

# **SYLLABUS**

**SUBJECT** PSYCHOLOGY

**TEACHER** ANNA ENGLERT-BATOR

## **COURSE DESCRIPTION**

This course offers a broad introduction to general psychology and a variety of approaches within the scientific study of thought and behavior. We will explore the various ways people perceive, think, affect and understand. The course will also cover important topics such as the stress, well-being and social interaction.

We will meet once a week for a 1 hour and 30 minute lecture. The lectures will focus on central themes in the assigned reading but I will usually introduce new topics not covered in the readings. Films, videos, class demonstrations and discussions will supplement the lectures. We will also try to train the practical skills of relaxation, remembering, communicating and problem solving.

**ECTS** 5

## **LEARNING OUTCOMES**

Students will gain knowledge of the different subject areas in psychology and will be prepared to take more advanced courses in psychology. The course will also show psychology's role in promoting human welfare and solving social problems.

## **GRADING POLICY**

Success in this course depends on attending class regularly, actively participating in class, and taking thorough notes.

**Tests:** There will be two extra mini tests during each term. Students will be informed about them at least 2 weeks in advance. They will be based on a recommended reading.

**Exam:** There will be an exam at the end (test: multiple choice, true/false and open cloze)  
The exam will cover the text and lecture material.

## **TIMETABLE**

1. Psychology as a scientific and human endeavor – themes and threads. Psychological approaches past and present.	1h
2. The biological bases of behavior. The big picture of nervous system.	2h
3. Sensory processes. Basic concepts of sensory thresholds and adaptation. The eye and the stimulus for vision: light. Hearing and other senses (chemical and cutaneous).	2h
4. Perception and consciousness. Perceptual selectivity: Paying attention, stimulus and personal factors. Perceptual organization. The perception of depth, distance and motion. The constancy of perceptions. Varieties of consciousness. Sleep, dreams, hypnosis and mediation. Altering consciousness with drugs.	3h

5. Learning. Classical conditioning phenomena. Applying classical conditioning. Operant conditioning and beyond – reinforcement, punishment, generalization and discrimination.	2h
6. Memory: remembering and forgetting. Memory: sensory, STM, LTM. The biological bases of memory. Retrieval and retrieval failure.	2h
7. Higher cognition processes. Concepts and language. Problem solving: problem representations and problem solving strategies. Barriers to effective problem solving skills.	2h
8. Intelligence and psychology testing. The nature of intelligence. Differences in measured intelligence (heredity, environment, group differences in IQ). The extremes of intelligence- mentally gifted versus mentally retarded.	2h
9. Developmental psychology. The development of children; heredity and environment: nature and nurture. Prenatal development: influences before birth. Motor, sensory, perceptual, cognitive and social development. 10. Development in adolescence and adulthood. Challenges of adolescence.	4h
10. Theories of personality (psychoanalytic, behavioral-learning, humanistic-phenomenological, trait approaches). Is there a personality? Personality assessment. Human sexuality and gender.	2h
11. Motivation, emotion, stress. Approaches to motivation, physiologically based drives And psychologically based motivation. The nature of emotion with its physiological aspects. Outward expressions of emotions. Stressors: the causes of stress. Reacting to stressors.	2h
12. Abnormal psychology. Definition and classification of abnormal reactions. Anxiety –based and personality disorders. Organic, mood, and schizophrenic mental disorders.	2h
13. Social interactions and the Human Environment. Social cognition. The social-psychological perspective attitudes. Attribution theory. Interpersonal attraction. Social influence (conformity, obedience to authority etc.)	2h
14. Applied psychology.	2h

### TEXTBOOK AND REQUIRED MATERIALS

The core readings for the course will come from 2 textbooks and from short articles available on electronic reserves. Most of the reading will come from:

\* C. Wade, C. Travis: Invitation to psychology. 3<sup>rd</sup> ed. Prentice Hall, 2005.

\* H. Gleitman: Psychology; 4th ed., W.W. Norton & Company, New York, London, 1997

The supplemental short papers are required and will be available online. Students can easily access them for reading and/or printing. Occasionally, additional supplemental readings may be distributed in class

**PREREQUISITES:**

Motivation and willingness to learn.