



PSYC-090 – Psychology

College Preparation and Upgrading

Effective Term & Year: Fall 2026
Course Outline Review Date: 2031-03-01

Program Area: Upgrading for Academic and Career Entry

Description:

This comprehensive introductory course offers an in-depth exploration of key psychological concepts, theories, and applications. It is designed to introduce students to the fascinating field of psychology, examining the scientific study of behavior and mental processes. Throughout the course, students will gain foundational knowledge in various subfields, from the biological basis of behavior to the complexities of social and cultural influences on individuals.

Program Information:

This course is one of several UACE courses for adults who wish to upgrade their skills and confidence to pursue additional education, obtain an Adult Graduation Diploma, or complete prerequisite courses for programs.

Delivery Methods: Directed/Guided Studies

Credit Type: ABE Credits

Credits: 0

Course type/s:

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	90

Seminar/Tutorials

Laboratory/Studio

Practicum/Field Experience

Co-op/Work Experience

Other

Total

90

Course Requisites:

- Completed at least 1 of the following:
 - ENGL080 – English – Advanced Level (0)
 - ENGL092 – English – Provincial Level (Essential English) (0)
 - ELNM 11 – EFP Literary Studies + New Media 11

Prior Learning and Recognition: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy 2.5.5 [Prior Learning Assessment and Recognition \(PLAR\)](#) or contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection may change from year to year. At the Course Outline Effective Date, course material included chapters from the following open educational resource (OER):

OpenStax. (2019). *Psychology 2e*. OpenStax. <https://openstax.org/books/psychology-2e>

Learning Outcomes:

College of the Rockies Psychology 090 is articulated as Provincial Psychology in the Adult Basic Education system (ABE) in British Columbia and Yukon.

All Psychology 090 – Provincial Level learning outcomes follow those outlined in the current edition of Adult Basic Education: A Guide to Upgrading in British Columbia's Public Post-Secondary Institutions – An Articulation Handbook.

<https://www.bctransferguide.ca/transfer-options/adult-basic-education/past-abe-guides/> (2024-2025 ABE Articulation Guide).

Upon the successful completion of this course, students will be able to:

I. Introduction to Psychology

- explore the history of psychology;
- define psychology, and list and explain its goals;
- describe and compare quantitative and qualitative research strategies;
- explain how statistics are used in psychological research;
- describe ethical issues in psychological research;
- discuss the development of psychology as an empirical science;

II. Biological Basis of Behaviour and Mental Processes

- describe the structure, function and organization of the nervous system;
- describe the structure and function of the major regions of the brain;
- evaluate scientific advances that have been developed to analyze brain behaviour and disease;
- describe the relationship between the endocrine glands and the nervous system;
- compare the effects of genetics, evolution and environment on behaviour;

III. Thinking, Language and Intelligence

- explain how thinking involves the manipulation and understanding of information;
- recognize that information is classified into categories, containing similar properties known as concepts;
- compare the different strategies and obstacles involved in problem solving and decision-making;
- discuss theories of intelligence;
- explain how intelligence and personality may be influenced by heredity and environment;
- provide examples of how intelligence is measured;

IV. Learning and Memory

- define learning from a psychological perspective;
- describe classical and operant conditioning;
- explain observational and cognitive learning approaches;
- discuss the roles of biology and culture in learning;
- describe encoding;
- describe sensory, short-term, and long-term memory systems;
- describe retrieval;
- investigate strategies for improving memory;

V. Social and Cultural Psychology

- discuss the influence of cultural beliefs, values and attitudes on adjustment and personal growth;
- discuss predominant sociological theories;
- identify the various types of schemas and explain how they influence our perceptions of others;
- monitor changes in thinking, understanding, and attitudes about yourself and others around you;
- identify factors that help human beings adjust effectively to life's challenges;
- explain how ethnicity, gender, and socioeconomic status affect people and their behaviour;
- distinguish between perception, attraction, social judgment, and attitude formation;
- identify basic social and cultural categories and discuss how these affect behaviour;
- explain the effects of the presence of others on individual behaviour;
- describe how social structure can affect intergroup relations;
- discuss the nature and effects of bias and discrimination toward groups such as indigenous peoples, immigrants, and refugees;
- discuss the circumstances under which conformity, compliance, and obedience are likely to occur;

VI. Theories of Personality

- define personality;
- explain the characteristics of the psychodynamic, cognitive-behavioural, humanistic, and trait approaches;
- compare and contrast various forms of personality assessment;

VII. Motivation and Emotion

- describe the theories of motivation;
- apply motivational concepts to the behaviour of humans and other animals;
- investigate the role of biology and learning in motivation and emotion;
- describe theories of emotion;
- discuss cultural factors in emotions and motivations;

VIII. Stress, Health and Healing

- identify the sources of stress and explain the psychological and physiological reactions to

stress;

- evaluate physiological, psychological and social aspects of stress;
- identify and explain cognitive and behavioural strategies to deal with stress and promote health;
- investigate different holistic approaches to deal with stress and promote health;
- explain factors, prevention strategies and treatments related to the development of substance abuse or addictive behaviour;

IX. Psychological Disorders and Treatment

- define psychological disorders such as anxiety disorders, dissociative disorders, somatoform disorders, mood disorders, and personality disorders and identify the various criteria used to determine the diagnosis;
- explain schizophrenia and describe the three subtypes;
- discuss psychodynamic, humanistic-existential, behaviour, cognitive, and biomedical therapies;
- describe the effectiveness of psychotherapy;

Course Topics:

- Introduction to Psychology
- Psychological Research
- Biopsychology
- Learning
- Thinking and Intelligence
- Memory
- Emotion and Motivation
- Personality
- Social Psychology
- Stress, Lifestyle, and Health
- Psychological Disorders
- Therapy and Treatment

Evaluation and Assessments

Assessment Type: Directed/Guided Studies

Assessment Type	% of Total Grade
Journal/Assignments	30%
Research Projects	30%
Summaries/Reviews	30%
Quizzes	10%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=95	94-90	89-85	84-80	79-75	74-70	69-65	64-60	59-55	54-50	<50

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Evaluation Notes Comments:

Please see the instructor’s syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.

