

## Faculty of Economics and Political Science

### Psychology

#### Information :

**Course Code :** PSY 101

**Level :** Undergraduate

**Course Hours :** 2.00- Hours

**Department :** University Requirements

#### Area Of Study :

This course is designed to give students a basic understanding of the psychology of human behavior. Students will be given exposure to the concepts, terminology, principles and theories that comprise an introductory course in psychology. Topics covered are to synthesize the broad range of knowledge about psychology, to emphasize research methodology, to encourage critical thinking and to convey a multicultural approach that respects human diversity and individual differences.

#### Course Goals:

- Introduce the field of psychology to students in order to enable them to understand the human nature, behavior and thought process. Such knowledge can be easily applied afterwards on political, economic or administrative fields, which allows students a deeper understanding of different issues at hand.
- Learn from research and be familiar with research methods.
- Provide a wide spectrum of aspects and schools of psychology.

#### Description :

The course gives the students information about different types of the psychological behavior and factors affecting it. The course also deals with the different problems and behavior of youth

#### Course outcomes :

##### **a. Knowledge and Understanding: :**

1 -	Define the term psychology and demonstrate command of basic terminology, concepts and principles of the discipline.
2 -	Identify scientific methodology- the variety of ways in which psychological data are gathered and evaluated.

##### **b. Intellectual Skills: :**

1 -	Criticize the ways that psychological theories are used to assess, predict or change human behavior and how psychology is applied to influence and improve the lives of human beings.
2 -	Compare basic psychological influences on thought and behavior with reference to case studies.

##### **c. Professional and Practical Skills: :**

1 -	Employ the major perspectives in psychology: recognize how each approach views human thought and behavior.
2 -	Demonstrate that human behavior is motivated, has multiple causes, and may be adaptive or maladaptive. Gain insight into one's own personality and personal relationships by thinking critically about psychological theories and principles.

##### **d. General and Transferable Skills: :**

1 -	Be aware that what we know is based on research.
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2 - Be able to understand both process and content of research as well as to appraise what research has contributed to particular areas.

### **Course Topic And Contents :**

<b>Topic</b>	<b>No. of hours</b>	<b>Lecture</b>	<b>Tutorial / Practical</b>
Introduction and syllabus	2	1	
Introduction to Psychology. What is Psychology? Psychological Methods: a. Conducting research. b. Survey, Samples, and population. c. Experimental method. d. Ethical issues.	2	1	
Neuroscience and biological foundation. a. The nervous system. b. Endocrine system. c. Heredity: our genetic background.	2	1	
Sensation and perception a. Understanding sensation. b. How we see and hear? c. Our other senses. d. Understanding perception	2	1	
State of Consciousness a. Understanding Consciousness. b. Sleep and dreams. c. Psychoactive drugs. d. Healthier ways to alter consciousness	2	1	
Learning a. Classical Conditioning. b. Operant learning. c. Cognitive-social learning. d. The biology of learning. e. Using conditioning principles.	4	2	
Midterm Exam		1	
Memory a. The nature of memory b. Forgetting. c. Biological basis of memory. d. Memory improvement.	2	1	
Personality a. Trait theory. b. Psychoanalytic/ psychodynamic theories. c. Humanistic theories. d. Social-cognitive theory. e. Personality assessment.	2	1	

### **Course Topic And Contents :**

<b>Topic</b>	<b>No. of hours</b>	<b>Lecture</b>	<b>Tutorial / Practical</b>
Psychological disorders a. Studying psychological disorders. b. Anxiety disorders. c. Schizophrenia. d. Other disorders.	2	1	
Stress a. What is stress? b. Stressors c. Types of stress d. How to cope with stress	4	2	
Revision	2	1	
Final Exam		1	

### **Teaching And Learning Methodologies :**

Data show and computer in lectures

Demonstration videos

Group discussion

Research Paper

### **Course Assessment :**

<b>Methods of assessment</b>	<b>Relative weight %</b>	<b>Week No</b>	<b>Assess What</b>
Course Work (Attendance, Participation, Assignments, Quizzes, Research Paper, D	30.00		To assess understanding and theoretical background of the intellectual and practical skills.
Final Exam	40.00	15	To assess knowledge and intellectual skills
Midterm Exam	30.00	8	To assess professional skills