

**Al Akhawayn University**  
**Introduction to Psychology**  
**PSY1301-04**  
**Fall 2024**

**Semester:** Fall 2024

**Days:** Tuesday/ Thursday

**Time:** 4 p.m- 5:20 p.m

**Location:** NAB/ Room 6

**Instructor:** Manal Lamouine

**Office Location:** 8B, room 014

**Office Hours:** Thursday from 10 am to 1 pm (or by appointment)

**Email:** [M.Lamouine@au.ma](mailto:M.Lamouine@au.ma)

**Credit Hours:** 3

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The instructor reserves the right to change some elements in the syllabus to improve the learning experience.

### **Course Description**

Welcome to Introduction to Psychology, a foundational course designed to introduce you to the fascinating study of the mind and behavior. This course will introduce you to the fundamental principles of psychology, provide you with the tools necessary to study psychology, and present a sampling of the major areas of psychology research.

You will also explore different topics such as learning, cognition, motivation, personality, social psychology, etc. By examining various psychological perspectives, including biological, cognitive, and socio-cultural approaches, you will develop a comprehensive understanding of the factors that influence behavior and mental processes.

This course is ideal for students interested in exploring the scientific study of psychology, whether for personal interest or as a foundation for further study in the field.

## **Course Objectives and Goals**

- You will gain a solid understanding of the fundamental principles of psychology, including key theories, research findings, and terminology used in the field.
- You will explore the major psychology areas, such as biopsychology, cognition, learning, development, personality, emotion, and psychological disorders.
- Through discussions, assignments, and exams, you will develop critical thinking skills, enabling you to analyze psychological phenomena from multiple perspectives.

## **Required Texts and Materials**

- Biswas-Diener, R., & Diener, E. (Eds.). (2016). *Discover Psychology 2.0: A Brief Introductory Text*. Diener Education Fund. <http://solr.bccampus.ca:8001/bcc/file/a1ffc88b-63d8-4dc6-ab8b-14e39f90a6c6/1/Discover%20Psychology%202.0%20-%20A%20Brief%20Introductory%20Text%20%289%29.pdf>

## **Recommended Reading Materials**

Baron, R. A. (2007). *Psychology*. (5<sup>th</sup> Ed). New Delhi: Prentice Hall

Coon, D. & Mitterer, J.O. (2019). *Introduction to Psychology: Gateways to mind and behaviour*, (14<sup>th</sup>Ed.). New York: Nelson Education

Gleitman, H., Gross, J., & Reisberg, D. (2011). *Psychology* (8<sup>th</sup> ed.). New York, NY: W.W. Norton & Company, Inc.

Lahey, B.B. (2004). *Psychology: An introduction* (8<sup>th</sup> ed.). Boston: McGraw

Hill. Myers, G.D. (2008). *Exploring psychology* (7<sup>th</sup> ed.). New York, NY: Worth Publishers.

## **Course Delivery**

The course will be delivered mainly through face-to-face lecture sessions.

## Course Structure and Schedule

Week - dates	Topic	Reading
<b>1</b> – 9/3,5	Overview of the course; Q&A about the class; discussing your interest in Psychology...;	
<b>2</b> – 9/10,12	Define psychology Psychological Research	Ch 2 Pp17-51
<b>3</b> – <b>9/17 (Holidays; Eid Al Mawlid),19</b>	Biopsychology	Ch 3 part 1: Pp 52-67 Ch 3 part 3: Pp 82-92
<b>4</b> – 9/24, 26	Sensation and Perception	Ch 5 Pp 157-183
<b>5</b> – 10/1,3	Learning	Ch 7 Pp 204-230
<b>6</b> – 10/8,10	Memory	Ch 8 Pp 231-267 <b>Proposal Submission Due Sunday, October 13, at 10 p.m.</b>
<b>7</b> – 10/15 <b>10/17</b>	Cognition, Language, and Intelligence <b>Midterm exam</b>	Ch 9 Pp 283-297
<b>8</b> – 10/15,17	Developmental Psychology	Ch 4 Pp 108-156
<b>9</b> –10/22,24	Emotion and Motivation	Ch 10 Pp 313-367
<b>10</b> - <b>10/29,31</b>	Personality	Ch 11 Pp368-404
<b>11</b> 11/5,7	Psychological Disorders	Ch 12 Pp 423-500
<b>12</b> – 11/12-14	Therapies	Ch 13 Pp 503-536 <b>Presentation Submission Due Sunday, November 20, 10 p.m</b>

13 –(11/19 Holiday: Independence Day) 11/21	Social Psychology	Ch 14 Pp 537-607
14 –11/26-28	Presentations	
15 –12/3-5	Revision	
16 –12/10-12		<b>Final – TBA</b>

