

North South University  
Course- PSY 101  
Introduction to Psychology  
Spring 2016

Ms. Sarah Fardeen

Office: NAC 1039

Section

Office time: 11:30 am - 2:30pm (MW)

Class Time:

1:00 pm – 2:30 pm (ST)

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Course description:

This course is designed to give the student a basic understanding of the psychology of human behavior. The course will provide exposure to the concepts, terminology, principles, and theories that comprise an introductory course in psychology. Topics covered are to synthesize the broad range of knowledge about psychology, to emphasize research methodology, to encourage critical thinking, and to convey a multicultural approach that respects human diversity and individual differences.

Course Objectives/Learning Outcomes:

PSY 101 is designed to help students achieve four integrated goals that are important to understanding human behavior. Upon completion of this course, students should be able to:

1. Define the term psychology and demonstrate command of the basic terminology, concepts, and principles of the discipline.
2. Identify and compare the major perspectives in psychology: Recognize how each approach views human thought and behavior.
3. Recognize that human behavior is motivated, has multiple causes, and may be adaptive or maladaptive. Gain insight into one's own personality and personal relationships by thinking critically about psychological theories and principles.
4. Discuss the ways that psychological theories are used to assess, predict, or change human behavior and how psychology is applied to influence and improve the lives of human beings.

Recommended Text:

Feldman, R.S. Understanding Psychology, Latest Edition, McGraw Hill.

Grading:

Mid Term Exam 1	25 %
Mid Term Exam 2	25 %
Presentation	15 %
Final Exam	35 %
Total	100 %

Course Outline

(Tentative schedule)

Lecture

1. Introduction to Psychology	Chapter 1	1 and 2
2. Psychological Research	Chapter 2	3
3. Neuroscience & Behavior	Chapter 3	4 and 5
4. Sensation & Perception	Chapter 4	6
5. States of Consciousness	Chapter 5	7

Mid- term 1

6. Learning	Chapter 6	8 and 9
7. Memory	Chapter 7	10
8. Cognition & Language	Chapter 8	11
9. Intelligence	Chapter 9	12
10. Motivation and emotion	Chapter 10	13

Mid-term 2

11. Sexuality and Gender	Chapter 11	17 and 18
12. Development	Chapter 12	19 and 20
13. Personality	Chapter 13	21
14. Health psychology: Stress, coping & well being	Chapter 14	22
15. Psychological Disorders	Chapter 15	23
16. Treatments of psychological disorders	Chapter 16	24
17. Social Psychology	Chapter 17	25

Final exam- TBA