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| Description: Monogram Compressd | The Islamia University of Bahawalpur  *Department of Management Sciences* |

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| Course Outline | | | | | |
| **Course:** | Introduction to Psychology |  | **Semester** | Spring 2020 |
| **Course Code** |  | **Class & Session** | BBA II |
| **Instructor** | Minhaaj Rehman | **Contact** | minhaaj@gmail.com |
| **Pre-Requisite(s)** | None | **Office Visiting Hours** | 9 AM – 5 PM |

## COURSE DESCRIPTION

## This course will introduce you to the fundamental principles of psychology and to the major subjects of psychological inquiry. It has been designed to not only provide you with the tools necessary for the study of psychology but to present you with a sampling of the major areas of psychology research. The course begins with a short overview of how psychology developed as an academic discipline and an introduction to a number of the principal methodologies most commonly deployed in its study. The subsequent units are arranged around broad areas of research, including emotion, development, memory, and psychopathology. We will focus on well-substantiated research and current trends within each of these categories.

## Course Learning Outcomes

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| **At the end of this course students should be able to:** | | **Cognitive Level** |
| CLO1 | **Produce** cogent answers to definition of basic psychology concepts | **Level 6** |
| CLO2 | **Design** social arguments and deconstruct them. | **Level 6** |
| CLO3 | Confidently **Produce** well-structured arguments/opinions/thoughts using fundamental principles of psychodynamics. | **Level 6** |
| CLO4 | **Demonstrate** solid understanding of genotype and phenotype factors. | **Level 3** |
| CLO5 | **Demonstrate** applications of self-defense mechanisms and coping mechanisms. | **Level 3** |
| CLO6 | **Use** software like PowerPoint to present group projects | **Level 3** |
| CLO7 | **Create** genograms of probable psychopathologies and medical issues. | **Level 6** |
| CLO8 | **Demonstrate** basic principles of CBT and DBT | **Level 3** |

## PLO/CLO Assessment Items Matrix

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| PLOs | CLOs | Assessment Items |
| PLO1: Fundamentals of Psychological concepts. | CLO1 | Presentation |
| PLO2: Deconstruction of events and ideas using defense mechanisms. | CLO2  CLO4 | Discussions/debates, presentations, panel discussion |
| PLO3: Genotype and Phenotype | CLO3 & CLO4 | Term Paper |
| PLO4: Ego, Id, SuperEgo | CLO5 | Discussions/debates, presentations, panel discussion |
| PLO5: Cognitive and Dialectical Behavior Therapy | CLO8 | Guest Lecture |
| PLO6: Understanding Self and Struggles – Personality Psychology | CLO7 | Final paper on self-analysis and working areas. |

## COURSE CONTENTS

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| **Lec** | **Discussion/Activity** | **CLO** | **Instructions (if any)** |
| 1 | Introduction to the course | **1,2** |  |
| 2 | Tools for Learning and Psychometric Assessment of Temperaments - | **7** |  |
| 3 | Perceptual fallacies and Illusions | **1** |  |
| 4 | Event Management and Group Work | **ALL CLOs** |  |
| 5 | Discussions/debates 1 | **1,2** |  |
| 6 | Discussions/debates 1 | **1,2** |  |
| 7 | **Biology and Psychology** | **3** |  |
| 8 | **Genotype and Phenotype** | **3** |  |
| 9 | Term Paper Seminar | **All CLOs** |  |
| 10 | Term Paper Seminar | **All CLOs** |  |
| 11 | Term Paper Seminar | **All CLOs** |  |
| 12 | Intelligence and IQ | **1,7** |  |
| 13 | Personality Psychology | **7** |  |
| 14 | Careers and IQ | **7** |  |
| 15 | Conscious and Unconscious Mind | **1** |  |
| 16 | Origins of Psychopathology | **7,8** |  |
| 17 | Guest Lecture on CBT and DBT | **8** |  |
| 18 | Self Defense Mechanism | **1,2** |  |
| 19 | Panel discussion/debate | **1,2** |  |
| 20 | Panel discussion/debate | **1,2** |  |
| 21 | Brain Anatomy and Functions | **7** |  |
| 22 | Neurotransmitters and Drugs | **7** |  |
| 23 | Self Help Tools | **7,8** |  |
| 24 | Final Paper Prepatory Seminar | **1,2** |  |
| 25 | Final Paper Prepatory Seminar | **1,2** |  |
| 26 | Final Paper Prepatory Seminar | **1,2** |  |
| 27 | Final Presentation Discussions/debates | **ALL CLOs** |  |
| 28 | Final Presentation Discussions/debates | **ALL CLOs** |  |
| 29 | Final Presentation Discussions/debates | **ALL CLOs** |  |
| 30 | Final Presentation Discussions/debates | **ALL CLOs** |  |

## Marks Distribution

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| --- | --- | --- |
| **Midterm (30%)** | **Sessional (20%)** | **Final (50%)** |
| Discussion/debates : 5% | Attendance+Seminars: 10% | Discussion/debate : 10% |
| Midterm Paper: 10% | Class participation:10% | Final Term Paper: 15% |
| Midterm Exam: 15% |  | Final Exam: 25% |