

HIS/131: Introduction to Psychology

- 1) **Introduction to Psychology**
 - a) Nature and Application of Psychology with special reference to Pakistan.
 - b) Historical Background and Schools of Psychology (A Brief Survey)
- 2) **Methods of Psychology**
 - a) Observation
 - b) Case History Method Experimental Method
 - c) Survey Method
 - d) Interviewing Techniques
- 3) **Biological Basis of Behavior**
 - a) Neuron: Structure and Functions
 - b) Central Nervous System and Peripheral Nervous System
 - c) Endocrine Glands
- 4) **Sensation, Perception and Attention**
 - a) Sensation
 - i) Characteristics and Major Functions of Different Sensations
 - ii) Vision: Structure and functions of the Eye.
 - iii) Audition: Structure and functions of the Ear.
 - b) Perception
 - i) Nature of Perception
 - ii) Factors of Perception: Subjective, Objective and Social
 - iii) Kinds of Perception:
 - iv) Spatial Perception (Perception of Depth and Distance)
 - v) Temporal Perception: Auditory Perception.
 - c) Attention
 - i) Factors, Subjective and Objective
 - ii) Span of Attention
 - iii) Fluctuation of Attention
 - iv) Distraction of Attention (Causes and Control)
- 5) **Motives**
 - a) Definition and Nature
 - b) Classification
 - Primary (Biogenic) Motives:** Hunger, Thirst, Defecation and Urination, Fatigue, Sleep, Pain, Temperature, Regulation, Maternal Behavior, Sex
 - Secondary (Sociogenic) Motives:** Play and Manipulation, Exploration and Curiosity, Affiliation, Achievement and Power, Competition, Cooperation, Social Approval and Self

- Actualization.
- 6) **Emotions**
 - a) Definition and Nature
 - b) Physiological changes during Emotions (Neural, Cardial, Visceral, Glandular). Galvanic Skin Response; Pupillometrics
 - c) Theories of Emotion
 - d) James Lange Theory; Cannon-Bard Theory
 - e) Schachter –Singer Theory
 - 7) **Learning**
 - a) Definition of Learning
 - b) Types of Learning: Classical and Operant Conditioning Methods of Learning: Trial and Error; Learning by Insight; Observational Learning
 - 8) **Memory**
 - a) Definition and Nature
 - b) Memory Processes: Retention, Recall and Recognition
 - c) Forgetting: Nature and Causes
 - 9) **Thinking**
 - a) Definition and Nature
 - b) Tools of Thinking: Imagery; Language; Concepts
 - c) Kinds of Thinking
 - d) Problem Solving; Decision Making; Reasoning
 - 10) **Individual differences**
 - a) Definition concepts of:
 - b) Intelligence, personality, aptitude, achievement

Recommended Books:

1. Atkinson R. C., & Smith E. E. (2000). *Introduction to psychology* (13th ed.). Harcourt Brace College Publishers.
 2. Fernald, L. D., & Fernald, P. S. (2005). *Introduction to psychology*. USA: WMC Brown Publishers.
 3. Glassman, W. E. (2000). *Approaches to psychology*. Open University Press. Hayes, N. (2000). *Foundation of psychology* (3rd ed.). Thomson Learning. Lahey, B. B. (2004). *Psychology: An introduction* (8th ed.). McGraw-Hill Companies, Inc.
 4. Leahey, T. H. (1992). *A history of psychology: Main currents in psychological thought*. New Jersey: Prentice-Hall International, Inc.
 5. Myers, D. G. (1992). *Psychology*. (3rd ed.). New York: Wadsworth Publishers.
 6. Ormord, J. E. (1995). *Educational psychology: Developing learners*. Prentice- Hall, Inc
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