**COURSE BASICS**

Course Title**: Introduction to Psychology**

Course Code**: PSY-102**

Credit Hours**: 2 hrs**

Prerequisite**: (**Course code + course name)

Class & Section: VA & III (A+B)

**Course Objectives and Description:**

The main objective of this course is to enable students to have a perspective of inner workings of the human mind along with the impact it has on their everyday life. It is also to help them to understand the importance of mental-health and management of emotional concerns. The course also aims to provide students a perspective that is well-balanced and encourages them to acquire the tools that would enable them to have greater control over their lives.

**LEARNING OUTCOMES**:

Upon completion of this course, students will be able to:

* Have an understanding of the importance of mental health
* Have an idea of the importance of empathy towards other people’s concerns irrespective of how minor it may seem.
* Better understanding of the role emotions play and how management is possible
* Will have some of the misconceptions, regarding emotional disturbances, cleared which are possibly impairing their growth and mental development

**Course Learning Outcomes (CLO):**

|  |  |  |  |
| --- | --- | --- | --- |
| **CLO #** | **CLO Statement** | **Bloom’s Taxonomy** | **PLO #** |
| CLO 1: | |  | | --- | | Identifying key concepts and identifying major theories of major perspectives in psychology | | C1 | PLO6 |
| CLO 2: | |  | | --- | | Recognizing major outlooks of everyday living (real life examples) | | C1 | PLO7 |
| CLO 3: | |  | | --- | | Explaining the basic steps of the scientific method and identifying commonly used research methods such as the experiment, correlation, survey, and case study | | C2 | PLO4 |
| CLO 4: | |  | | --- | | Apply applications of the major perspectives to areas including development, personality, mental health, learning, and memory | | C3 | PLO6 |

**Weekly Breakdown:**

|  |  |  |
| --- | --- | --- |
| **Week** | **Week Days** | **Tentative Course Plan** |
| 1 | 26th Sept – 30th Sept | Introduction of the course, Importance of studying psychology. Different Schools of Psychology & Psychological Perspectives. Brief explanation of the class decorum and the management of the course. |
| 2 | 3rd Oct – 7th Oct | Introduction to psychology, brief history of philosophy; brief history of mental health; dark ages and regression of scientific development; Emergence of psychology from philosophy, Process of how it as recognized to be scientific |
| 3 | 10th Oct – 14th Oct | Human Development and developmental theories explained by Piaget & Erickson Cognitive Stages of development: Explains the intellectual development of an individual from childhood to adulthood. Talks about intellectual characteristics acquired in each stage and the concern of abnormality if milestones are not reached |
| 4 | 17th Oct – 21st Oct | Morals, understanding Moral development and its theory explained by Kohlberg. |
| 5 | 3rd Oct – 7th Oct | Personality development & Theory Explained by Freud, Psychoanalytic Stages of its development and how unhealthy characteristics are acquired if not done successfully. |
| 6 | 24th Oct – 28th Oct | Traits theories and testing and Humanistic theories explained by Carl Roger |
| 7 | 31st Oct – 4th Nov | Research Methodology scientific process in psychology by identifying the basic steps of the scientific method and identifying commonly used research methods such as the experiment, correlation, survey, and case study |
| 8 | 3th Nov – 11th Nov | Psychological Principles of Learning: Concept of what learning is?, Process in which it occurs. Concept of classical conditioning, Operant conditioning. Concept of Observational Learning. |
| **9** | **14th Nov – 18th Nov** | **MID TERM EXAMINTATION** |
| 10 | 21st Nov – 25th Nov | Motivation: Understanding of what motivation is? Theories that explain how the process occurs. Evolutionary theory, Optimum Arousal theory, Drive and incentive theory and Maslow’s Hierarchy of Needs. |
| 11 | 5th Dec – 9th Dec | Intelligence: Understanding of Intelligence, Brief history of how it was understood and the impact it has on individuals displaying deficit and society’s treatment towards them. Concept of general intelligence and multiple intelligences and its difference. Emotional Intelligence and the difference between IQ and EQ. |
| 12 | 12th Dec – 16th Dec | Emotional Regulation: Understanding of emotion. Theories that explain the dynamics of emotion. James-Lange Theory, Two-Factor theory, Cannon-Bard Theory. |
| 13 | 19th Dec – 23rd Dec | Cultural misconceptions of emotions. Understanding of Emotional Disturbances like stress, anxiety and depression and its impact on mental health. |
| 14 | 26th Dec – 30th Dec | Sensation and Perception: Attribution Theory and Stereotype |
| 15 | 2nd Jan – 6th Jan | Psychological Principles of Memory: What is memory, how it is formed. Atkinson and Shiffrin Model, Concept of Working Memory. Process of encoding and types. |
| 16 | 9th Jan – 13th Jan | Social Psychology & Principles of Persuasions |
| 17 | 16th Jan – 20th Jan | Submission of all Assignments, Revision and Quiz |
| **18** | **23rd Jan – 27th Jan** | **FINAL TERM EXAM** |

