings assigned for each of the six modules. They will be expected to submit all assignments (quizzes, discussion board posts, and final paper) no later than the deadlines provided in the schedule.

Evaluation and Grading:

The course goals will be met and evaluated on the basis of the class assignments below.

Video case study quizzes:	30%
Discussion board posts:	30%
Final Paper:	40%
Total:	100%

Video Case Study Quizzes (30%): There will be 2 open book quizzes. The first will be available on Courseden Friday 5/15 (from 9AM to 11:59PM) and will cover modules 1, 2, & 3. The second will be available Friday 5/22 (from 9AM to 11:59PM) and will cover modules 4, 5, & 6. I will provide you with a Youtube video link about a person's story of struggling with psychological distress. You should analyze the person's psychological concerns using one theory from that week's modules. Explain why you picked that theory, and apply 5 concepts from that theory to the person's description of psychological concerns in the video. Also briefly discuss how therapy might help them. Submit your response in either short-essay form (3-4 pages), or a 5 minute video talking through your analysis (uploaded on Youtube or Courseden). There are no right/wrong answers, but grading will be based on understanding of theory/concepts, and thoroughness of analysis.

Discussion Board posts (30%): Students will write 7 discussion board posts. The first is a general introduction to you as a student alongside youuor personal theory of psychological suffering, well-being, and healing. This post is due by Sunday 5/10 at 11:59PM. The following two weeks, you are expected to write 3 discussion posts per week, one in response to each module (6 total). The first three posts (Module 1, 2, and 3) are due no later than Sunday 5/17 at 11:59PM. The next three posts (Modules 4, 5, and 6) are due no later than Sunday 5/24 at 11:59PM. For each post, you are expected to write 1-2 paragraphs i n response to these instructions:

1. Select one concept from that module's theory that interests you. Define/summarize that concept using theoretical language from the lectures/texts, as well as translating it into your own words.

2. Provide one hypothetical real-world example of how the concept you have selected could be useful for a person's psychological wellbeing and healing. Ground your example in everyday life, by describing a scenario in which that theory/concept could apply to a hypothetical person's real-world situation.

Final Paper/Video (40%): Submit a final paper that is 5 pages, double-spaced, in length, or a video that is 5 minutes long. The paper or video should define and summarize three theories learned about in class that most resonate with you, as well as reflect upon why they appeal to you. You should discuss how these theories contribute to your own personal theoretical perspective of psychology, human nature, psychological suffering and psychological well-being. This final paper/video is due by Tuesday May 26th at 11:59PM.

Grading Information and Policy:
There are a total of 100 points possible in the course. These 100 points will be used to calculate a percentage grade according to the standard percentage point divisions (see table below):

Grading structure and point scale
90-100 points 90% - 100% A
80 points - 89 points 80% - 89% B
70 points - 79 points 70% - 79% C
< 70 points < 70% F

Semester Schedule:

Topic	Course Material	Assignment due
(Opens May 8th) Introduction: introduction to instructor, class, and the notion of "theory"	• "Introduction" video & powerpoint slides • PDF: "Introduction to Theory" • View youtube links	Introductory Discussion post: *submit by Sunday 5/10 11:59PM:* Introduce yourself and share your personal theory.
5/8-5/17 Module 1: Psychoanalytic Theory	• "Psychoanalytic theory" video & powerpoint slides • PDF: "Psychoanalytic • Theory_Freud" • View youtube links	Module Discussion posts: *Submit by Sunday 5/17 11:59PM:* 1. Summarize one concept from psychoanalytic theory that interests you. Provide one hypothetical real-world example of how that concept is useful for wellbeing/healing.
Module 2: Behavioral Theory	• "Behavioral theory" video & powerpoint slides • PDF: "Behaviorism Theory" • View youtube links	2. Summarize one concept from behaviorist theory that interests you. Provide one real-world example of how that concept is useful for wellbeing/healing.
Module 3: Cognitive Theory	• "Cognitive theory" video & powerpoint slides • PDF: "Cognitive Theory" • View youtube links	3. Summarize one concept from cognitive theory that interests you. Provide one real-world example of how that concept is useful for wellbeing/healing. Take Quiz #1 released on

