

UNITED STATES INTERNATIONAL UNIVERSITY-AFRICA
SEMESTER
COURSE SYLLABUS
PSY 1101: INTRODUCTION TO PSYCHOLOGY
CREDIT: 3 UNITS
INSTRUCTOR:
Email:

COURSE DESCRIPTION

Introduction to the scientific study of behavior and the mental processes including areas of human development, learning, cognition, memory, motivation and emotion, personality, abnormal psychology, stress and health, states of consciousness and cultural diversity.

COURSE OBJECTIVES.

At the end of this course, the student will be able to:-

- Apply basic psychological principles to solve real-life everyday problems.
- Trace the course of human development from conception to old age.
- Understand the various dimensions in the field of psychology.
- Appreciate cultural diversity in human behavior.

COURSE CONTENT

WEEK 1.

May 10th

INTRODUCTION – Course syllabus

May 12th

Definition, Modern Approaches to Psychology, Cultural Diversity
Research Areas in Psychology Applying/Exploring: Study Skills

Module

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WEEK 2

May 17th

PSYCHOLOGY & SCIENCE

Answering questions, Surveys, Case Study, Experiment,

Module

2

Correlation, Decisions about doing research experiments.

May 19th

CLASSICAL CONDITIONING

Three kinds of learning, Classical conditioning, Examples

Module

9

and Applications.

WEEK 3

May 24th

TYPES OF MEMORY

Sensory, Short/Long-Term, Processes, Encoding/Transferring

Module

11

Repressed Memories.

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|-----------------------|---|---------------|
| May 26 th | REMEMBERING & FORGETTING Organization of Memories, Forgetting Curves. | <i>Module</i> |
| <i>12</i> | Biological bases of Memory, Mnemonics, False Memories | |
| WEEK 4 | | |
| May 31 st | QUIZ No.1 Covering modules 1, 2, 9, 11 & 12. | |
| | MOTIVATION Theories of Motivation, Biological & Social Needs. | <i>Module</i> |
| <i>15</i> | | |
| June 2 nd | MOTIVATION (Continued) Hunger, Sexual Behavior Female circumcision, Achievement | |
| WEEK 5 | | |
| June 7 th | INFANCY & CHILDHOOD Prenatal Influences, New Born Abilities, Emotional, Cognitive & Social Development, Child Abuse | <i>Module</i> |
| <i>17</i> | | |
| June 9 th | ADOLESCENCE & ADULTHOOD Puberty & Sexual Behavior, Cognitive & Emotional Changes Personality & Social Changes, Gender Roles, Aging. | <i>Module</i> |
| <i>18</i> | | |
| WEEK 6 | | |
| June 14 th | FREUDIAN & HUMANISTIC THEORIES Psychodynamic Theory, Divisions of the Mind, Developmental Stages, Freudian Followers & Critics, Humanistic Theories. | <i>Module</i> |
| <i>19</i> | | |
| June 16 th | OTHER THEORIES Social Cognitive & Trait Theories, Genetic Influences on Traits, Four Theories of Personality | <i>Module</i> |
| <i>20</i> | | |
| WEEK 7 | | |
| June 21 st | HEALTH, STRESS & COPING Appraisal, Physiological Responses, Stressful Experiences, Personality & Social Factors, Kinds of Coping. | <i>Module</i> |
| <i>21</i> | | |
| June 23 rd | ASSESSMENT & ANXIETY DISORDERS Causes of Abnormal behavior, Mental Disorders, Anxiety | <i>Module</i> |
| <i>22</i> | Disorders, Somatoform Disorders. | |

WEEK 8

June 28th

MID TERM EXAM – *Covering modules 1 – 21*

June 30th

MOOD DISORDER & SCHIZOPHRENIA

Mood disorders, Electroconvulsive Therapy, Personality Disorders, Schizophrenia, Dissociative Disorders

Module

23

WEEK 9

July 5th

THERAPIES

Background, Questions on Psychotherapy, Insight Therapies, Behavior Therapies, Eye Movement Desensitization &

Module

24

Reprocessing Therapy.

July 7th

SOCIAL PSYCHOLOGY

Perceiving Others, Attributions, Attitudes, Social & Group Influences, Aggression, Cultural Diversity,

Module

25

Controlling Aggression.

WEEK 10

July 12th

QUIZ No. 2 *Covering Modules 15, 17, 19 & 20, 21*

July 14th

Group Project Presentations

WEEK 11

July 19th, 21st

Group Project Presentations

WEEK 12

July 26th, 28th

Group Project Presentations

WEEK 13

Aug 2nd, 4th

Revision

WEEK 14

Aug 8th

FINAL EXAM COVERING MODULES 18, 19, 20, 22 & 23.

TEACHING METHODOLOGY

- Lectures with discussions

COURSE TEXT

Plotnik, Rod, (2002): Introduction to Psychology 6th Ed. Wadsworth-Thomson Learning, California, USA.

