UNIVERSITY OF MANAGEMENT AND TECHNOLOGY

**School of Professional Psychology**

**Course: Introduction to Psychology Instructor: Ghuncha Naqvi**

**Semester offering: Fall 2020 Email: ghuncha.naqvi@umt.edu.pk**

**Course Description**

Psychology is the science concerned with behavior and mental processes. Psychology studies the environmental, biological, social, and individual forces that help to describe, explain, predict, and control behavior. This course is a comprehensive introduction to psychology. It examines the history of psychology, the brain, the senses, perception, learning, motivation, emotion and personality. This course presents a broad survey of basic concepts, issues, theories, classic experiments and new discoveries in the field of psychology.

**Objectives**

By the end of this course, students should be able to:

a. Relate a basic understanding of the history of psychology, and its growth as a science.

b. Demonstrate an understanding of the scientific method, and the various research methodologies used in psychology.

c. Relate an understanding of psychology through its major approaches including: biological, behavioral, psychodynamic, humanistic and cognitive.

**Course contents and class schedule:**

|  |  |  |
| --- | --- | --- |
| **Weeks** | **Topics** | **Activities** |
| **1-3** | 1. **Introduction to Psychology**  * Definitions and important concepts, * Brief historical background and schools of Psychology, * Importance of psychology | Lecture + Discussion + Handouts  **Assignment no 1** |
| **4-6** | 1. **Research Methods in Psychology**  * Important concepts * Observation (Naturalistic and field study) * Case history * Experimental study * Survey * Interview | Lectures + Discussion  Quiz 1: Based on previous learning |
| **7** | **Mid Terms** |  |
| **8-9** | 1. **Biological Basis of Behavior**  * Brain structure and functions, * Nervous system * Endocrine System | Lectures + Discussion |
| **10-11** | 1. **Sensation and Perception**  * Sensing the world around us * Perceptual organization * Gestalt Laws | Lectures +Discussion  Quiz 2. Based on previous learning |
| **12-13** | 1. **Motivation and Emotion**  * Explaining Motivation * Primary and Secondary motives * Understanding Emotional experiences * Theories of motivation and Emotions | Lectures + Discussion  Quiz 3**.** Based on previous learning |
| **14-15** | 1. **Learning**  * Important concepts * Classical and operant conditioning  1. **Personality**  * Important concepts and Definition * Major approaches to personality | Lectures + Discussion+ Presentations  Quiz 4: Based on previous learning |
| **16** | **Final Terms** |  |

**Evaluation Grid**

|  |  |
| --- | --- |
| Quizzes | 15% |
| Assignments | 5% |
| Project /Presentation | 10% |
| Class participation | 5 % |
| Midterm | 25 % |
| Final-Term | 40 % |
| **Total** | **100 %** |

**Students Responsibilities:**

**In order to make the most of this course, you should**

* Read the material before coming to class (Provided by the instructor).
* Attendance is vital for doing well in this course. A strict 10-minute policy for attendance will be observed.
* Complete course assignments on time.
* No makeup will be arranged for any missed quiz.
* Ask questions and participate in class discussion
* Be open-minded and willing to share your own experiences. Remain thoughtful and considerate to others, as they share their experiences. Offer help to each other when needed. I want you to flourish in this course, so please come to me if you ever have questions or need something. I am here to help.

**Course Material:**

For this course, we will use a range of different kinds of materials, including journal articles, websites, and videos. All course materials have been selected to meet the course goals and objectives outlined above.

1. Feldman, R.S. (2006). *Essentials of Understanding Psychology*(7th ed). Boston: McGraw Hills.
2. Coon, D. (2001). *Introduction to Psychology*: Wordsworth Publications.

Readers (to be provided by Instructor)

There will not just be one book recommended to the whole class. Students are advised to consult different books present in Library. For further information about books, please contact library staff.