		Friday 5/15 from 9AM to 11:59PM
5/18-5/24 (Opens May 15th) MODULE 4: Existential theory	• "Existential theory" video & powerpoint slides • PDF: "Existential Theory" • View youtube links	Module discussion posts: *Submit by Sunday 5/24 11:59PM:* 4. Summarize one concept from existential theory that interests you. Provide one real-world example of how that concept is useful for wellbeing/healing.
MODULE 5: Humanistic theory	• "Humanistic theory theory" video & powerpoint slides • PDF: "Humanistic theory_Rogers" • PDF: "Humanistic theory_Maslow" • View youtube links	5. Summarize one concept from humanistic theory that interests you. Provide one real-world example of how that concept is useful for wellbeing/healing.
MODULE 6: Liberation/feminist psychology	• "Liberation psychology" video & powerpoint slides • PDF: "Liberation psychology" • PDF: "Feminist therapy" • View youtube links	6. Summarize one concept from liberation psychology that interests you. Provide one real-world example of how that concept is useful for wellbeing/healing.
5/24-5/26 Work on final paper or video	• Review readings, work on paper/video and reach out to professor forhelp if needed	Final paper/video due by Tuesday 5/26 at 11:59PM: 5 page double-spaced paper or 5 minute video that reflects upon your own theoretical perspectives of psychology, using and explaining at least 3 theories taught in this class.

Syllabus
As this document corresponds with a dynamic entity (a class), this syllabus is subject to change

Honor Code
At the University of West Georgia, we believe that academic and personal integrity are based upon honesty, trust, fairness, respect, and responsibility. Students at West Georgia assume responsibility for upholding the honor code. West Georgia students pledge to refrain from engaging in acts that do not

maintain academic and personal integrity. These include, but are not limited to, plagiarism, cheating, fabrication, aid of academic dishonesty, lying, bribery or threats, and stealing.

The University of West Georgia maintains and monitors a confidential Academic Dishonesty Tracking System. This database collects and reports patterns of repeated student violations across all the Colleges, the Ingram Library, and the School of Nursing. Each incidence of academic dishonesty is subject to review and consideration by the instructor, and is subject to a range of academic penalties including, but not limited to, failing the assignment and/or failing the course. Student conduct sanctions range from verbal warning to suspension or expulsion depending on the magnitude of the offense and/or number of offenses. The incident becomes part of the student's conduct record at UWG.

Additionally, the student is responsible for safeguarding his/her computer account. The student's account and network connection are for his/her individual use. A computer account is to be used only by the person to whom it has been issued. The student is responsible for all actions originating through his/her account or network connection. Students must not impersonate others or misrepresent or conceal their identities in electronic messages and actions. For more information on the University of West Georgia Honor Code, please see the **Student Handbook**.

Email Policy
University of West Georgia students are provided a MyUWG e-mail account. The University considers this account to be an official means of communication between the University and the student. The purpose of the official use of the student e-mail account is to provide an effective means of communicating important university related information to UWG students in a timely manner. It is the student's responsibility to check his or her email.

Accessibility Services
Accessibility Services: Students with a documented disability may work with UWG Accessibility Services to receive essential services specific to their disability. All entitlements to accommodations are based on documentation and USG Board of Regents standards. If a student needs course adaptations or accommodations because of a disability or chronic illness, or if he/she needs to make special arrangements in case the building must be evacuated, the student should notify his/her instructor in writing and provide a copy of his/her Student Accommodations Report (SAR), which is available only from Accessibility Services. Faculty cannot offer accommodations without timely receipt of the SAR; further, no retroactive accommodations will be given. For more information, please contact **Accessibility Services**.

Americans with Disabilities Act Statement: If you are a student who is disabled as defined under the Americans with Disabilities Act and require assistance or support services, please seek assistance through the Office for Accessibility Services. UWG also provides Accessibility Statements for Technology that you may be required to use for this course.

For more information on the Americans with Disabilities Act, UWG Email, Credit Hour, and UWG Honor Code policies as well as information on Academic Tutoring, Student Services, and Technical Requirements, Privacy Policy, and Accessibility Statements, please see the Common Language for Syllabus document.

Academic Support

The **Center for Academic Success** provides services, programs, and opportunities to help all undergraduate students succeed academically. For more information, contact them: 678-839-6280 or **cas@westga.edu**

The **University Writing Center** assists students with all areas of the writing process. For more information, contact them: 678-839-6513 or **writing@westga.edu**

Smarthinking offers online tutoring services and resources (including the Writing Center) for UWG students/instructors in all courses. A link to Smarthinking is available in CourseDen under Resources in the navigation bar.

Here is a great resource of **Student Services** for all students at UWG, whether or not they are taking online courses. This link provides students with most of the information they need. If a student is experiencing distress and needs some help, check out **UWG Cares**.

Additional Support Information

Technical Support: Technical support for CourseDen, as well as the technological requirements, accessibility statements, privacy statements, tutorials, and other information can be found at Technology Requirements.