



BS (4 Years) for Affiliated Colleges

| Code | Subject Title | Cr. Hrs | Semester |
|----------|--------------------------------------|---------|----------|
| APSY-111 | Introduction to Psychology (Revised) | 2 | I |
| Year | Discipline | | |
| 1 | Applied Psychology | | |

Course Objectives

- The main aim is to familiarize students with history, main concepts, methods, and theoretical frameworks in psychology.
- The course will help students appreciate the human nature and its related concepts, thereby will gain insight into human behavior and human relationships.

Course Outcome

After successful completion of this course the students will be able to:

- Have a grasp over basic concepts and theoretical perspectives explaining human behavior. They will be able to appreciate the complexity of human behavior and relationships.
- They will be able to understand Psychology as science and empirical methods used for understanding different aspects of human behavior.

Course Contents

Understanding Psychology

Psychology: Scientific perspective
Historical perspective
Schools of psychology
Methods of psychology
Ethical issues
Fields of psychology and their application

Biological Basis of Behavior

Neuron and its function
Central nervous system
Peripheral nervous system
Endocrine system

Sensation and Perception

Senses: Vision, audition, smell, taste and kinesthetic
Introduction to perception
Gestalt principles
Binocular and monocular cues
Illusions and extra sensory perception

Learning

Definition of learning
Types of learning: Classical and operant conditioning
Punishment and its effects

Latent and observational learning

Memory

Definition and types of memory

Processes and techniques of improving memory

Forgetting: Nature and causes

Cognition and Language

Concept of cognition

Problem solving

Judgment and decision making

Language development

Language and cognition

Language and culture

Intelligence and Creativity

Concept of intelligence

Theories of intelligence

Assessment of intelligence

Mental retardation

Concept of creativity and its stages

Motivation and Emotion

Introduction to motivation

Factors affecting motivation

Introduction to emotions

Types of emotions

Physiology and emotion

Theories of emotion

Personality

Defining personality

Theories of personality

Personality assessment

Social Thinking and Social Influence

Social facilitation

Attribution theory

Crowd behavior

Conformity, Obedience

Helping behavior

Recommended Books

Atkinson R. C., & Smith, E. E. (2000). *Introduction to psychology* (13th ed.). NY: Harcourt Brace College Publishers.

Coon, D., & Mitterer, J. (2008). *Introduction to psychology: Gateways to mind and behavior* (12th ed.). USA: Wadsworth Cengage Learning.

Fernald, L. D., & Fernald, P.S (2005). *Introduction to psychology*. USA; WMC Brown Publishers.

- Fredrickson, B., Nolen-Hoeksema, S., Loftus, G., & Wagenaar, W. (2009). *Atkinson & Hilgard's introduction to psychology* (15th ed.). USA: Wadsworth.
- Glassman, W.E. (2000). *Approaches to psychology*. Open University Press.
- Hayes, N. (2000). *Foundation of psychology* (3rd ed.). UK: Thomson Learning.
- Kalat, J. W. (2010). *Introduction to psychology*. USA: Cengage Learning, Inc.
- Lahey, B. B. (2004). *Psychology: An introduction* (8th ed.). UK: McGraw-Hill Companies, Inc.
- Leahey, T. H. (1992). *A history of psychology: Main currents in psychological thought*. New Jersey: Prentice-Hall International, Inc.
- Myers, D. G. (2011). *Psychology* (10th ed.). USA: Wadsworth Publishers.
- Ormord, J. E. (1995). *Educational psychology: Developing learners*. USA: Prentice Hall, Inc.
- Rathus, S. (2011). *Psychology: Concepts and connections* (10th ed.). USA: Wadsworth Cengage Learning.
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