Faculty of Computers & Information Technology

Psychology

Information :

Course Code :	PSY 101	**Level** :	Undergraduate	**Course Hours :**	2.00- Hours

Department :	University Requirments

Description :

The study of behavior, cognition, and emotion and general survey of psychological principles. Focuses on the development of personal skills related to health and lifetime achievement. Topics include stress management, self-motivation, study skills, interpersonal relationships, and overcoming common anxieties. Behavioral theory and the method of applied behavior analysis are explored. Application of behavioral and cognitive/behavioral principles to human problems in various settings is emphasized.

Course Topic And Contents :

Topic	No. of hours	Lecture	Tutorial / Practical
Human Development			

Course Assessment :

Methods of assessment	Relative weight %	Week No	Assess What
Quiz	10.00		Quiz

Books :

Book	Author	Publisher
Understanding Psychology	Robert S. Feldman	McGraw Hill