

# COURSE OUTLINE BY UNITS

## Unit I: Professional and Theoretical Perspectives (chapters 1, 2)

- Basis of professional practice
- Professional practice and Christianity
- Code of Ethics
  - Professional roles
- Behavior and multidimensional approach to assessment
  - Person, environment, and time
  - Levels of interaction
- Research and knowledge base for practice
- Systems perspective
- Conflict perspective
  - Empowerment
- Rational choice perspective
  - Social exchange
  - Social network
- Social Constructionist perspective
  - Looking Glass Self
- Psychodynamic perspective
  - Id, ego and superego
- Developmental perspective
  - Erikson's theory
- Social Behavioral perspective
  - Classical conditioning
  - Operant conditioning
  - Cognitive social learning
- Humanistic perspective
  - Maslow's theory
  - Carl Roger's theory
- Relevance of multiple theories to professional practice
  - Activity 1: Ethical decision making

### Out of class activities:

**Week 1:** Read chapters 1 -2 from the textbook, explore class resources and reflect on topic of choice for group project

**Week 2:** Read 6 articles on behavioral issues and ethical decision-making. Watch 2 TED talks on ethics related topics

**Week 3:** Watch 2 TED talks on social behavior issues and study for the exam

**Study Guide Unit I** Read chapters 1 and 2, specifically focusing on the following sections:

Multidimensional approach (and following)	6 - 18
Exhibit 1.4 Common Mechanisms of Oppression	19
Scientific knowledge (and following)	23 - 27
Chapter two (theories)	33 - 70

In addition, be sure to study class notes and handouts.

## **Unit II: The Biological Person (chapter 3)**

### Biological systems

- Nervous

  - Neurotransmitters

- Endocrine

  - Feedback mechanisms

- Immune

  - Specific and non-specific immunity

- Cardiovascular

  - Blood pressure

- Musculoskeletal

- Reproductive

  - Sexually transmitted infections and diseases

### Biological issues throughout lifespan

- Basic Fetal development

- Environmental influences on pregnancy and development

- Video: “A Journey Through the 1<sup>st</sup> Year of Life”

- Physical Developmental milestones (ages 1-11)

  - Activity 2: Developmental Assessment

- Puberty versus Adolescence

- Early and Middle Adulthood

- Late Adulthood

  - Senescence

### **Out of class activities:**

**Week 4:** Write self-analysis paper, read yahoo news for 4 stories related to biological issues

**Week 5:** Read chapter 2, 4 articles from the class resource list related to biological issues

**Week 6:** Read 2 articles on biological issues, study for the exam

**Study Guide Exam Unit II** Read chapter 3, specifically focusing on theoretical components and key concepts presented.

In addition, be sure to study class notes and handouts.

## **Unit III: The Psychological Person (chapter 4)**

- Cognition versus Emotion

- Personality components

- Theories of Cognition

- Applying Social Learning Theory

  - Reinforcement

  - Punishment

  - Using the A-B-Cs

  - Mechanisms of behavior change

  - Solving problem behavior with children

    - Activity 3: Behavior management

- Language development

- Infancy through middle-childhood
- Cognitive Performance
  - School
  - Levels of IQ / Mental retardation
  - Learning disabilities
    - Activity 4: Experience with dyslexia
- Multiple Intelligences
- Moral Reasoning
  - Video: “Secret of the Wild Child”
- Theories of Emotion
  - Emotional maturation
- Eating Disorders
  - Beauty standards
  - Devendra Singh research
- Normative Adult behavior
- Effective Adult Communication
  - Activity5: Assertiveness vs. aggression
- Crystallized versus Fluid Intelligence
- Psychological issues throughout the lifespan
  - Abortion and infant death
    - Activity 6: Decisions about pregnancy
- Suicide and Depression
  - Activity 7: Assessing case scenarios with SAD Persons Scale

**Out of class activities:**

**Week 7:** Read chapter 4, watch 5 TED talks on cognition or psychological processing issues

**Week 8:** Read 8 articles from class resource list on any topics related to unit

**Week 9:** Read 8 articles from class resource list on any topics related to unit

**Week 10:** Read 3 articles from the course resource list related to psychological issues, study for the exam

**Study Guide Unit III** Read chapter 4, specifically focusing on theoretical components and key concepts presented.

In addition, be sure to study class notes and handouts.

**Unit IV: Psychosocial and Spiritual Person (chapters 5, 6)**

- Attachment and bonding
  - Separation anxiety
  - Caretaking issues
- Social development influences
  - Styles of Parenting
  - Socioeconomic status
  - Siblings
  - Play (social significance)
  - School and socialization
- Social development and Social Identity

- Changes over lifetime
- Sexual Orientation
- Intimacy Development
  - Theoretical concepts
  - Thomas Harris
  - Eric Berne
- Types of long-term relationships
  - Friendship
  - Cohabitation
  - Same Sex relationships
  - Marriage
    - Social influences
  - Divorce
  - Remarriage
    - Children's adjustment
    - Gender differences
- Sandwich responsibilities
- Grandparenthood
- Stress
  - Mind and Body connection
  - Coping and social support
    - Spirituality
  - Forms of Intimate violence
    - Child Abuse
    - Elder Abuse
      - Video: "Elder Abuse: Five Case Studies"
    - Domestic Violence
      - Activity 8: Domestic violence quiz
    - Sexual Assault
  - Substance Abuse
    - Video segment: "Truth about Drinking"
    - Activity 9: Stress management
- Physical Environment and Cultural Influences
- Impact of diversity (discrimination) on development
  - Activity 10: Life is terminal

**Out of class activities:**

**Week 11:** Read chapters 5-6 from the textbook, work on research for the group project

**Week 12:** Work on research and requirements for group project

**Week 13:** Finalize product for group project, watch 1 TED talk on stress management

**Week 14:** Stress management practice, read 4 articles on relationship issues, explore the site:  
<http://socialworkdegree.com/careers>

**Week 15:** No class hours – Thanksgiving break!

**Week 16:** Complete course evaluation, finalize work from Social History and study for the exam

**Study Guide Unit IV** Read the following selections from chapters 5, 6

Read chapter 5, specifically focusing on theoretical components and key concepts presented.

The Spiritual Dimension (and following) 164 - 176

Role of Spirituality in Social Work 180 – 182

Sex and Gender (and following) 185 - 192

In addition, be sure to study class notes and handouts.