

**COURSE OUTLINE**

***FOUNDATIONS OF HUMAN BEHAVIOR***

Instructor: Falak Zehra Mohsin

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**COURSE DESCRIPTION:**

This course provides a basic understanding of principles and theories related to human behavior. The field of psychology is very broad and this course will serve to acquaint students with the different areas within psychology and to provide information on the major theories and concepts in each area. This course will also teach students to scientifically and critically evaluate why people think, feel and behave the way they do.

**COURSE OBJECTIVES:**

* Understand major influences and contributors towards the field of psychology and gain knowledge of the history of Psychology
* Understand psychological research methods and the nature of experimentation in Psychology
* Understand the reciprocal nature of interaction between biology and psychology
* Understand the cognitive aspects of perception, memory, motivation, emotion and language in human behavior
* Understand and identify various psychological disorders
* Understand human behavior in social contexts and situations
* Integrate and apply the above concepts to practical life

**CLASS EXPECTATIONS:**

* All students are required to read the assigned chapters/ articles/ materials provided BEFORE coming to class.
* Students need to be prepared for in-class group discussions and quizzes.
* Cell-phones should be turned off. Use of cellphones is not allowed during class.
* Be punctual. Students will be marked absent if they arrive 10 minutes after class starts.
* Cheating, plagiarism or other ethical violations will be dealt with according to IBA policies.

**ATTENDANCE:**

Students are required to be present in class during roll call. Students will be marked absent if they are not present in the class at the time of attendance or if they do not respond when their name is called out.

**REQUIRED TEXTBOOK:**

***Understanding Psychology*** *By Robert S. Feldman, 2012*

Eleventh edition, Published by McGraw Hill, Companies Inc., 2012

**GRADING:**

Mid-term: 20%

Final Examination: 30%

Project: 15%

Assignments: 10%

Quizzes: 10%

Presentations: 10%

Class Participation/ Written comments: 5%

**CLASS SCHEDULE:**

**Lecture 1**

Introduction to the course

**Lecture 2**

Introduction to psychology: Definition, Psychologists at work, Roots of Psychology, Key issues and controversies. (CHAPTER 1)

**Lecture 3-4**

Psychological research: The Scientific Method, Conducting Psychology Research, and Critical Research Issues. (CHAPTER 2)

**Lecture 5-6**

Neuroscience and Behavior: Neurons: Basic elements, The Nervous System and the Endocrine System: Communicating within the Body, The Brain (CHAPTER 3)

**Lecture 7-8**

Sensation and Perception: Sensing the World around us, Vision: Shedding light on the Eye, Hearing and the Other Senses, Perceptual Organization (CHAPTER 4)

**Lecture 9-10**

States of Consciousness: Sleep Dreams, Hypnosis and Meditation, Drug use: The Highs and Lows of Consciousness (CHAPTER 5)

**Lecture 11-12**

Learning: Classical Conditioning, Operant Conditioning, Cognitive Approaches to Learning (CHAPTER 6)

**Lecture 13**

Memory: The Foundation of Memory, Recalling Long-term memories, Forgetting: When memory fails (CHAPTER 7)

**Lecture 14-15**

Cognition and Language: Thinking and Reasoning, Problem Solving (CHAPTER 8)

**Lecture 16-17**

Intelligence: What is Intelligence, Variations in Intellectual Ability, Group Differences in Intelligence (CHAPTER 9)

**Lecture 18-19**

Motivation and Emotions: Motivation, Human Needs and Motivations, Understanding Emotional Experiences (CHAPTER 10)

**Lecture 20-21**

Personality: Psychodynamic Approaches to Personality, Traits, Learning, Biological and Evolutionary and Humanistic approaches to Personality (CHAPTER 13)

**Lecture 22**

Health Psychology: Stress, Coping and Well-being (CHAPTER 14)

**Lecture 23**

Development: Cognitive Development over the life span (CHAPTER 12)

**Lecture 24-25**

Psychological disorders: Normal versus Abnormal, The Major Psychological Disorders, Psychological Disorders in Perspective (CHAPTER 15)

**Lectures 26-27**

Social Psychology: Attitudes and Social cognition, Social Influence ad groups, Prejudice and Discrimination, Positive and Negative Social Behavior (CHAPTER 17)

**Lecture 28**

Review Session