**PSY-209 Perspectives in Psychology**

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| Resource Person: | Hira Farhan |
| Email:  | hira.farhan@umt.edu.pk |
| School & Department | School of Professional Psychology | Department of Applied Psychology |
| Consultation Hours | Monday 11a.m -3 p.mTuesday 11a.m- 1 p.m |
| Degree Program: | Bs Psychology |
| Section: | A |
| Semester: | S2023 |
| Course Pre-requisite(s): | \_ |
| Credit Hours: | 3 |
| Course Type: (Theory/Lab) | Theory |
| Venue/Day/Time: | Thursday 9:30- 10:45amFriday 11:00- 12:15pm |
| Course URL (if any): | \_ |

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| 1. **Faculty Profile / Introduction**
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| Hira Farhan currently working as Lecturer in the Department of Applied Psychology, SPP, Lahore. She has done MS in Health Psychology ( LCWU, Lahore) and BS ( Hons) Applied Psychology (LCWU, Lahore). Her area of interest is Health Psychology, Counseling, Educational and Social Psychology. She has been awarded with Gold medal and Hashmat Ara Award. She has presented four papers in International Conference and two papers in National Conference. Faculty is an experienced academic with interest in perspectives in psychology. |

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| 1. **Course Description:**
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| This course explores major milestones in the development of psychology as an academic discipline. We will address such topics as: the history of ideas about "the mind;" key historical and social events that shaped the field; when and how psychology became a science; and how ideas about what is "normal" shape and are shaped by psychology. Students are encouraged to think, discuss, and write freely and critically about philosophical dilemmas, theoretical trends, and the history of changes in the way humans view themselves. Topics include functionalism, structuralism, behaviorism, Gestalt psychology, psychoanalysis, humanistic psychology, and cognitive psychology. |

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| 1. **Course Teaching Methodology:**
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| Following learning methodologies will be employed to teach this course:* Reading Notes
* Power Point Lectures
* Class Discussions
* Class Activities
* Projects
* Creative Assignments
* Presentations
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| 1. **Program Educational Objectives (PEOs):**
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| PEO-1 | Graduate will be able to describe and apply concepts and theories relevant to the disciplines of psychology. |
| PEO-2 | Graduate will demonstrate effective written and oral skills in various formats. |
| PEO-3 | Graduate will be able to conduct and evaluate research addressing psychology related issues. |
| PEO-4 | Graduate will demonstrate ethical behavior in all aspects of psychology. |
| PEO-5 | Graduates will exhibit a life-long learning approach towards life with psychological science. |

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| 1. **Program Learning Outcomes (PLOs):**

**After completing this degree program, students shall be able to:** |
|  | **Mapping the PLOs with PEOs** |
| PLO-1 | **Psychology Knowledge:** The students will have a good knowledge and understanding of the subject and its implication in different areas and to apply knowledge of Psychology to both theoretical and practical social problems. | PEO1 |
| PLO-2 | **Communication:** The students will demonstrate effective verbal and written skills. Able to communicate mindfully and respectfully to individuals and professionals of diverse ethnic, religious, and cultural backgrounds. An ability to communicate effectively, orally as well as in writing, on various social events held by the Psychologists’ community, including conferences, seminars, workshops etc. | PEO2 |
| PLO-3 | **Research:** An ability to identify, formulate, search literature, and analyze complex social and psychological problems reaching substantiated conclusions using ethical principles related to its sub-fields. | PEO3 |
| PLO-4 | **Ethics:** Apply ethical principles to practice psychology in the community. Understanding about ethical practice and best practices as psychologists. | PEO4 |
| PLO-5 | **Life-Long Learning:** Able to develop significant professional goal for life after being graduate. An ability to recognize the importance of psychology and its implacability in their personal and professional lives. | PEO5 |

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| **Knowledge** | **Skills** | **Ethics** |
| 20 % | 60% | 20 % |

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| 1. **Course Learning Objectives (CLOs)**
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| CO-1 | Providing an introduction to students of psychology and fostering an understanding of various perspectives of psychology, which influenced its development as a separate system. |
| CO-2 | Providing with the opportunity to develop appreciation for the process of taking ideas, and promote critical thinking. |
| CO-3 | We will discuss theories, and relevance of several of the major trends in modern psychology. |
| CO-4 | Application of theoretical knowledge about human behavior in the context of general and in their areas of specialization. |

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| 1. **Course Learning Outcomes (CLOs):**

**After completing this course, students shall be able to:** |
|  | **Mapping the CLOs with PLOs** |
| CLO-1 | Understand how various perspectives of psychology, influences development. | PLO1 |
| CLO-2 | Familiarization with the process of taking ideas and promote critical thinking. | PLO2 |
| CLO-3 | Understand the concept of theories and how they are relevant several of the major trends in modern psychology. | PLO3  |
| CLO-4 | Graduates will apply theoretical knowledge about human behavior in their areas of specialization | PLO4 |
| CLO-5 | Graduate will apply theoretical framework in their research projects | PLO5 |

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| 1. **Assurance of Learning and Assessment Items:**

