

Department	Department of Sciences and Humanities	Dept. Code	CS
Course Title	Psychology	Course Code	SS 2003
Grading policy	Relative grading	Credit Hrs.	3
Course Instructor	Raheela Tariq Asst.Professor	Moderator	Ms. Raheela Tariq

Level: I = Introduction, R = Reinforcement, E = Evaluation.

Tool: A = Assignment, Q = Quiz, M = Midterm, F = Final, SP = Project, A = Assignment.

Course Objectives	<i>This course will provide students with basic theoretical knowledge with an emphasis on how psychological theory relates to the “real world”, including understanding of different cognitive processes, role of motivation in life and jobs, improving mental health and inter-personal relations. On completion of this course, students will be able to handle the intricacies and complexities of human behavior more skillfully in everyday life as well as in job organization.</i>
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No.	Course Learning Outcome (CLO) Statements	Assessment Tools
1.	Understanding and applying main perspectives of psychology in daily lives.	Q1, M1, M2, SP, F
2.	Role of Bio- psycho-social factors in our behavior.	Q3, M2, F
3.	Thought processes and its impacts	Q2, M2, F
4.	Mental health, psychopathology and coping strategies.	Q3, M2, F
5.	Testing different domains of behavior.	SP, A2

Text Book(s)	Title	<i>Psychology themes and variations.</i>	
	Author	Wayne Weiten	
Ref. Book(s)	Title	Understanding psychology	Psychology.
	Author	Robert S Feldman	David G. Myers

Classroom Courtesies	All quizzes and exams according to dates announced by university. Deadlines must be observed for all semester work.
Grading policy	Relative grading .All work submitted must be the student’s own work- No plagiarism will be accepted. Research format follows standard documentation APA guidelines

Week	Course Contents/Topics	Chapter*	CLO*
1-2	<i>Introduction to Course Brief history of how psychology evolved. The six perspectives of psychology. Application & Research methodology.</i>	1	1
3	<i>The biology and underlying behavior Neurons, the elements of behavior. Role of neurotransmitters. Structure and functions of central and peripheral nervous system. The endocrine system.</i>	2	1,2,4
4	<i>Types of learning. Conditioning: Classical and operant. Factors influencing learning.</i>	3	1
5	<i>Memory and Forgetting, Encoding, storage and retrieval of memory. Types and methods of memories. How to improve memory. Forgetting: when memory fails, impairments.</i>	4	3,4
	MID-TERM 1		
6-7	<i>Cognitive processes. Tools of thought, Types of Thinking. Reasoning. Problem solving. Creative thinking. Intelligence: IQ&EQ.</i>	5	3,5
7-8	<i>Personality. Nature & Nurture, Theories of personality. Psychodynamic and Big five Model. Assessing personality.</i>	6	1,2,5
9-10	<i>Stress, coping and health: Different types of Conflict & frustration. Stress & Health Types, causes, symptoms, strategies. Anger and Management.</i>	7	2,4,5
10-11	<i>Psychopathology: Different psychological Disorders: Neurosis, types, causes, symptoms. Psychosis. Types, Causes, symptoms, treatment. Psychotherapy.</i>	8	2,4
12-13	<i>Motivation. Types of motivation. Unlearned and Acquired. Theories of motivation, Maslow, McClelland, Stacy Adams and Victor vroom.</i>	9	1
13-14	<i>Social Psychology. Social Perception. Attitude and Prejudice. Group Dynamics. Leadership.</i>	10	1

Assessment Tool	Weightage
Final	50%
Midterm (I+II)	30%
Quiz.1,2,3	09%
Assignment.	03%
Survey project & Presentation	08%