
	<b>Department of Sciences &amp; Humanities</b>	
	<b>FAST National University of Computer &amp; Emerging Sciences CFD Campus</b>	
	<b>Course Outline</b>	

<b>Course Code:</b>	<b>SS 2003</b>
<b>Course Title:</b>	<b>Psychology</b>
<b>Credit Hours:</b>	<b>03</b>
<b>Contact Hours:</b>	<b>03</b>
<b>Prerequisite:</b>	<b>None</b>
<b>Mode of Teaching:</b>	<b>Three hours of lecture per week</b>
<b>Course Instructors:</b>	<b>Zartash Naqvi, Anoosha Rehan</b>



### **Course Description**

This course offers students an engaging introduction to the essential topics in Psychology. Distinguish between the major perspectives on human thought and behavior. Gain insight into human behavior and into one's own personality or personal relationships. Explore the ways that psychological theories are used to describe, understand, predict, and control or modify behavior. Contemporary issues in psychology such as perception, thinking and language, intelligence, emotions and motivation, learning and memory and personality are explored. Scientific methodology and its application to psychological phenomena are emphasized. While focusing on the building blocks, it also makes clear relevance of psychology to students in everyday life.

### **Objectives**

The course aims at achieving the following major objectives:

1. The course aims to familiarize students with the basic concepts of Psychology explaining human nature and behavior.
2. This course will generally enable students understand human behavior particularly in term of psychological perspectives, concepts, theories, & application/scope of psychology in broader perspectives.
3. Course will give understanding on research methodology and research ethics
4. Show how the methods and concepts of psychology can be applied to real life situations
5. Provide fundamental concepts of general, experimental, applied, abnormal and industrial psychology.

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### Course Learning Outcomes (CLOs)

Upon successful completion of the course, the students will demonstrate competency by being able to:

1. Have familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
2. Think scientifically about behavior, mental processes, and underlying mechanisms.
3. Apply broad perspectives to behavior from both an individual and cultural point of view.
4. Use critical and creative thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to behavior and mental processes.
5. Understand and apply psychological principles to personal, social, and organizational issues.



### Program Learning Outcomes (PLOs)

The course is designed to enable students to attain the following PLOs:

1.	Have an understanding of basic psychological terminologies	
2.	Capacity to analyze and apply the basic concepts of psychology to improve personality. It also helps out to understand the interaction of factors that influence the human behavior	
3.	Have an understanding about psychological aspects that applied to real life situations	
4.	Describe key concepts, principles, and overarching themes in psychology	

### Course Contents

- 1. Introduction to Psychology**, Historical Background of Psychology and Perspectives (biological, psychodynamic, behavioral, cognitive, social and humanistic)
- 2. Intelligence**  
What is intelligence? Definition and Nature, Theories of intelligence, biological basis of intelligence, Practical and emotional intelligence, Assessing intelligence.
- 3. Motives:** Definition and Nature, Classification of Motives: **Primary** (Biogenic) Motives: Hunger, Thirst, Fatigue, Sleep, Pain, Temperature, Regulation.



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**Secondary** (Socio-genic) Motives: Play and Manipulation, Exploration and Curiosity, Affiliation, Achievement and Power, Competition, Cooperation, Social Approval and Self Actualization.



4. **Emotions:** Definition and Nature, Physiological changes during Emotions, Theories of Emotion (James Lange Theory; Cannon-Bard Theory, Schachter –Singer Theory)
5. What is **learning**? Definition and characteristics of learning, types of learning, conditioning theories, significance and application.
6. What is **memory**? Advantages of memory, types of memory, why do we forget? How can we improve memory?
7. **Personality** definition, psychoanalysis and personality, early trait theory, big five theory, assessment of personality, good personality characteristics.
8. What is **Health Psychology**? **Stress:** Reacting to threat and challenge, coping with stress (coping styles, learned helplessness, social support).
9. **Industrial psychology:** definition of industrial psychology, scope and problems related to industrial psychology, objectives and values of industrial psychology. Physical and psychological conditions in working environments
10. PROJECT (Individual Oral Presentations)

### Weekly Schedule



	Topic	CLO	PLO	Assessment Methodology	Learning Domain	Level of Learning
1	<b>Orientation lecture to Psychology.</b> Link with Computer Science	1	1	Class Discussion	Cognitive	Basic

