

Type: Foundation

Course Objectives

The main aim is to familiarize students with history, main concepts, methods, and theoretical frameworks in psychology.

The course will help students to understand the human nature and its related concepts, thereby gaining insight into human behavior and human relationships.

Course Contents

- **Understanding Psychology**
 - Scientific perspective
 - Historical perspective
 - Schools of psychology
 - Methods of psychology
 - Fields of psychology and their application
- **Sensation and Perception**
 - Senses: Vision, audition, smell, taste and kinesthetic
 - Introduction to perception
 - Gestalt principles
 - Binocular and monocular cues
 - Illusions and extra sensory perception
- **Learning**
 - Definition of learning
 - Types of learning: Classical and operant conditioning
 - Punishment and its effects
 - Latent and observational learning
- **Intelligence and Creativity**
 - Concept of Intelligence
 - Theories of Intelligence
 - Assessment of Intelligence
 - Concept of creativity and its stages

- **Motivation and Emotion**
 - Introduction to motivation
 - Factors affecting motivation
 - Introduction to emotions
 - Types of emotions
 - Physiology and emotion
 - Theories of emotion
- **Personality**
 - Defining personality
 - Theories of personality
 - Personality assessment
- **Social Thinking and Social Influence**
 - Social facilitation
 - Attribution theory
 - Crowd behavior
 - Conformity, Obedience
 - Helping behavior

Course Outcome

After successful completion of this course the students will be able to:

Have a grasp over basic concepts and theoretical perspectives explaining human behavior.

They will be able to appreciate the complexity of human behavior and relationships.

They will be able to understand Psychology as science and empirical methods used for understanding different aspects of human behavior.

Recommended Books

- Atkinson, R. C., & Smith, E. E. (2000). *Introduction to psychology*. (13th ed.). New York: Harcourt Brace College Publishers.
- Coon, D., & Mitterer, J. (2008). *Introduction to psychology: Gateways to mind and behavior* (12th ed.). USA: Wadsworth Cengage Learning.
- Comer, R. (2011). *Psychology around us*. New York: John Wiley and Sons.
- Fernald, L. D., & Fernald, P.S (2005). *Introduction to psychology*. USA; WMC Brown Publishers.
- Fredrickson, B., Nolen-Hoeksema, S., Loftus, G., & Wagenaar, W. (2009). *Atkinson & Hilgard's Introduction to psychology* .(15th ed.). USA: Wadsworth.
- Gerric, R.J., & Zimbardo, P.C. (2004). *Psychology and life*. (7th ed.). New York: Pearson.
- Glassman, W.E. (2000). *Approaches to psychology*. Maidenhead: Open University Press.
- Hayes, N. (2000). *Foundation of psychology*. (3rd ed.). UK: Thomson Learning.
- Kalat, J. W. (2010). *Introduction to psychology*. USA: Cengage Learning, Inc.
- Lahey, B. B. (2004). *Psychology: An Introduction*. (8th ed.). UK: McGraw-Hill Companies, Inc.
- Leahey, T. H. (2010). *A history of psychology: Main currents in psychological thought*. (6th ed.). New Jersey: Prentice-Hall International, Inc.
- Myers, D. G. (2011). *Psychology*. (10th ed.). USA: Wadsworth Publishers.
- Nevid, J.S. (2003). *Psychology: concepts and applications*. New York: Houghton Mifflin.
- Ormord, J. E. (2014). *Educational psychology: Developing learners*. (8th ed.) USA: Prentice Hall, Inc.
- Passer, M.W., & Smith, R.E. (2008). *Psychology; The Science of mind and body*. (4th ed). Boston: McGraw Hill.
- Rathus, S. (2011). *Psychology: Concepts and connections*. (10th ed.). USA: Wadsworth Cengage Learning.