

**Code: APSY-111A****Title: Introduction to Psychology****Credit Hours: 03****Course Objectives:**

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.

**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.

**Course Contents****Understanding Psychology**

Psychology: Scientific perspective

Historical perspective

Schools of psychology

Methods of psychology

Ethical issues

Fields of psychology and their application

**Biological Basis of Behavior**

Neuron and its function

Central nervous system

Peripheral nervous system

Endocrine system

**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

Latent and observational learning

**Memory**

Definition and types of memory

Processes and techniques of improving memory

Forgetting: Nature and causes

**Cognition and Language**

Concept of cognition  
Problem solving  
Judgment and decision making  
Language development  
Language and cognition  
Language and culture  
**Intelligence and Creativity**  
Concept of intelligence  
Theories of intelligence  
Assessment of intelligence  
Mental retardation  
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

### **Recommended Books:**

Atkinson R. C., & Smith, E. E. (2000). *Introduction to psychology* (13th ed.). NY: Harcourt Brace College Publishers.

Coon, D., & Mitterer, J. (2008). *Introduction to psychology: Gateways to mind and behavior* (12th ed.). USA: Wadsworth Cengage Learning.

Fredrickson, B., Nolen-Hoeksema, S., Loftus, G., & Wagenaar, W. (2009). *Atkinson & Hilgard's introduction to psychology* (15th ed.). USA: Wadsworth.

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.

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.

Myers, D. G. (2011). *Psychology* (10th ed.). USA: Wadsworth Publishers.

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.