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2	<b>Introduction to Psychology</b> , Historical Background of psychology and Perspectives (biological, psychodynamic, behavioral, cognitive, social and humanistic)	1	1	Brainstorming , Writing Activity, Assignment	Cognitive	Advance
3	<b>Personality</b> Definition, psychoanalysis and personality, early trait theory, big five theory, assessment of personality, good personality characteristics	3	1 & 2	Assignment/ Case Study	Cognitive	Advance
4	<b>Motives:</b> Definition and Nature, Classification of Motives: <b>Primary</b> (Biogenic) Motives: Hunger, Thirst, Defecation and Urination, Fatigue, Sleep, Pain, Temperature, Regulation, <b>Secondary</b> (Sociogenic) Motives: Play and Manipulation, Exploration and Curiosity, Affiliation, Achievement and Power, Competition, Cooperation, Social Approval and Self Actualization.	3 & 2	2	Quiz/ Assignment	Cognitive	Advance
5	<b>Recap of the course</b>	1 & 2		Group / guided Discussion	Cognitive	Basic
6	<b>1st Mid Term Exam</b>	1 & 2	1	Written Paper (Obj + Sub)	Cognitive	Basic

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7	<b>Emotions:</b> Definition and Nature, Physiological changes during Emotions, Theories of Emotion (James Lange Theory; Cannon Bard Theory, Schachter –Singer Theory)	3	2 & 3	Assignment/ Case Study	Cognitive	Advance
8	What is <b>learning</b> ? Definition and characteristics of learning, types of learning, conditioning theories, significance and application.	3	2 & 3	Assignment/ Presentation	Cognitive	Advance
9	<b>2<sup>nd</sup> Mid Term Exam</b>	3 & 4	3	Written Paper (Obj + Subj)	Cognitive	Basic leading to advance
10	What is <b>memory</b> ? Advantages of memory, types of memory, why do we forget? How can we improve memory?	4	3 & 4	Assignment/ Quiz/Case Study	Cognitive	Advance
11	<b>Intelligence</b> What is intelligence? Definition and Nature of intelligence, Theories of intelligence, g-factor in intelligence, fluid and crystallized intelligence,  The biological basis of intelligence, Practical and emotional intelligence, Assessing intelligence	4	4	Quiz/ assignment / presentation	Cognitive	Advance

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12	<b>Health Psychology</b> What is health, illness and well-being, psycho-social model of health by WHO, What is Stress: Reaction to threat and challenge, coping with stress (coping styles, learned helplessness, social support).	4	3 & 4	Quiz/ Assignment/ Guided discussion	Cognitive	Advance
13	<b>Industrial psychology:</b> definition of industrial psychology, scope and problems related to industrial psychology, objectives and values of industrial psychology. Physical and psychological conditions in working environments	5	3 & 4	Presentation	Cognitive	Advance
14	<b>Recap of Course</b>	1-5	1-4	Group guided Discussion	Cognitive	Advance
15	<b>Presentations</b>	2	3 & 4	Individual Group Presentation	Cognitive & Visual	Advance
16	<b>Final Term Exam</b>	2 & 5	4	Written Paper (Obj + Sub)	Cognitive	Advance

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### Course Outline

#### Textbooks

[1] Cacioppo, J. T., & Freberg, L. A. *Discovering Psychology The Science of Mind*. India: Wadsworth, 2013.

[2]. Feldman, R. S. *Understanding Psychology* (10<sup>th</sup> ed.). New Delhi: McGraw Hill, 2011.

#### Reference Books



[1] Atkinson & Smith, *Introduction to Psychology* (13th ed.). Harcourt Brace College Publishers, 2000.

[2] Fernald & Fernald. *Introduction to Psychology*, USA: WMC Brown Publishers, 2005.

[3] Feist, J., & Feist, G. J., & Roberts, Tomi-Ann. *Theories of Personality*. McGraw Hill, 2013.

[4]. Misra, G., & Baron, R. A. *Psychology* (5<sup>th</sup> ed.). Delhi: Pearson, 2014.

<u>Assessment System</u>	
Quizzes	10%
Assignments	07%
Sessional Exam	25%
Presentation	10%
Class Participation	03%
Final Exam	45 %

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### Assessment of Course Learning Objectives

	Assignment s	Quizzes	Class Participation	Mid Term Exams	Presentation s Ind, group	Activity Based Learning	Individual Project/ presentation	Final Term Exam
CLOs	✓	✓	✓	✓	✓	✓	✓	✓

### Semester Projects (Presentations)

Marks: 10%

### **Course Outline**

Individual presentation

Date of Submission: Week 15

Task: Students are given topics for presentation. However, they can opt for topic of their interest (relevant to the subject) under supervision of course instructor.

<b>Written By</b>	Name with Sign	Zartash Naqvi
	Date	30-01-2022
<b>Reviewed By</b>	Name with Sign	Sir Arif Khattak
	Date	31-01-2022
<b>Approved By</b>	Name with Sign	Sir Nouman Iftikhar
	Date	30-01-2022