

Course title	Introduction to Psychology				
Course code	PSY1101				
Course type	Compulsory				
Level	Undergraduate				
Year / Semester	Year 1 / Semester 1				
Teacher's name	Christodoula Gavriel				
ECTS	7.5	Lectures / week	1	Laboratories / week	0
Course purpose and objectives	<p>The purpose of this course is to provide students with a thorough, well-rounded overview of psychology. The objective is to familiarize students with basic psychological theories, concepts, techniques, and applications. Students should obtain a firm understanding of human behavior, cognition, emotions, and many elements that may influence psychological processes.</p> <p>The objectives are to:</p> <ol style="list-style-type: none"> 1. Provide definitions and an understanding of fundamental ideas including cognitions, motivation, perception, memory, learning, emotions, growth, personality, and behavior. 2. Provide a general review of and contrast different psychological theories and methods, including behaviorism, cognitive and cognitive-behavioral psychology, humanistic and psychodynamic theories, and other methods. 3. Provide an understanding on the significance of biology in behavior and cognitive processes, including how the nervous system, genetics, brain chemistry, and neurotransmitters are involved. 4. Provide students knowledge on the principles of fundamental and practical research procedures, such as experimental and observational research, that are employed in psychology. 5. Introduce students to the various changes (i.e. physical, cognitive, and socio-emotional) that occur throughout the lifespan. 6. Examine how social and cultural influences affect behavior, attitudes, and identity, taking into account themes like cross-cultural differences, social psychology, and cultural psychology. 7. Provide an understanding on how people perceive and interpret the environment using their senses, and investigate perception and sensation. 8. Introduce students on how cognitive processes, such as classical and operant conditioning, and the variables that influence memory encoding and retrieval. 				

	<p>9. Provide an understanding on the causes and effects of human motivation as well as the physiological and psychological facets of emotions.</p> <p>10. Introduce students to psychological disorders' classification, causes, signs, and symptoms, as well as the many ways they can be treated and to the significance of mental health and its relationship to general wellbeing.</p> <p>11. Teach students to foster critical thinking and problem-solving abilities, apply psychological principles to actual circumstances and to recognize the applications of psychology in a range of settings, including those related to relationships, business, health, and education.</p> <p>12. Introduce students to the importance of acquiring effective communication skills, both verbal and written, to effectively communicate psychological concepts.</p> <p>13. Teach students to acknowledge and value ethical concerns in psychology, such as those involving research ethics, privacy, and professional conduct.</p> <p>14. Promote self-reflection and personal development by comprehending how psychological concepts relate to one's own experiences and lives.</p>		
Learning outcomes	<ol style="list-style-type: none"> 1. Show a thorough understanding of the main ideas, concepts, and historical advancements in psychology. 2. Describe the main tenets of psychological research techniques. 3. Explain the biological underpinnings of behavior, including the nervous system and brain architecture. 4. Understand different learning theories and describe how classical and operant conditioning work. 5. Apply psychological principles to real-life situations and make well-informed behavioral predictions. 		
Prerequisites	None	Required	Yes
Course content	<p>Students should acquire a thorough, well-rounded overview of psychology and familiarize themselves with basic psychological theories, concepts, techniques, and applications, as well as obtain a firm understanding of human behavior, cognition, emotions, and many elements that may influence psychological processes.</p> <p>Week 1: Introduction to Psychology</p> <p>Week 2: Research Methods in Psychology</p> <p>Week 3: Biological Foundations of Behavior</p> <p>Week 4: Sensation and Perception</p> <p>Week 5: Learning and Memory</p> <p>Week 6: Cognition and Intelligence</p>		

	<p>Week 7: Motivation and Emotion</p> <p>Week 8: Developmental Psychology</p> <p>Week 9: Social Psychology</p> <p>Week 10: Personality Theories and Assessment</p> <p>Week 11: Psychological Disorders and Therapeutic Models</p> <p>Week 12: Industrial/Organizational Psychology</p> <p>Week 13: Cross-Cultural and Diversity Psychology</p> <p>Week 14: Applying Psychology in Everyday Life</p> <p>Week 15: Wrap-up and Future Directions</p>
Teaching methodology	Lecture
Bibliography	Myers, D.G. & DeWall, N. (2022). Exploring Psychology (12 th ed.). Macmillan Learning UK.
Assessment	<ol style="list-style-type: none"> 1. Midterm & Final Exam (35% & 35%): Mid-term and final exams will be conducted covering the entire course. Both exams will include multiple-choice, short-answer, and essay questions. 2. Individual assignment and presentation (20%): Students will be asked to critically evaluate and present (3-pager and presentation) a topic of choice from the modules delivered in class. 3. Presence and Participation (10%): Students should be present and actively participate in in-class discussions.
Language	Greek