### Assessment and Evaluation

There will be periodic Assessments of your progress in this course, which will include attendance and class participation as follows:

Midterm	30%
Presentation	20%
Final Exam	40%
Class participation	5%
Attendance	5%

### Grading Scale:

A+	97 – 100
A	93 – 96
A-	90 – 92
B+	87 – 89
B	83 – 86
B-	80 – 82
C+	77 – 79
C	73 – 76
C-	70 – 72
D+	67 – 69

D	60 – 66
F	0 – 59

## Course Requirements and Policies

**-Attendance is Mandatory:** You are required to attend class during the class meeting time. If a student **accumulates 6 or more unexcused absences**, the student will be administratively dropped from the course (grade WF). Excused absences are to be discussed with the instructor and are subject to the approval of the Division of Student Affairs. **Repetitive lateness to class can count as unexcused absences.**

**- Class Participation:** Students are encouraged to participate actively. Active participation in this class is crucial for your learning experience and the overall success of the course.

Attendance is not just about being physically present; it involves engaging with the material, your peers, and the instructor. You are encouraged to ask questions, contribute to discussions, and share your perspectives on the readings and topics covered. Remember, your active involvement is a key component of your grade, and it enhances the learning environment for everyone. Let's make our class sessions dynamic and interactive by contributing thoughtfully and respectfully.

**Plagiarism** (taking another person's thoughts, ideas, language, or words and passing them off as your own) is unacceptable. It shall be treated as a serious offense, and I will assign **a failing grade for the assignment.**

## Exams

- Midterm Exam: One midterm exam will be on **10/17 (Week 7)** the semester.

## Final Exam

- To Be Announced (TBA): Details about the final exam will be disclosed later in the semester.

## **Presentations**

### **Topic Selection:**

- Each group of four students will have the opportunity to choose a psychology-related topic that interests them. The topic should connect to what we've covered in class and should be something your group feels excited to explore and share with others.

### **Content Guidelines:**

- **Introduction:** Start your presentation with a simple, clear introduction. Explain your topic, why you chose it, and what you hope the audience will learn by the end.
- **Key Concepts:** Break down the main ideas or theories related to your topic. Keep it straightforward focus on the most important points and explain them in a way that your classmates can easily understand.
- **Application:** Show how the ideas you're discussing can be seen in everyday life. Use examples, stories, or simple case studies to help make the topic relatable.
- **Conclusion:** Wrap up your presentation by summarizing the key points. End with a simple conclusion or an interesting question that makes your classmates think more about the topic.
- **References:** Remember to list any books, articles, or websites you used to prepare your presentation using the APA 7 style format; please see the OWL website <https://owl.purdue.edu/> for more information.

### **Presentation Guidelines:**

- **Visual Aids:** Use PowerPoint or another tool to create slides that help explain your points. Keep the slides clean and not too full of text. Use pictures, charts, or short videos to make your points clearer.
- **Delivery:** One or two group members will be presenting. Speak clearly and try to engage with the class, look at your audience, and don't just read from the slides.
- **Timing:** Your presentation should last about 10-15 minutes, with a few minutes afterward for questions from the class.
- **Creativity:** Feel free to get creative! You can use role-playing, simple demonstrations, or interactive questions to make your presentation more fun and interesting.

## **Grading Criteria:**

### **1. Content (50%)**

- Understanding of Topic (20%): How well your group understands and explains the topic.
- Organization (15%): How well is the presentation structured? Does it have a clear beginning, middle, and end?
- Relatability (15%): How well you connect the topic to real-life examples or situations.

### **2. Presentation (30%)**

- Speaking Skills (15%): How well you speak and engage with the class during your presentation.
- Visuals (10%): The quality and helpfulness of your slides and other visual aids.
- Creativity (5%): How creatively you present your topic and keep the audience interested.

### **3. Group Collaboration (10%)**

- Teamwork (10%): How well the group worked together and shared the workload equally.

### **4. Q&A Session (10%)**

- Answers (10%): How well did your group answer questions from the class after the presentation?

## **Deadlines:**

- Presentation Proposal: Each group must submit their proposal by **Sunday, October 13, at 10 p.m.** This proposal should outline the name of the group members, your chosen topic, key points, and initial research ideas.
- Final Presentation Submission: The final PowerPoint (PPT) presentation must be submitted by **Sunday, November 20, 10 p.m.** This submission is crucial for ensuring adequate preparation and review time.

**Note: Late submissions will not be accepted, so please make sure you turn everything in on time to receive full credit.**