

<b>Programme</b>	<b>ADP Home Economics</b>	<b>Course Code</b>	<b>SAPY-211</b>	<b>Credit Hours</b>	<b>2(2+0)</b>
<b>Course Title</b>	<b>INTRODUCTION TO PSYCHOLOGY</b>				
<b>Course Introduction</b>					
The main aim is to familiarize students with history, main concepts, methods, and theoretical frameworks in psychology. The course will help students appreciate the human nature and its related concepts, thereby will gain insight into human behavior and human relationships.					
<b>Learning Outcomes</b>					
After successful completion of this course the students will be able to:					
1. 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.					
2. They will be able to understand Psychology as science and empirical methods used for understanding different aspects of human behavior.					
<b>Course Content</b>			<b>Assignments/Readings</b>		
<b>Week 1</b>	1. Understanding Psychology		Introduction to psychology		
	i. Psychology: Scientific perspective		i)Ch#1, pg 11-12		
	ii. Historical perspective		ii)Ch#1, pg 12-19		
	iii)Schools of psychology		Processes of psychology and applied psychology. Ch#1, pg. 18-27		
<b>Week 2</b>	1. Understanding Psychology		Processes of psychology and applied psychology.		
	i. Methods of psychology		Ch#2, pg37-49		
	ii) Ethical issues		Introduction to psychology		
	iii) Fields of psychology and their application		ii)Ch#1, pg43-45		
			iii)ch#1, pg46-57		
<b>Week 3</b>	2. Biological Basis of Behaviour		Processes of psychology and applied psychology		
	i. Neuron and its function		Ch#3, pg 56-67		
	ii. Central nervous system				
	ii)Peripheral nervous system		Processes of psychology and applied psychology		
	iv)Endocrine system		Ch#3, pg 68-73		
<b>Week 4</b>	3. Sensation and Perception		Processes of psychology and applied psychology		
	i) Senses: Vision, audition, smell, taste and kinesthetic		Ch#4, pg84-93		
	ii) Introduction to perception		Processes of psychology and applied psychology		
	iii) Gestalt principles		ii)Ch#4, pg 95-96		
			iii)ch#4, pg101-104		

<b>Week 5</b>	3.Sensation and Perception i.Binocular and monocular cues	Processes of psychology and applied psychology i)Ch#4, pg 105-108
	ii)Illusions and extra sensory perception	ii)ch#4, pg 133-144
<b>Week 6</b>	4.Learning i.Definition of learning  ii. Types of learning: Classical and operant conditioning	Processes of psychology and applied psychology i)ch#5, pg 161-162 ii)ch#5, pg167-178
	iii)Punishment and its effects  iv)Latent and observational learning	iii) Introduction to psychology Ch#4, pg 114-116  Processes of psychology and applied psychology iv) Ch#5, pg 163-165
<b>Week 7</b>	5.Memory i. Definition and types of memory  ii. Processes and techniques of improving memory.	Processes of psychology and applied psychology i)Ch#6, pg 188-190 Introduction to psychology ii)Ch#5, pg 131-132
	iii)Forgetting: Nature and causes	Processes of psychology and applied psychology  iii)Ch#6, pg 206
<b>Week 8</b>	6.Cognition and Language i. Concept of cognition  ii. Problem solving	Introduction to psychology i)Ch#6, pg 133 ii) pg. 134-136
	iii)Judgment and decision making	Introduction to psychology Pg. 136
<b>Week 9</b>	<b>Mid term</b>	
<b>Week 10</b>	6.Cognition and Language i.Language development  ii.Language and cognition  iii)Language and culture	Introduction to psychology i)Ch#6, pg 138 ii)pg.139 iii) Introduction to psychology pg 137
	<b>Quiz</b>	Introduction to psychology
<b>Week 11</b>	7.Intelligence and Creativity	Introduction to psychology i)Ch#7 ,pg 154
	i. Mental retardation  ii. Concept of creativity and its stages	ii) Introduction to psychology  Ch#7 ,pg 155-157

<b>Week 12</b>	8.Motivation and Emotion i. Introduction to motivation ii. Factors affecting motivation	Introduction to psychology i)Ch#8 ,pg 158-159 ii) pg. 159-160
	iii. Introduction to emotions	Introduction to psychology iii)Pg. 169-171
<b>Week 13</b>	8.Motivation and Emotion i. Types of emotions ii. Physiology and emotion	Assignment: Note on types of emotions (with reference) Introduction to psychology ii)Ch#8 ,pg 171-175
	iii. Theories of emotion	Introduction to psychology iii)Ch#8 ,pg 176-181
<b>Week 14</b>	9.Personality i.Defining personality ii.Theories of personality	Introduction to psychology i)Ch#9 ,pg 183-184 ii) Ch#9, pg 184-194
	iii. Personality assessment	iii)Pg 194-200
<b>Week 15</b>	10.Social Thinking and Social Influence i.Social facilitation ii.Attribution theory	Introduction to psychology i)Ch#10 ,pg 201-203 ii) pg.203-205
	iii. Crowd behavior	Introduction to psychology iii)Pg. 205-209
<b>Week 16</b>	10.Social Thinking and Social Influence iii. Conformity, Obedience	Introduction to psychology iii)Ch#10 ,pg 209-211
	iv. Helping behavior	Introduction to psychology Pg. 211-212
<b>Week 17</b>	Revision	Introduction to psychology Processes of psychology and applied psychology
<b>Week 18</b>	<b>Final Term Exam</b>	
<b>Textbooks and Reading Material</b>		
<ol style="list-style-type: none"> <li>1. Atkinson R. C., &amp; Smith, E. E. (2000). <i>Introduction to psychology</i> (13th ed.). NY: Harcourt Brace College Publishers.</li> <li>2. Bukhari, Z., Sameer, S. &amp; Shah, H. (2019). <i>Processes of Psychology and Applied Psychology</i>. Prop. Allied Book Centre 34- Urdu Bazar, Lahore.</li> <li>3. Coon, D., &amp; Mitterer, J. (2008). <i>Introduction to psychology: Gateways to mind and behavior</i> (12th ed.). USA: Wadsworth Cengage Learning.</li> <li>4. Fernald, L. D., &amp; Fernald, P.S (2005). <i>Introduction to psychology</i>. USA; WMC Brown Publishers.</li> <li>5. Fredrickson, B., Nolen-Hoeksema, S., Loftus, G., &amp; Wagenaar, W. (2009). <i>Atkinson &amp; Hilgard's introduction to psychology</i> (15th ed.). USA: Wadsworth.</li> </ol>		

6. Glassman, W.E. (2000). *Approaches to psychology*. 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.
7. Lahey, B. B. (2004). *Psychology: An introduction* (8th ed.). UK: McGraw-Hill Companies, Inc.
- Leahey, T. H. (1992). *A history of psychology: Main currents in psychological thought*. New Jersey: Prentice-Hall International, Inc.
8. Mayo, S. A., (2023). *Introduction to Psychology*. Eden Publishers.
9. Myers, D. G. (2011). *Psychology* (10th ed.). USA: Wadsworth Publishers.
10. Ormord, J. E. (1995). *Educational psychology: Developing learners*. USA: Prentice Hall, Inc.
- Rathus, S. (2011). *Psychology: Concepts and connections* (10th ed.). USA: Wadsworth Cengage Learning.

#### **Teaching Learning Strategies**

Lecture-based learning through lectures and presentations.  
 Technology-based learning -use of Multimedia etc.  
 Group learning through group assignments and discussion.

#### **Assignments: Types and Number with Calendar**

1. Quiz of 10 marks in week 10
2. Assignment of 5 marks in week 13