

CPSY – 111

INTRODUCTION TO PSYCHOLOGY

Credit Hour: 3

Type: Major

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 relationships.

Course Contents

- **Understanding Psychology**
 - Scientific perspective
 - Historical perspective
 - Schools of psychology
 - Research methods in 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

Learning Outcomes

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.

Teaching-learning Strategies

Use of multimedia/slides

Group discussions

Assignments

One assignment and quiz will be given to the students.

The quiz will be taken before mid-term examination while assignment will be taken after mid-term examination.

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.

Feldman, R. S., & Feldman, R. S. (1989). *Essentials of understanding psychology*. New York: McGraw-Hill.

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.