



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYD-100	Introductory Psychology	10
Prerequisites	Department	Semester
None	Social sciences	Fall
Type of Course	Field	Language of Instruction
Compulsory	Psychology	English
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Maria Hadjimarkou	1 st
Mode of Delivery	Work Placement	Corequisites
Distance Learning	None	None

Course Objectives:

The main objective of the course is to introduce the students to the scientific field of psychology, through the study and critical review of the basic principles and theories of the various areas in psychology. The course mainly focuses on topics such as perception, learning, memory, emotion, personality and development throughout the lifespan amongst other things.

Learning Outcomes:

After completion of the course students are expected to be able to:

- Summarize the history of psychology
- Recall the major theoretical perspectives and research methods used in psychology
- Explain how behavior has a biological basis
- Determine the mechanism by which we are able to perceive stimuli in our environment such as an image
- Discuss the various states of consciousness, focusing on sleep and its various functions
- Discuss how the process of learning and memory takes place and which are the more important mechanisms that underlie them
- Examine the various aspects of language and its effects on cognition
- Explain what intelligence is, how it is defined and what biases are involved in its measurement
- Identify the basic human emotions and motivations
- Discuss issues of gender, sexuality and biases related to these concepts
- Review the basic stages of human development and the major developments in each stage

- Explain the concept of personality, the various theories regarding its development and ways of measuring it
- Elaborate on the relatively new area of health psychology
- Describe the main psychological disorders and the treatment methods available for each
- Explain basic concepts in the area of social psychology

Course Content:

1. Introduction to Psychology and Psychological Research
2. Neuroscience and behavior
3. Sensation, perception and consciousness
4. Learning and memory
5. Cognition, language and intelligence
6. Motivation and Emotion
7. Sexuality and Gender
8. Development
9. Personality
10. Health Psychology
11. Psychological Disorders
12. Treatment of psychological disorders
13. Social psychology

Learning Activities and Teaching Methods:

Presentations, videos, assignments

Assessment Methods:

Quizzes, Assignments, Final exam

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Understanding Psychology	Feldman, R.	McGraw Hill	2014	ISBN: 9780071314824

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Psychology in Everyday Life	Myers, D. & De Wall, N.	Worth Publishers.	2014	ISBN: 9781464109362