A. Course Description

Credits: 4

Prerequisites: PSYC 100 General Psychology or equivalent with instructor's consent.

Lab Hours/Weeks: Corequisites: None

Lecture Hours/Week:

MnTC Goals: Goal LS - Upper Division Liberal Studies, Goal 05 - Hist/Soc/Behav Sci

This course begins with an exploration of theories about what makes people laugh and why. Students develop insight into their own sense of humor and how they use humor on a personal as well as an interpersonal level. It explores humor development across the life span, along with the importance of play in human life and examines the lives of several humorists from the perspective of the course content. The course also looks at how humor promotes physical, psychological and spiritual health, the relationship between humor and creativity, and the effective and appropriate use of humor in psychotherapy. Throughout the course, humor is viewed and understood as a source of personal power.

B. Course Effective Dates: 08/01/1998 - 09/05/1999 09/06/1999 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Learn about the mental processes involved in understanding humor.
2. Learn and understand theories and models of humor.
3. Learn about the development of humor in children.
4. Learn the role of humor in our interactions with other people.
5. Apply the knowledge from this course to their own experiences and the experiences of others.

E. Learning Outcomes (MN Transfer Curriculum)

Goal LS - Upper Division Liberal Studies
None

Goal 05 - Hist/Soc/Behav Sci

1. Use and critique alternative explanatory systems or theories.
2. Develop and communicate alternative explanations or solutions for contemporary social issues.
3. Examine social institutions and processes across a range of historical periods and cultures.

G. Special Information

None