***NOTE:***

1. *This schedule is subject to revisions as conditions may warrant.*
2. *Topics will be covered in sequence no matter if city observes any planned or unplanned holidays.*
3. *The information in this course outline is subject to revision as conditions may warrant.*

**Course Assessment Method**

**Method of Evaluation and Structure:**

A student’s grade will be based on multiple measures of performance as mentioned below:

|  |  |
| --- | --- |
| **Evaluation Instruments (EI)** | **Marks** |
| Quizzes (4 Quizzes of 10 Marks) | 10 |
| Assignments (4 Assignments) | 20 |
| Mid Term Examination | 20 |
| Final Examination | 50 |
| **Total** | **100** |

*NOTE: Any change in this scheme/format will be communicated well in time.*

**Mapping of CLOs to PLOs (Program Learning Outcomes)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PLO’s** | **CLO’s** | | | |
| **CLO 1** | **CLO 2** | **CLO 3** | **CLO 4** |
| PLO:1 (Engineering Knowledge) |  |  |  |  |
| PLO:2 (Engineering Problem Analysis) |  |  |  |  |
| PLO:3 (Designing and Development) |  |  |  |  |
| PLO:4 (Investigation) |  |  |  |  |
| PLO:5 (Modern tool usage) |  |  |  |  |
| PLO:6 (Engineer and Society) |  |  |  |  |
| PLO:7 (Environment and Sustainability) |  |  |  |  |
| PLO:8 (Professionalism and Ethics) |  |  |  |  |
| PLO:9 (Individual and Team Work) |  |  |  |  |
| PLO:10 (Communication) |  |  |  |  |
| PLO:11 (Project Management) |  |  |  |  |
| PLO:12 (Lifelong Learning) |  |  |  |  |

**Mapping of CLOs to Course Evaluation Instruments (EI)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EI** | **CLO’s** | | | |
| **CLO 1** | **CLO 2** | **CLO 3** | **CLO 4** |
| Assignments | 1(5) | 1(5) | 1(5) | 1(5) |
| Quizzes | 1(2.5) | 1(2.5) | 1(2.5) | 1(2.5) |
| Projects | - | - | - | - |
| Midterm Exam | 1(5) | 1(5) | 1(5) | 1(5) |
| Final Exam | 1(5) | 3(15) | 2(10) | 3(20) |

**Grading System:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Letter Grade** | **Grade Point** | **Percentage** | |
| **A** | 4.0 | ≥ 85 | - |
| **A-** | 3.67 | ≥ 80 | < 85 |
| **B+** | 3.33 | ≥ 75 | < 80 |
| **B** | 3.00 | ≥ 71 | < 75 |
| **B-** | 2.67 | ≥ 68 | < 71 |
| **C+** | 2.33 | ≥ 64 | < 68 |
| **C** | 2.00 | ≥ 60 | < 64 |
| **C-** | 1.67 | ≥ 57 | < 60 |
| **D+** | 1.33 | ≥ 54 | < 57 |
| **D** | 1.00 | ≥ 50 | < 53 |
| **F** | 0.00 | - | < 50 |

**COURSE RESOURCES**

**Instructor:**

Name: Numera younus

Designation: Visiting Faculty

Office:-

Email:numra\_musani@hotmail.com

**Counseling Hours: friday (11:00am to 1:pm)**

**Text Book:**

**Myers, D. G. Psychology 13 th edition New York Wadsworth publishers**

**REFERENCE BOOKS:**

1. **Hilgard (2003) Introduction to Psychology 14 th Edition Australia, Thomson Publishers**
2. **Schultz, Duane P..(2014).A History of Modern Psychology .Perennial**
3. **Fledman, R. (2018). Essential of Understanding Psychology**

**ONLINE RESOURCES:**

**Links are provided in the notes section of the slides for each chapter.**