*Specify Assessment Items that will assure student learning through application and achieve objectives of specific PLOs / CLOs* |
| **Assessment Item** | **Application/ Objectives****PLO / CLO** |
| Assignment 1 | **CLO1/PLO1** |
| Assignment 2 | **CLO2/PLO2** |
| Quiz 1 | **CLO3/PLO3** |
| Quiz 2 | **CLO4/ PLO4** |
| Presentations  | **CLO5/ PLO5** |
| Mid Term | **All CLOs and PLOs will be assessed** |
| Final term | **All CLOs and PLOs will be assessed** |

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| 1. **Assessment Structure and Grading Policy\*:**
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| **Assessment Item(s)** | **Weight (%)** | **When will be assessed** |
| Quizzes (03) |  15 | 4th week & 12th week |
| Assignments (02)  |  10 | 3rd week & 11th week |
| Presentations |  10 | After mid-terms exam (from 9th week till 13th week) |
| Mid-term exam |  25 | One-time assessment |
| Final exam |  40 | One-time assessment |
| **Total**  |  **100** |  |
| **Notes – Norms and Important Class Policies:** *(such as submission guidelines, academic honesty, make-up policy, code of conduct)** Student who is not present in class will be marked as ABSENT despite of any justification.
* Attendance will be marked 10 minutes after the class time. Students entering class after 10 minutes will be marked as absent.
* Students who have less than 80% attendance will be assigned SA grade and will not be allowed to sit in class.
* There will be no delay in the submission of assignments and conduction of quizzes or presentations.
* Assignments will be assessed for plagiarism and will be marked accordingly.
* Using or ringing of mobile phone during class will lead to penalty
* Students will review LMS weekly for the announcements and updates
* All the students have right to participate in class discussions. There are no stupid questions. Learning is a two-way process. There will be no leg pulling.
* PNS Rule: Students will give feedback in terms of positive or negative aspect and one suggestion.

If any class is missed due to any reason, a makeup class will be arranged in the following week |

*\*Rubrics for all assessments (including mid and final exams) will be provided separately to the students.*

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| 1. **Weekly Sessions Plan:**
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| **Week** | **Topics / Contents** | **Activity** | **Application/Objectives****PLO / CLO** |
| 1 | **Introduction & overview to psychology*** Why study the perspectives of psychology?
* Short visit of history: Major time divisions
* Greek
 | Ice breaking Activity: Introduce yourself Lecture  | PLO1/ CLO1 |
| 2 | * Middle Age
* Renaissance
* Modern Age
 | Lecture+ Discussion | PLO1/ CLO1/ |
| 3 | **Psychological Perspectives*** Introduction to Major Psychological Perspectives
* Difference between Theory, Model and Perspective
 | Lecture, Discussion | PLO2/ CLO2 |
| 4 | **Biological Perspective*** Heredity
* Genes and chromosomes
* Endocrine Glands
 | Quiz-1 | PLO3 / CLO3 |
| 5 | **Psychodynamic Perspective*** Classical psychoanalysis (Freudian Perspective
 | Assignment-1 | PLO4/ CLO4 |
| 6 | * Neo-Freudians
* Jung, Adler, Horny & Erick Fromn
 | Quiz-2 | PLO4/ CLO4 |
| 7 | **Behavioristic Perspective*** Classical Behaviorism (Pavlov & Watson)
 | Assignment-2 | PLO4/CLO4 |
| 8 | * Operant conditioning (Thorndike, Skinner)
* Social Learning (Bandura)
 | Lecture | PLO4/CLO4 |
| 9 | **Mid term** |  | CLO1, CLO2, CLO3, CLO4, PLO1, PLO2, PLO3, PLO4 |
| 10 | **Cognitive Perspective*** Cognitive perspective by Aron Beck
* Seligman’s Model of Learned Helplessness
 | Lecture | PLO4/CLO4 |
| 11 | * Lazarus’s Perspective of appraisal and Coping
* Cognitive Behavioral Perspective by Albert Ellis
 | Assignment-3 | PLO4/CLO4 |
| 12 | **Humanistic Perspective*** Abraham Maslow
* Carl Rogers
 | Debate | PLO5/CLO5 |
| 13 | **Gestalt Perspective** * Koffka
* Kohler
* Wertheimer
 | Presentation | PLO5/ CLO5 |
| 14 | * **Islamic perspective in psychology**
* Al Kindi
* Abu Nasar Farabi,
* **Ibn-e-Miskwayh**
 | Presentation | PLO5/ CLO5 |
| 15 | * Ibn-e-Cina
* **Al Ghazali,**
* Ibn-e-Rushd
* Ibn-e-Khaldoon
 | Presentation | PLO5/ CLO5 |
| 16 | **FINAL TERM EXAM** |  | CLO, PLO |

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| 1. **Primary Text Book (s):**
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| Hergenhahn, B.R. (2008). An Introduction to History of Psychology, USA; Prentice Hall. |

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| 1. **Reference / Supplementary Reading (s):**
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| * Goodwin, C.J. (2008). A History of Modern Psychology. New York: Wiley. B. R. Hergenhahn. (2008). An introduction to the history of Psychology 6th ed. NY: Wadsworth Publishing
* Wertheimer (2012).A brief history of psychology (5th Edition).Belmont, CA: Wadsworth
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| 1. **Useful Online / Web Resources:**
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| * <https://tyonote.com/perspectives-of-psychology/>
* <https://www.verywellmind.com/perspectives-in-modern-psychology-2795595>
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