

# INTRODUCTION TO PSYCHOLOGY

<b>Semester No 2</b>	<b>Code PSY-101</b>	<b>Credit Hours 3-0</b>
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## **COURSE OBJECTIVES:**

1. To introduce students to basic concepts of Psychology and its broad application.
2. To provide students with the knowledge of research methods to better acquire the skills on how to conduct qualitative nature of inquiry.
3. To impart theoretical knowledge related to various perspectives, assessment and psychological disorders and importantly how to go about coping with them.

## **COURSE LEARNING OUTCOMES:**

After completing this course, students will have learnt the following:

1. Demonstrate their knowledge and application of Psychology importantly to understanding of their own selves as well as others around them.
2. Evaluate the complexities within the individual and how he relates to society.
3. Demonstrate an understanding of psychological research methods.
4. Develop critical thinking skills through engaging with the practical conduct of psychological activities, assigning them the reading material and attempting written assignments and qualitative research project.

## **PRESCRIBED TEXTS:**

1. Understanding Psychology By Robert S. Feldman, 2012 Eleventh edition, Published by McGraw Hill, Companies Inc., 2012 Or Twelfth Edition .

## **REFERENCE MATERIAL:**

2. David G. Myers, C. Nathan DeWall (2015). Psychology, 11th Edition-Worth Publishers.
3. Bernestein, Penner, Clarke-Stewart & Roy, (2008). Psychology. 8<sup>th</sup> Edition. Weiten.W, (2001). Psychology Themes & Variations. 5<sup>th</sup> Edition, USA: Wadsworth Thomson

Learning. ISBN 0-534-36714-3

4. Passer.M, Smith.R, (2001). Psychology: Frontiers and Applications. New York: McGrawHill. ISBN 0-07-365795-6
5. Friedman, S. H., & Schustack, W. M. (2004). Personality: Classic Theories and Modern Research. India: SK Printers.

#### **PREREQUISITES:**

**NIL**

#### **COURSE DESCRIPTION:**

This course provides an essential understanding of the fundamental principles and theories of human behavior. It aims at introducing students to the dynamic field of psychology, providing a basic framework of each theoretical school of thought in psychology. Psychological Concepts, methodology, approaches, key terminology, and studies will be explored. Students will learn to apply psychological theories, concepts and studies to practical situations, everyday life and to their own experience. The course also aims to develop an insight into why people think, feel and behave the way they do. Along with developing skills to scientifically and critically evaluate data; students will essentially develop tolerance and a basic understanding of human ethics

#### **ASSESSMENT SYSTEM:**

Quizzes	10-15%
Assignments	5-10%
Mid Term	20- 25
ESE	40-50%

**Weekly breakdown of course contents is as follows:**

<b>WEEK</b>	<b>TOPICS</b>	<b>QUIZZES</b>	<b>ASSIGNMENTS</b>

1-2	<b>Introduction, definition, goals and brief history of Psychology</b> <ul style="list-style-type: none"> <li>• Introduction to psychology: Definition, Psychologists at work, Roots of Psychology, Key issues and controversies. (CHAPTER 1)</li> </ul>		
3-4	<b>Psychology of Personality and Individual Differences</b> <ul style="list-style-type: none"> <li>• Major Perspectives of Personality</li> </ul>	01	01

5	<b>Learning</b> <ul style="list-style-type: none"> <li>• Classical Conditioning, Operant Conditioning</li> <li>• Cognitive Approaches to Learning (CHAPTER 6)</li> </ul>		
6	<b>Personality</b> <ul style="list-style-type: none"> <li>• Psychodynamic Approaches to Personality, Traits, Learning, Biological and</li> <li>• Evolutionary and Humanistic approaches to Personality (CHAPTER 13)</li> </ul>		01

7 -8	<b>Psychological Research</b> <ul style="list-style-type: none"> <li>• The Scientific Method</li> <li>• Conducting Psychology Research</li> <li>• Critical Research Issues. (CHAPTER 2)</li> </ul> <b>Qualitative Research Design</b> <ul style="list-style-type: none"> <li>• Mixed Methodology</li> <li>• Psychometric Theory (Testing Technicalities in Primary data collection)</li> <li>• Procedures, Validity and Reliability Concerns)</li> <li>• Carrying out a research project based on the above studied concepts and its presentation (final project)</li> <li>• Emphasis on Qualitative Paradigm, developing qualitative research proposal, designing and conducting interview protocol and guide to use in a qualitative study (in groups)</li> </ul>	01	
9	<b>MID-TERM</b>		

10	<b>Psychometrics</b> <ul style="list-style-type: none"> <li>• Projective Technique Activity</li> </ul>		
11	<b>States of Consciousness</b> <ul style="list-style-type: none"> <li>• Sleep Dreams, Hypnosis and Meditation, Drug use</li> </ul>		
	<ul style="list-style-type: none"> <li>• The Highs and Lows of Consciousness (CHAPTER 5)</li> </ul>		

12	<b>Social Psychology</b> <ul style="list-style-type: none"> <li>• Attitudes and Social cognition</li> <li>• Social Influence ad groups,</li> <li>• Prejudice and Discrimination</li> <li>• Positive and Negative Social Behavior (CHAPTER 17)</li> </ul>	01	
13	<b>Sensation and Perception</b> <ul style="list-style-type: none"> <li>• Sensing the World around us, Vision: Shedding light on the Eye,</li> <li>• Hearing and the Other Senses, Perceptual Organization (CHAPTER 4</li> </ul>		01
14	<b>Neuroscience and Behavior</b> <ul style="list-style-type: none"> <li>• Neurons: Basic elements, The Nervous System and the Endocrine</li> <li>• System: Communicating within the Body, The Brain (CHAPTER 3)</li> </ul>	01	01
15	<b>Health Psychology</b> <ul style="list-style-type: none"> <li>• Stress, Coping and Well-being (CHAPTER 14)</li> </ul>		
16	<b>Psychological Disorders</b> <ul style="list-style-type: none"> <li>• Normal versus Abnormal, The Major Psychological Disorders,</li> <li>• Psychological Disorders in Perspective (CHAPTER 15)</li> </ul>		
17	Revision		
18	<b>END SEMESTER EXAMINATION</b>		